

energized by  
Reebok

# boks

build our kids' success

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Active Kids = Active Minds



# BOKS is on a mission

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**To promote the profound impact of physical activity on a child's mind, body, and community.**

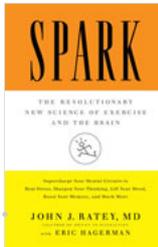
# And has a vision for the future

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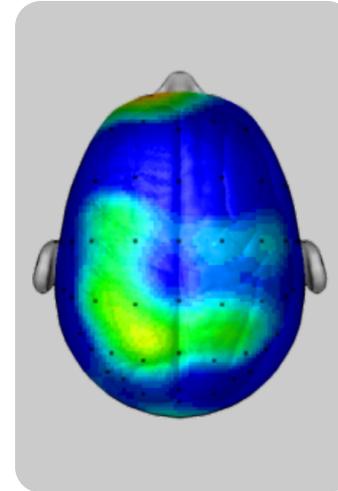
**A world in which kids are active in every school, every day; physical activity is recognized as the key to kids' success; and individuals are empowered to make positive changes in their communities.**

# Spark inspired BOKS

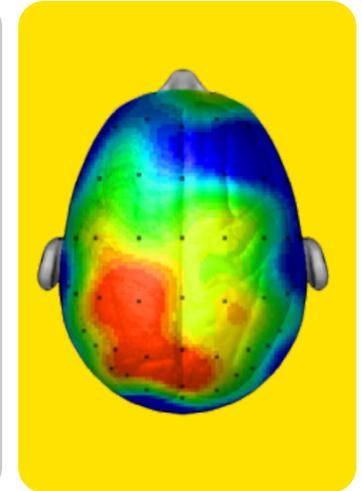


## Dr. John Ratey's book *Spark* (2008):

- Exercise is ... “Miracle-Gro for the Brain”
- Aerobic activity shaped 19,000 students from Naperville, Illinois making them the fittest and some of the smartest in the Nation\*
- Teaching Fitness instead of Sport – creating a lifestyle
- “Exercise is the single most powerful tool that we have to optimize the function of our brains.”



This is your child's brain without activity



This is your child's brain with activity

“Before school exercise has been shown to help increase the release of the brain-derived neurotrophic factor (“BDNF”), which supports learning and memory function, also increasing new brain cell growth – essentially ramping up our children’s brains to learn.”

\* Research/Scans compliments of Dr. Chuck Hillman, University of Illinois

# BOKS provides a simple model...

## BOKS Basics

- Before School
- Moderate to vigorous activity, incorporating physical activities into each class in a **friendly, non-competitive and fun environment**.
- Classes are run by volunteers: parents, PE teachers, or other community members
  - **2 or 3 days/week** for 12 weeks
  - **40 minutes/class**
  - **Functional fitness** and play
  - Importance of **nutrition**



# ...based on a structured curriculum

## Lesson Plan

### This Week's Skill : Sit Ups

#### Drop Off / Set Up (10 minutes)

- Drop off, check-in, receive color designation, put backpacks in designated grade area
- Free play (with trainers and volunteers)

#### Meeting (2 minutes)

- Review appropriate BOKS behavior and safety
- Remind kids about the BOKS Kid of the Week. Briefly state what the Skill of the Week is.
- Review Class Agenda
- BOKS Rocks! Cheer!

#### Warm Up (5 minutes)

- Traffic Light

#### Running Related Activities (10 minutes)

- BOKS Sprints

#### Skill of the Week (10 minutes)

- Skill of the week: Sit Ups! Why? Works abdominal muscles and posture.
- Introduce sit ups and demonstrate the proper form, discuss 3 key points
- Have kids partner up and practice 10 sit ups.
- Stations: for 1 minute each
  - Sit ups
  - Jump rope
  - Hoola Hoop
  - Jumping Jacks
  - Water

#### Game (5 minutes)

- BOKS Up and Down

#### Cool Down / Nutrition Talk (5 minutes)

- Deep Breaths
- BOKS Bits (Nutrition discussion)
- Have the kids line up, take a deep breath and dismiss by groups to go to class or breakfast.

## BOKS Bit - Snacks

### Today's Topic : Healthy Snack Tests (Topic 1 of 3)

#### Objective

To discuss how to test if a snack is a super healthy one.

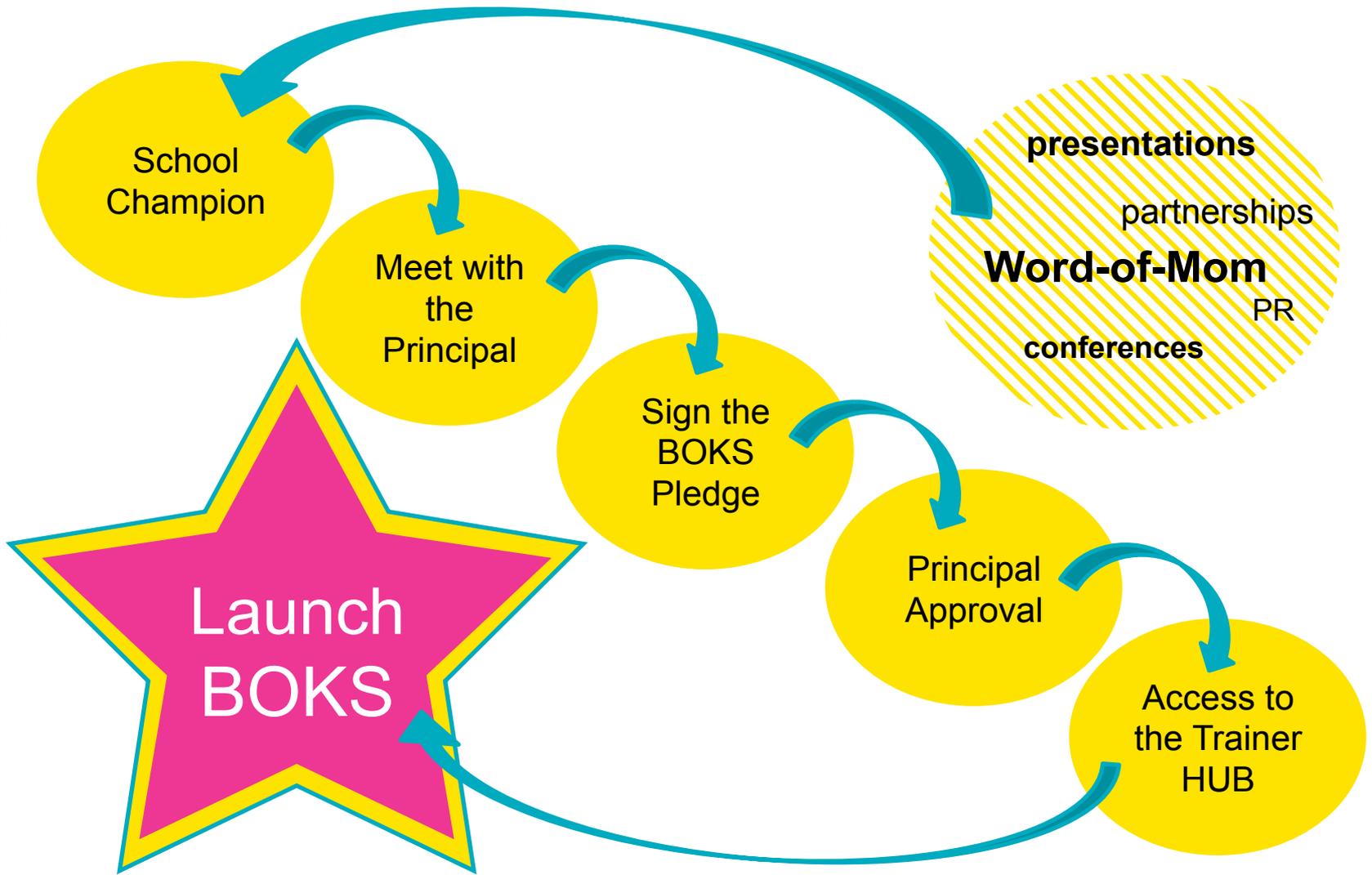
#### Discussion Questions

- I am going to tell you a way to help you choose a super healthy snack.
- Take your snack out of the package or the wrapper if it has one.
- Go over to the kitchen sink and turn on the water, run your snack under the water!!!!
- Can you still eat it??
- If yes, it is probably a super choice; if no, maybe you can make a different choice.
- What are some things that would be ok to eat after you run under water? Fruits and vegetables, such as apples, grapes, strawberries, carrots and peppers, hard boiled eggs, cheese sticks, nuts (if no allergies) ....
- What would not be ok to eat? Cookies, potato chips, donuts, Twinkies ....
- Another test could be if the food you are eating gets stuck in your teeth, then it is not a good choice either. (This can be in response to lollipops or candy being ok to eat after running them under water.)

#### Homework Assignment

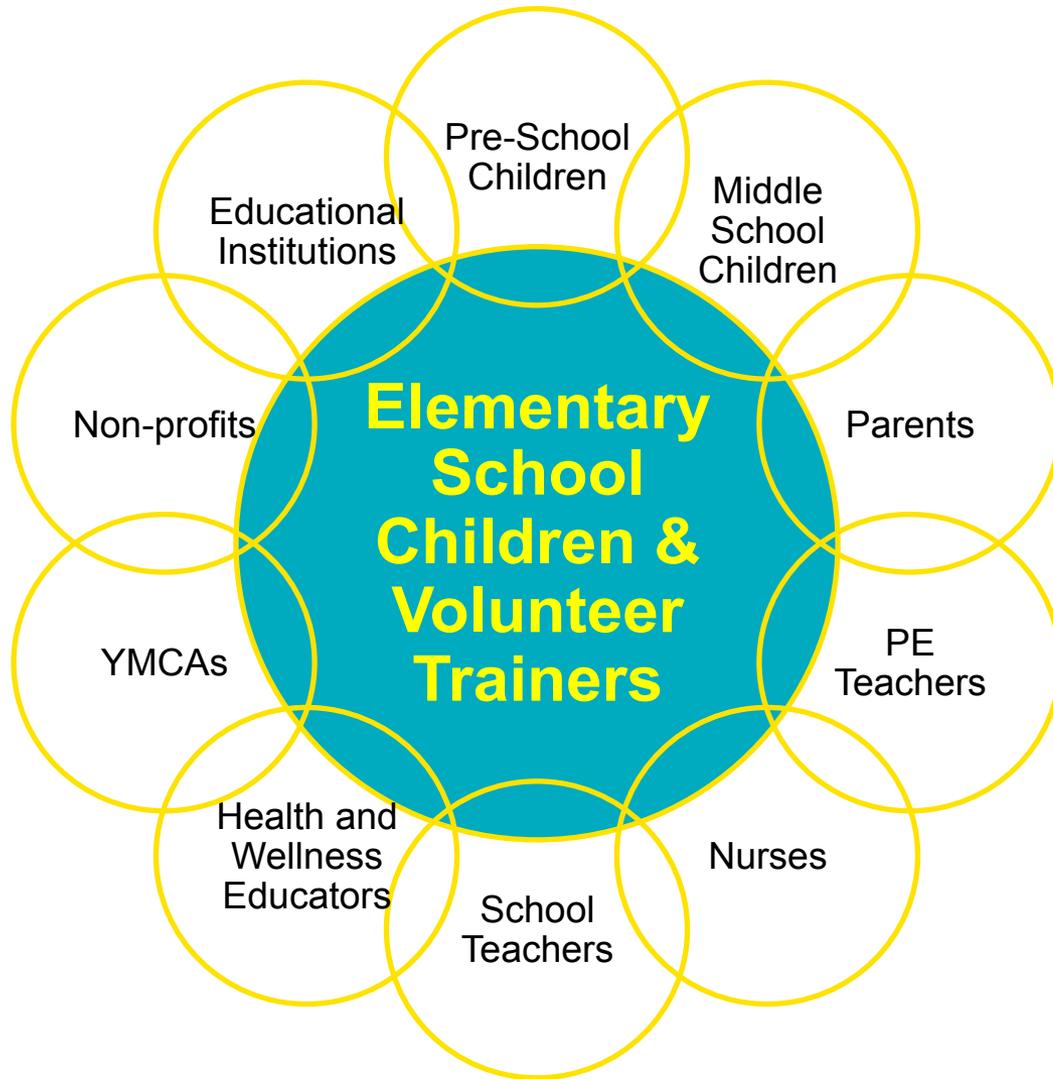
Think about this when you get home from school today and see if you can make a really super choice!

# Follow the steps to start BOKS



# BOKS touches the community

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# Evaluations show a deep impact

National Institute of Out-of-School Time at Wellesley College is conducting a five-year evaluation of 500+ children in grades K-2 to assess the association of physical activity participation with executive functioning, school readiness abilities, and academic skills.



## Academic Performance

- Better performance on ELA tests
- Data from school assessments on ELA and Math



## Executive Functioning

- Improved **working memory**
- Teacher and parent surveys based on BRIEF, SAYO, and SSRS



## Physical Activity

- Decreased **400 meter run time**
- Accelerometer study, physical activity logs, 400 meter run times



## Nutritional Knowledge

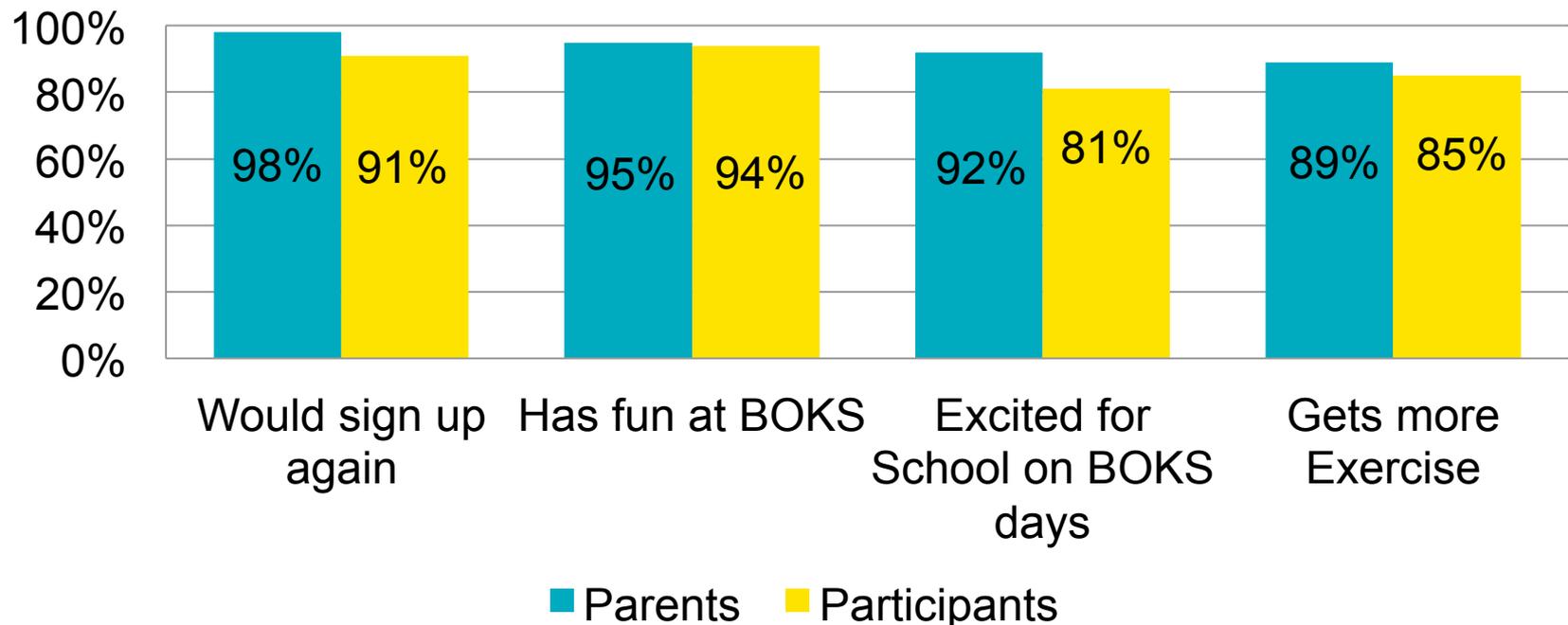
- Increase in **nutritional knowledge**
- Nutrition survey pre- and post-BOKS

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# What parents are saying...

“Both boys concentrate more at school due to the physical routine in the morning. I can’t say enough good things about BOKS! I only wish ALL schools had the opportunity that the Kennedy School has.”

## Parents and Participants Agree with the Following Statements:

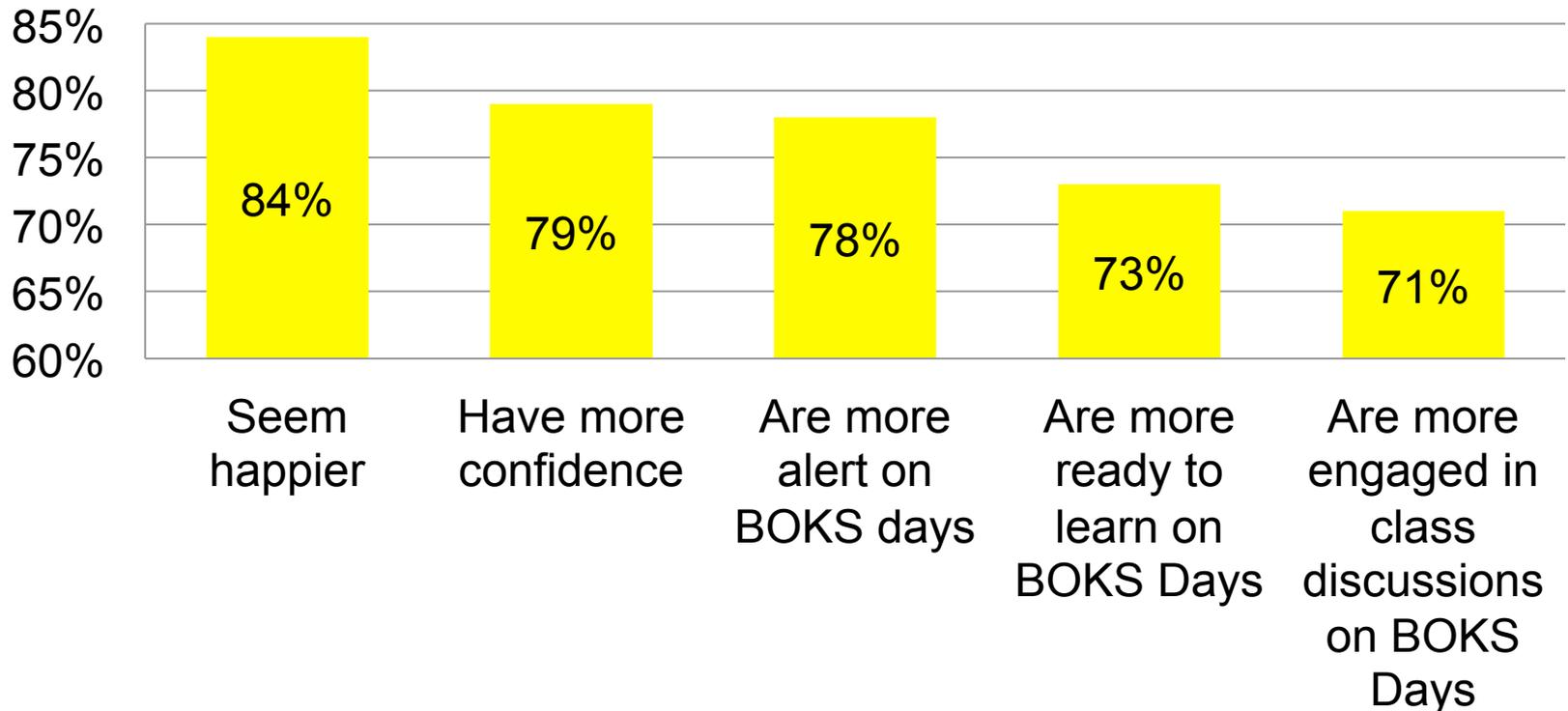


These results based on a sample size of parents n=575 and participants n=989 from schools in Natick, Boston, and D.C.

# What teachers are saying...

“I would love it if BOKS could run for the entire school year! the day my students participate in BOKS are **extremely productive** days academically speaking. There are **FAR less behavior problems** on BOKS days!”

## Teachers report that BOKS participants:



These results based on a sample size of teachers n=229 from schools in Natick, Boston, and D.C.

# Time to make a difference!



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