

BOKS Bursts for Child Care Adult-Led Activities

BOKS Bursts for child care settings were created to help young children stay active throughout their day. BOKS Bursts take into consideration young children's readiness to learn and practice new movements as they develop and grow. Children enjoy movement. Give them many opportunities throughout the day to practice movements while also keeping their safety in mind.

Active Kids = Active Minds

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You and those you engage to implement the program assume all risk of liability associated with implementing the BOKS program at your child care setting or early learning facility.

Developmental domains

Active play helps young children learn and supports their growth and development across all the developmental domains. Give young children many opportunities for active play every day.



Gross Motor (GM)

It is the ability to control large muscles to develop balance, coordination, strength, stability and body awareness, such as climbing the stairs.

Fine Motor (FM)

It is the ability to control and coordinate small muscles for daily tasks, such as using hands and fingers to pick up a ball.

Language (L)

It is the ability to develop language, communication and literacy skills, such as the ability to express thoughts through sounds, gestures, words and word combinations.

Social and emotional (SE)

It is the ability to develop social and emotional skills, such as relationships with others, a sense of self, self-regulation, cooperation and empathy.

Cognitive (C)

It is the ability to think, reason, gain knowledge, and understanding of the world, such as expressing ideas, problem solving and recalling memories.

Adult-Led Bursts

Adult-led bursts are activities where the caregiver organizes and leads the children in active play. The child's role in adult-led active play is to follow the lead and direction of the caregiver.



An example of child care daily plan

Time of day	BOKS Burst activity
Circle time	Over/under
Indoor play	Musical hoops
Outdoor play	Hop, skip and freeze



Find your shape

Movement Skill

Balance (with other movement skills)

Developmental Domains

GM; FM; L; C

Materials

Construction paper cut-outs in various colours of different shapes, letters and/or numbers, and tape

Burst

1. Prepare construction paper cut-outs as described above.
2. Design a maze on the floor with the tape.
3. Place the cut out shapes on the floor along the tape maze.
4. Assign each child a shape, letter, or number to collect (e.g. James, you collect the triangles).
5. Ask the children to walk along the maze and bend to pick up their cut-out shapes without moving their feet off the tape as they walk.
6. Demonstrate how to do the activity.

Variation: Have the children practice hopping and other movements as they move along the maze.

Variation: Place one hula hoop on the floor for each shape/colour. Ask the children to place the cut-out they have collected inside the correct hula hoop after they have walked along the maze.



BOKS beat the clock

Movement Skill

Running, balance (with other movement skills)

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out around the play space.
2. When you say “Go”, the children start running while you count out loud to 5.
3. When you say “Stop”, the children freeze in place while you count out loud to 5.
4. Next, you say “Go”, and the children start running while you count out loud to 10.
5. When you say “Stop”, the children freeze in place while you count out loud to 10.
6. Repeat, adding longer bouts of running and freezing as appropriate for age and abilities of the children.

Variation: Have the children practice hopping, jumping, and other movements instead of running.

Variation: Have the children practice balancing by standing on one foot when they freeze.



Top of the world!

Movement Skill

Walking, running, balance (with catching)

Developmental Domains

GM; SE; L; C

Materials

Snow shovel

Burst

1. Have the children help you build a snow mound in a safe location.
2. Make the slope of the hill gentler or steeper based on the age and ability of the children.
3. Allow the children to climb up and down the hill by walking or running.

Variation: Allow the children to roll down the hill.

Variation: Allow the children to carry balls up the hill and roll them down.

Variation: When a child reaches the top of the hill, toss them a ball that they can then roll down the hill.



Freeze run

Movement Skill

Running, balance (with other movement skills)

Developmental Domains

GM; L; C

Materials

Music

Burst

1. Explain to the children that the object of the game is to move when the music is playing and to freeze when the music stops.
2. Turn on the music and ask the children to start running.
3. Turn off the music and ask the children to freeze.

Variation: Have the children practice other movement skills like hopping and jumping to the music.

Variation: Have the children practice balancing by standing on one foot when they freeze.



Musical run

Movement Skill

Running (with other movement skills)

Developmental Domains

GM; L; C

Materials

Music

Burst

1. Explain to the children that the object of the game is to move when the music is playing and to try different movements when the music stops.
2. Turn on the music and have the children start running.
3. Every time you stop the music, give the children a new movement to try (e.g. jumping, spinning, balancing, bending, etc.).



Frogs and lily pads

Movement Skill

Balance

Developmental Domains

GM; L; C

Materials

Hula hoops

Burst

1. Spread the hula hoops around the play space.
2. Explain to the children that they are in a pond and that the hula hoops are lily pads.
3. Have the children squat down on all fours like a frog and hop from lily pad to lily pad.

Variation: Use different coloured hula hoops and have the children hop to the hula hoop colours that you call out.



Over under

Movement Skill

Balance

Developmental Domains

GM; FM; SE; L; C

Materials

Ball

Burst

1. Have the children make a circle and then have them turn to face each others' backs.
2. Give one child a ball to start.
3. Have the child pass the ball along underneath their legs to the next child until the ball goes around the circle a few times.

Variation: Have the children pass the ball using other movements like passing the ball over their head, rolling it between their legs, as appropriate for age and abilities of the children.

Variation: Use cardboard cut-outs of shapes, letters, or numbers and have the children name the shape, letter, or number when it gets passed to them.

Variation: Use different coloured bean bags and have the children name the colours when it gets passed to them.

Variation: Add more balls, shapes, and bean bags, to keep the children moving.



Balance blast

Movement Skill

Balance

Developmental Domains

GM; L; C

Materials

None

Burst

1. Ask the children to form a line.
2. Stand in front of the line of children.
3. Ask the children to imitate you as you demonstrate different balancing poses. For example:
 - Balance face down on both hands and both feet. Hold for 5 seconds.
 - Lift one foot into the air and balance on one foot and two hands. Hold for 5 seconds.
 - Put that foot down and lift one hand into the air and balance on one hand and two feet. Hold for 5 seconds.
 - Balance on one foot, lift the other leg behind and put your arms out to the sides for balance like an airplane. Hold for 5 seconds.
4. Try different movements that challenge the children's balance.



BOKS discovery

Movement Skill

Running (with other movement skills)

Developmental Domains

GM; SE; L; C

Materials

20 or more bean bags and a bin

Burst

1. Hide the bean bags around the play area and place the bin in a central spot.
2. Explain to the children that when you say “Go”, they must run to collect the bean bags and put them in the bin.

Variation: Have the children practice other movement skills like hopping and jumping to collect the bean bags.

Variation: Ask the children to collect only one colour of bean bag at a time.

Variation: Use cardboard cut-outs of shapes, letters, or numbers and have the children name the shape, letter, or number when they put it in the bin.



Taking out the trash

Movement Skill

Catching and throwing

Developmental Domains

GM; FM; SE; L; C

Materials

Large bin as the trash can, different coloured bean bags as “trash”

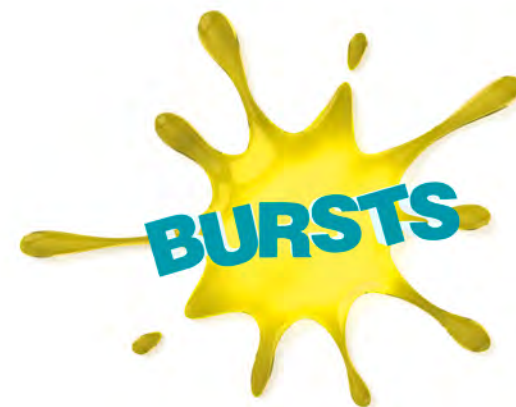
Burst

1. Have the children stand in a circle. Place the bin in the middle of the circle.
2. You hold the “trash”.
3. You call out one child’s name at a time. When you call a child’s name, toss them a piece of “trash”.
4. When the child catches the “trash”, the child tries to throw it into the can.
5. Play until all the “trash” is in the can and start again.

Variation: Break up bigger groups by skill level and place children closer or farther from the can as their skills allow.

Variation: Have the children count out loud each time a bean bag is tossed into the can.

Variation: Have the children call out the colour of the bean bag when they toss it into the can.



Bowling

Movement Skill

Throwing

Developmental Domains

GM; FM; SE; L; C

Materials

Empty milk cartons that have been rinsed and dried, balls

Burst

1. Set up the milk cartons to make a triangle shape.
2. Give each child a ball.
3. Ask the children to take turns rolling the ball to knock down the milk cartons.
4. If the child knocks over the milk cartons, have him/her set them back up for the next child.
5. Move the children closer or farther from the milk cartons based on their abilities.



BOKS circle relay

Movement Skill

Running with other movement skills

Developmental Domains

GM; SE; L; C

Materials

Ball

Burst

1. Have the children form a big circle.
2. Pick one child to start and hand them the ball.
3. When you say “Go”, the child with the ball runs around the outside of the circle holding the ball until they get back to their original spot and passes the ball to the child next to them.
4. The next child repeats until each child has had a chance to run.

Variation: Have the children practice other movement skills like hopping and jumping around the circle.



Fox and rabbit

Movement Skill

Jumping, balance

Developmental Domains

GM; SE; L; C

Materials

None

Burst

1. Explain that you are the fox and the children are rabbits.
2. When you say “Go”, the children hop around and try not to get tagged by the fox.
3. If a rabbit is tagged by the fox, that rabbit must freeze in place.
4. The other rabbits can free the frozen rabbits by giving them a high five.



Fishy, fishy cross my ocean

Movement Skill

Running

Developmental Domains

GM; SE; L; C

Materials

Cones or tape to mark safety zones

Burst

1. Mark safety zones at both ends of the play space using the cones or tape.
2. Spread the children out in one of the safety zones.
3. Explain to the children that you are the shark and they are the fish. The space between zones is the ocean.
4. When you say: “Fishy, fishy cross my ocean”, the children try to cross from one side of the play area to the other without getting caught by the shark.
5. If a fish is caught by the shark, they must freeze until one of the children unfreezes them by giving them a high five.
6. Fish can rest in the safety zone after crossing until you call: “Fishy, fishy cross my ocean” again.



What time is it Mr. Fox?

Movement Skill

Running (with other movement skills)

Developmental Domains

GM; SE; L; C

Materials

Cones or tape to mark safety zones

Burst

1. Mark a safety zone at one end of the play space using the cones or tape.
2. Spread the children out in the safety zone.
3. Explain that you are the fox.
4. Have the children call out “Mr. Fox, Mr. Fox what time is it?”.
5. The fox picks a number from 1 to 10 and the children take that many steps toward you.
6. When the children start getting close to the fox, the fox says “Midnight!” and all the children try to run back to the safety zone without being tagged by the fox.
7. If a child is tagged by the fox, they must freeze until one of the other children unfreezes them by giving them a high five.

Variation: Have the children practice other movement skills like hopping away from the fox.



BOKS traffic lights

Movement Skill

Running (with other movement skills)

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out across one side of the play space.
2. Explain that you are the “Stop light”.
3. Face away from the children when you say “Green light” and turn to face the children when you say “Red light”.
4. When you say “Green light”, the children run toward you. The children stop moving when you turn around to face them and say “Red light”.
5. Play until all the children reach you.
6. All of the children go back to the starting line and play again.

Variation: Have the children practice other movement skills like hopping when you say “Green light”.



Musical hoops

Movement Skill

Running (with other movement skills)

Developmental Domains

GM; SE; L; C

Materials

2 to 10 hula hoops, music

Burst

1. Spread the hula hoops out in the play space.
2. Have all the children stand inside the hula hoops. More than one child can stand inside a hula hoop, if they want.
3. When the music starts, the children move throughout the space avoiding the hula hoops.
4. When you stop the music, the children must stand inside a hula hoop.
5. Remind the children about safety and no pushing or stepping on other's feet during this game.

Variation: You can make it harder by removing a few hula hoops and getting more than one child to stand inside a hula hoop.

Variation: Have the children practice other movement skills like hopping to the hula hoops.



Jungle run

Movement Skill

Jumping, running, balance

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out across the play space.
2. Ask them to imagine they are in the jungle.
3. Call out different movements the children must make as they move through the jungle.
For example:
 - Jump over logs
 - Duck under branches
 - Crawl through quicksand
 - Run from tiger
 - Tip toe past snake
 - Spin like the wind



Hop, skip, freeze

Movement Skill

Various movement skills

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out in the play space.
2. Call out different movements for the children. For example:
 - Hop
 - Jump
 - Stand on one foot
 - Bend forward
 - Spin around
 - Chase me
3. When you call out “Freeze”, the children must freeze.
4. Call out a new movement to un-freeze the children.
5. Repeat several times and change the movements each time.



Do the zoo!

Movement Skill

Various movement skills

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out in the play space.
2. Explain to the children that when you call out the name of an animal, they must move like the animal.
3. Call out the animals below, and show the children how to do each movement:
 - Monkey – jump up and down
 - Elephant – swing your trunk
 - Snake – slither on the floor
 - Bunny – hop
 - Duck – do a duck walk
 - Horse - gallop
4. The children don't stop moving until you call out another animal.

Variation: Ask the children to call out the name of some animals that they can move like.



BOKS sports galore

Movement Skill

Jumping, striking, balance

Developmental Domains

GM; L; C

Materials

None

Burst

1. Spread the children out in the play space.
2. Explain to the children that when you call out the name of a sport, they must move like they are playing that sport.
3. Call out the sports below, and show the children how to do each movement:
 - Baseball player – swing a bat
 - Basketball player – shoot for the hoop
 - Hockey player – hit the puck
 - Football player – fast feet
 - Skier – going over jumps
 - Tennis player – swing a racket
4. The children don't stop moving until you call out another sport.
5. Repeat each sport a few times.



Obstacle courses

Movement Skill

Various movement skills

Developmental Domains

GM; L; C

Materials

None

Burst

Below is a list of ideas you can combine to create your own obstacle course, including ideas of how to combine movements into a course. Choose different movements to keep the children engaged.

- Hula Hoops – to jump in or crawl through
- Cones – to circle around, zigzag through, or jump over depending on height
- Balls – dribble, bounce, roll, or toss to a partner
- Animal movements – bear crawl, frog jump, bunny hop
- Jumping/hopping – two foot hopping or alternating feet.



BOKS family challenge

Movement Skill

Various movement skills

Developmental Domains

GM; L; C

Materials

Photos from parents, poster board, glue, markers

Burst

1. Ask parents to take one or two photos of their family engaged in active play.
2. Collect the photos that parents have taken.
3. Glue the pictures on a poster board and write each child's name under their photo.
4. Put the poster up in the play space.
5. At circle time, gather the children around the poster and ask them what they were doing in the photos and why it was fun.
6. Talk to the children about why active play is important.

