



BFit with Playworks Activity Challenge

Learn and practice a new activity each day!

Week of June 1st

Our BFit with Playworks activities do not require any equipment besides a stopwatch and can be accomplished independently or in groups. Modifications and challenge ideas are included in each daily activity. Videos will also be provided when possible. Click the title of the activity in the list below to take you straight to the instructions!

MONDAY 6/1	<u>Butt Kickers & Front Lunges</u>
TUESDAY 6/2	<u>High Knees & Low Plank</u>
WEDNESDAY 6/3	<u>Hopscotch & Squats</u>
THURSDAY 6/4	<u>Ice Skaters & Superkids</u>
FRIDAY 6/5	<u>Invisible Jump Rope & Toe Touches</u>

Want to find more games you can play at home?

www.playworks.org/playathome

Tune into Facebook Live Recess every weekday at 12pm, 2pm, and 4pm

www.facebook.com/MakeRecessCount/

Share your BFit with Playworks Activities on social media. Tag the [Bruins](#) (@nhlbruins), the [Bruins Foundation](#) (@bostonbruinsfoundation), and [Playworks New England](#) (@playworksnewengland) Instagram!





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Warm Up

Go through this warm up routine before each BFit with Playworks activity.

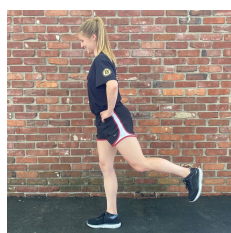
Arm Swings

- Stand tall and hold arms out to your side.
- Slowly swing your arms back and forth across the front of your body.
- Repeat this continuous motion for 30 seconds.



Leg Swings

- Start by standing with your feet shoulder width apart.
- Keeping your upper body perpendicular to the ground swing one leg forward and backward.
- If you need to, hold on to a chair for balance!
- Do not swing your leg so hard that you cannot keep your upper body from moving.
- Repeat for 10 full swings and repeat on the other leg.



Alternate Toe Touches

- Start by standing with your feet spread as far apart as comfortably possible.
- Lean forward toward one leg and try to reach your foot or until a comfortable stretch is felt in your low back and hamstrings.
- Now try to touch the other foot with the opposite arm. This motion should be continuous alternately touching each foot (as close as possible) with the opposite hand.
- Repeat this motion continuously for 30 seconds.





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Monday: Butt Kickers & Front Lunges

of people to play: +1

Best for ages: +5

Equipment needed: stopwatch/clock with second hands

Setup/Teaching Time: 2 minutes

Set Up

- Make sure you have enough space to move around comfortably in place. You should be able to spin in a circle with your arms outstretched without hitting any furniture, objects, or other people.
- Have water nearby. It's important to stay hydrated during exercise!
- If you want, play some up beat music during this BFit with Playworks activity.

Before You Start

- Go through the [Warm Up](#) routine on page 1.

Butt Kickers

What to do:

1. Start in a standing position. Place your feet shoulder-width
2. apart, knees slightly bent, and arms at your sides.
3. Jog in place and lift one foot behind you to kick your
4. butt with your heel. Pump arms at your sides like you would
5. while jogging.
6. Switch to the opposite foot.
7. Repeat, alternating feet, as long as you can up to one
8. minute. Stop when you get to one minute.
8. Rest for 30 seconds and then repeat two more times.



Front Lunges

What to do:

1. Start in a standing position. Place feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Take a big step forward with one leg and plant the toes of your back foot on the floor.
3. Lower your hips straight down until both knees bend 90 degrees. Do not let your front knee go out past your toes.
4. Push off the heel of your front foot to lift your body back to standing.
5. Switch to the opposite leg.





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6. Repeat, alternating legs, as long as you can up to 30 seconds. Stop when you get to 30 seconds.
7. Rest for 30 seconds and then repeat two more times.

Modifications

- If you need to take a break to catch your breath, stop the exercise for a few seconds and march in place. When you're ready, get back into Butt-Kickers or Lunges until time is up!

Challenge ideas

- For an extra challenge, keep moving during your rest breaks. Try dancing, jogging, or marching in place until it's time for the next round.

Cool Down - Dandelion Breathing

1. Imagine that we are going to pick some dandelions!
2. Reach down to the ground and touch your toes. Now pretend to pick your dandelions.
3. Stand up slowly and imagine you're holding dandelions in both hands.
4. Now, smell your flowers taking a BIG deep inhale.
5. Now, blow your dandelions away taking a BIG exhale.
6. Repeat three more times.
7. Give yourself a high-five for completing Monday's BFit with Playworks Activity Challenge!





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Tuesday: High Knees & Low Plank

of people to play: +1

Best for ages: +5

Equipment needed: none

Setup/Teaching Time: 2 minutes

Set Up

- Make sure you have enough space to move around comfortably in place. You should be able to spin in a circle with your arms outstretched without hitting any furniture, objects, or other people.
- Have water nearby. It's important to stay hydrated during exercise!
- If you want, play some up beat music during this BFit with Playworks activity.

Before You Start

- Go through the [Warm Up](#) routine on page 1.

High Knees

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Bend your elbows and raise your forearms out in front to make a 90-degree angle, or "L". Face the palms of your hands down.
3. Jog in place and lift one knee at a time, high enough to hit your palms.
4. Switch to the opposite knee.
5. Repeat, alternating knees, as long as you can up to one minute. Stop when you get to one minute.
6. Rest for 30 seconds and then repeat two more times.



Modifications

- If you need to take a break to catch your breath, stop the exercise for a few seconds and march in place. When you're ready, get back into High Knees until time is up!

Low Plank

What to do:

1. Start in a low plank position. Place your elbows, underneath shoulders, with toes and forearms on the floor. Keep a straight line from your head to your toes.





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2. Hold the low plank position as long as you can up to 30 seconds. Stop when you get to 30 seconds.
3. Rest for 30 seconds and then repeat two more times.

Modifications

- If you need to take a break, drop your knees to the floor but try to keep your butt down with a straight line from your head to your knees. When you're ready, pick your knees back up and get back into a Low Plank until time is up!



Challenge ideas

- For an extra challenge, keep moving during your rest breaks. Try dancing, jogging, or marching in place until it's time for the next round.
- After three sets of low plank, try one more round holding the plank for as long as you can. Time yourself to see how long you can hold it!

Cool Down - Balloon Breathing

1. Imagine that we are going to fill up a balloon!
2. Start by putting your hands on your head.
3. Taking a BIG deep inhale, keep your hands together and raise them above your head. Fill up your balloon!
4. Now, taking a BIG exhale, lower your hands back to your head and let the air out of your balloon.
5. Repeat three more times.
6. Give yourself a high-five for completing Tuesday's BFit with Playworks Activity Challenge!



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Wednesday: Hopscotch & Squats

of people to play: +1

Best for ages: +5

Equipment needed: none

Setup/Teaching Time: 2 minutes

Set Up

- Make sure you have enough space to move around comfortably in place. You should be able to spin in a circle with your arms outstretched without hitting any furniture, objects, or other people.
- Have water nearby. It's important to stay hydrated during exercise!
- If you want, play some up beat music during this BFit with Playworks activity.

Before You Start

- Go through the [Warm Up](#) routine on page 1.

Hopscotch

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Jump up in the air and bring your feet out wide.
3. Land with both feet wider than shoulder-width apart (double foot landing).
4. Jump up again and bring your feet toward the center.
5. Land on one foot with the other leg bent behind you (single foot landing).
6. Switch the leg behind for the next hopscotch.
7. Repeat, alternating landings, as long as you can up to one minute. Stop when you get to one minute.
8. Rest for 30 seconds and then repeat two more times.



Squats

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Push hips back to lower your body down until your thighs are about parallel with the floor. Pretend you are sitting on an invisible chair. Bend your elbows at your sides or raise arms in front of you for balance.





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3. Push into your heels to stand back up.
4. Repeat for as long as you can up to 30 seconds. Stop when you get to 30 seconds.
5. Rest for 30 seconds and then repeat two more times.

Modifications

- If you need to take a break to catch your breath, stop the exercise for a few seconds and march in place. When you're ready, get back into Hopscotch or Squats until time is up!



Challenge ideas

- For an extra challenge, keep moving during your rest breaks. Try dancing, jogging, or marching in place until it's time for the next round.
- Try adding a jump between each squat. Every time you push back into your heels to stand up, spring into a jump and land as softly as possible back into a squatting position. Repeat as long as you can!

Cool Down - 4 x 4 Breathing

1. Empty your lungs of air completely.
2. Breathe in quietly through the nose for 4 seconds.
3. Hold the breath for a count of 4 seconds.
4. Exhale forcefully through the mouth, pursing the lips and making a "whoosh" sound, for 4 seconds.
5. Repeat three more times.
6. Give yourself a high-five for completing Wednesday's BFit with Playworks Activity Challenge!



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Thursday: Ice Skaters & Superkids

of people to play: +1

Best for ages: +5

Equipment needed: none

Setup/Teaching Time: 2 minutes

Set Up

- Make sure you have enough space to move around comfortably in place. You should be able to spin in a circle with your arms outstretched without hitting any furniture, objects, or other people.
- Have water nearby. It's important to stay hydrated during exercise!
- If you want, play some up beat music during this BFit with Playworks activity.

Before You Start

- Go through the [Warm Up](#) routine on page 1.

Ice Skaters

What to do:

1. Start in a standing position. Place your feet together, knees slightly bent, and arms at your sides.
2. Hop to one side and land with one foot in front of the other foot. Bend the knee of the leg in front while keeping the leg behind straight.
3. Hop to the opposite side.
4. Repeat, alternating sides, as long as you can up to one minute. Stop when you get to one minute.
5. Rest for 30 seconds and then repeat two more times.

Modifications

- If you need to take a break to catch your breath, stop the exercise for a few seconds and march in place. When you're ready, get back into Ice Skaters until time is up.

Superkids

What to do:

1. Start in a lying (face down) position. Lie on the floor face down with arms above your head and legs straight.





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2. Curl up to lift both arms, both legs, and chest off the floor and hold for 1-2 seconds.
3. Lower back down to lying flat.
4. Repeat as many times as you can for up to 30 seconds. Stop when you get to one minute.
5. Rest for 30 seconds and then repeat two more times.



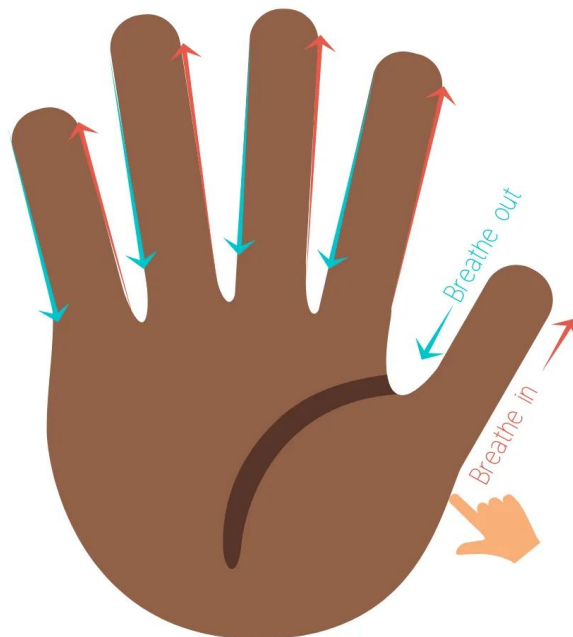
Challenge ideas

- For an extra challenge, keep moving during your rest breaks. Try dancing, jogging, or marching in place until it's time for the next round.

Cool Down - 5 Finger Breathing

1. Hold out one hand in front of you like a star.
2. Get your pointer finger on your other hand ready to trace your fingers.
3. Starting on the outside of your thumb, trace your finger upwards while taking a BIG inhale through your nose.
4. As you trace down your finger, take a BIG exhale through your mouth.
5. Repeat as you trace up and down each finger.
6. Give yourself a high-five for completing Thursday's BFit with Playworks Activity Challenge!

5 Finger Breathing





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Friday: Invisible Jump Rope & Toe Touches

of people to play: +1

Best for ages: +5

Equipment needed: none

Setup/Teaching Time: 2 minutes

Set Up

- Make sure you have enough space to move around comfortably in place. You should be able to spin in a circle with your arms outstretched without hitting any furniture, objects, or other people.
- Have water nearby. It's important to stay hydrated during exercise!
- If you want, play some up beat music during this BFit with Playworks activity.

Before You Start

- Go through the [Warm Up](#) routine on page 1.

Invisible Jump Rope

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Bend your elbows and pretend to hold an invisible jump rope.
3. Jump, feet together or alternating feet, over the invisible rope while moving arms in a circular motion.
4. Repeat for as long as you can up to one minute. Stop when you get to one minute.
5. Rest for 30 seconds and then repeat two more times.



Modifications

- If you need to take a break to catch your breath, stop the exercise for a few seconds and march in place. When you're ready, get back into Invisible Jump Rope until time is up.



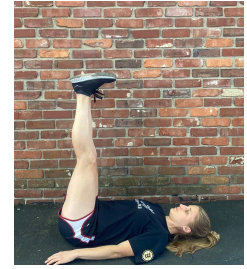
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Toe Touches

What to do:

1. Start in a lying (face up) position. Lie on the floor face up with your feet flat on the floor, knees bent, and arms at your sides. Face the palms of your hands down.
2. Bring your feet together and raise your legs straight up in the air.
3. Curl up to lift your head, neck, and shoulder blades off the floor. Reach your hands towards your toes.
4. Lower back down to lying flat but keep your legs lifted.
5. Repeat for as long as you can up to 30 seconds. Stop when you get to 30 seconds.
6. Rest for 30 seconds and then repeat two more times.



Challenge ideas

- For an extra challenge, keep moving during rest breaks. Try dancing, jogging, or marching in place until it's time for the next round

Cool Down - Elephant Breathing

1. Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk.
2. As you take a BIG inhale through your nose, raise your arms up high above your head.
3. Then slowly swing your arms down again as you take a BIG exhale through your mouth.
4. Repeat three more times
5. Give yourself a high-five for completing Friday's BFit with Playworks Activity Challenge!

