BFit with Playworks Activity Challenge

Learn and practice a new activity each day!

Week of June 8th

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 6/8	**Jumping Jacks & Bicycles** Follow along with Coach Nick on Vimeo!
TUESDAY 6/9	**Line Jumps & Frogger** Follow along with Coach Carly on Vimeo!
WEDNESDAY 6/10	**Crisscross Jumps & Hot Lizards** Follow along with Coach Morgan on Vimeo!
THURSDAY 6/11	**Power Skips & Push-Ups** Follow along with Coach Molly on Vimeo!
FRIDAY 6/12	**Speed Bag & Spider Lunges** Follow along with Coach Chris on Vimeo!

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.

Monday: Jumping Jacks & Bicycles

Follow along with Coach Nick on Vimeo!

# 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.

Jumping Jacks

What to do:

1. Start in a standing position. Place your feet together, knees slightly bent, and arms at your sides.
2. Jump up in the air and bring your feet out wide while lifting your arms.
3. Land with both feet wider than shoulder-width apart and arms raised above your head.
4. Jump again and land with feet back together and arms at your sides.
5. Repeat 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 Jumping Jacks until time is up!

Bicycles

What to do:

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1. Start in a lying (face up) position. Lie on the floor face up with your feet flat on the floor, knees bent, and hands behind your head.
2. Lift one knee towards your chest while straightening out your other leg. Lift chest up until your shoulder blades are off the floor.
3. Twist your torso to bring your opposite elbow towards your bent knee.
4. Switch to the opposite side.
5. Repeat, alternating sides, 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 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!

Tuesday: Line Jumps & Frogger

Follow along with Coach Carly on Vimeo!

# 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.

Line Jumps

What to do:

1. Start in a standing position. Place your feet together, knees slightly bent, and arms at your sides.
2. Hop with feet together from side to side over an actual or invisible line.
3. Repeat as long as you can up to one minute. Stop when you get to one minute.
4. 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 Line Jumps until time is up!

Challenge ideas

- Try hopping on one foot! Start with your right foot, and after 30 seconds, switch to your left foot!

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Frogger

What to do:

1. Start in a high plank position. Place your hands directly underneath your shoulders with your toes on the floor. Keep a straight line from your head to your toes.
2. Jump both feet forward and land to the outside of your hands. Bend your knees and squat down, with hands on the floor, like a frog.
3. Jump both feet back to return to a high plank.
4. Repeat for as long as you can up to 30 seconds. Stop when you get to 30 seconds.

Modifications

- If jumping is too challenging, try stepping your feet one at a time up next to your hands and then back into a high plank.
- If you need to take a break, stay in high plank until you catch your breath. When you're ready, get back into Frogger 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 - 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!

Wednesday: Crisscross Jumps & Hot Lizards

Follow along with Coach Morgan on Vimeo!

# 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.

Crisscross Jumps

What to do:

1. Start in a standing position. Place your feet wider than shoulder width apart, knees slightly bent, and arms at your sides.
2. Jump up in the air and bring your feet towards the center.
3. Land on the floor with one leg crisscrossed in front of the other leg.
4. Jump again and land with your feet back out wide.
5. Switch the leg in front for the next crisscross jump.
6. Repeat, alternating landings, as long as you can up to one minute. Stop when you get to one minute.
7. Rest for 30 seconds and then repeat two more times.

Hot Lizards

What to do:

1. Start in a high plank position. Place your hands directly underneath your shoulders with your toes on the floor. Keep a straight line from your head to your toes.
2. Reach one arm out in front of you until straight. At the same time, straighten the opposite leg behind you. Keep the other foot and hand planted on the floor.
3. Return straightened arm and leg back to a high plank.

4. Switch to the opposite arm and leg.
5. Repeat, alternating arms and legs, 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.

Modifications

- If you need to take a break, stay in high plank until you catch your breath. When you're ready, get back into Hot Lizards 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!

Thursday: Power Skips & Push-Ups

Follow along with Coach Molly on Vimeo!

# 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.

Power Skips

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Skip straight up in the air by pushing off the floor with one foot. Lift the opposite knee toward your chest. Pump arms at your sides like you would while jogging.
3. Switch the foot to push off with for the next power skip.
4. Repeat, alternating arms and legs, 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 Ice Skaters until time is up.

Push-Ups

What to do:

1. Start in a high plank position. Place your hands directly underneath your shoulders with your toes on the floor. Keep a straight line from your head to your toes.

2. Bend your elbows to lower your body until your nose is inches from the floor. Keep elbows close to your sides.
3. Push off the floor with your hands to return your body to a high plank.
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.

Modifications

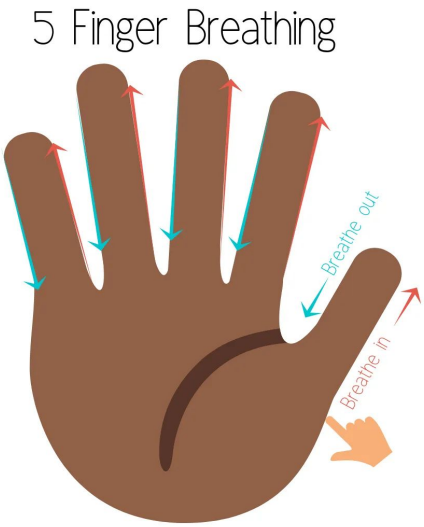
- If a full push-up is too challenging, try bringing your knees to the ground. Make sure you keep a straight line from your knees to your head!

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!



Friday: Speed Bag & Spider Lunges

Follow along with Coach Chris on Vimeo!

# 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.

Speed Bag

What to do:

1. Start in a staggered stance. Place one foot forward and the other foot back with knees slightly bent and arms raised in front of your face.
2. Rotate your wrists around each other in a circular motion while bouncing back and forth on your toes.
3. Repeat for as long as you can up to one minute. Stop when you get to one minute.
4. 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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Spider Lunges

What to do:

1. Start in a high plank position. Place your hands directly underneath your shoulders with your toes on the floor.
2. Keep a straight line from your head to your toes.
3. Bend one knee and bring that foot to the outside of your hand on the same side.
4. Return your bent leg to a high plank.
5. Switch to the opposite leg.
6. Repeat, alternating legs, for 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.

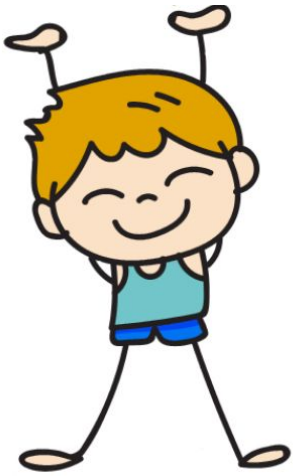
Modifications

- If you need to take a break, stay in high plank until you catch your breath. When you're ready, get back into Spider Lunges until time is up!

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!