



# BOON

## Exercise Programme

26 August - 18 October 2019

Dear friends,

A number of changes have been made at BSO BOON from the start of the school year 2019/2020 in connection with the improved exercise policy.

While BSO BOON in the past has taken a fairly free approach to the children's exercise, we believe that our unique formula calls for a more structured approach in relation to the day routine.

We also think it is important to keep you, the parents and guardians, informed about the sports and activities in which your children are involved.

Enclosed you will find our first BOON MOVEMENT BOOK, containing the day routines for the period from the summer holidays until the autumn holidays.

**It goes without saying that the children should wear the appropriate clothing and footwear in order to TAKE ACTIVE PART IN OUR SPORT PROGRAMMES. Your child's lice bag is ideal for holding an extra set of clothes (gym shoes or a clean change if someone peed their pants) so that they are always able to take part.**

Following on from the holiday programme previously presented to you, we intend to provide regular schedules of the day routines and exercise policy for set periods, as well as programmes, so that you are always up to date with events at BSO BOON.

With regard to the tennis and music lessons, you will shortly be informed by means of our NEWS-FLASH.

We trust that we have provided you with sufficient information.

BSO BOON  
Rachel Pieterse and Stanley de Vries  
Centre Managers

**BSOBOON**  
[www.bsoboorn.nl](http://www.bsoboorn.nl)



# Day routines

## Monday, Tuesday, Thursday

### Maxi's

- 14.15 -15.30 hrs: The children are picked up from school  
Free play from arrival until the first group gathering
- 16.00-16.30 hrs: first group gathering.
- 16.30-17.10 hrs: sport and games part 1
- 17.10-17.30 hrs: second group gathering
- 17.30-18.00 hrs: sport and games part 2
- 18.00-18.30 hrs: The children go to the red room to play.

### Mini's

- 14.15 -15.30 hrs: The children are picked up from school  
Free play from arrival until the first group gathering
- 16.00-16.30 hrs: first group gathering.
- 16.30-17.00 hrs: sport and games part 1
- 17.00-17.30 hrs: second group gathering
- 17.30-18.00 hrs: sport and games part 2
- 18.00-18.30 hrs: The children go to the red room to play.

## Wednesday, Friday

(collectively at the Escapade)

### Mini's & Maxi's

- 12.00-13.00 hrs: The children are picked up from school  
Free play from arrival until the first group gathering
- 13.00-13.30 hrs: first group gathering.
- 14.00-15.00 hrs: sport and games part 1
- 15.00-16.00 hrs: free play
- 16.00-16.30 hrs: second group gathering
- 16.30-17.30 hrs: sport and games part 2
- 17.30-18.00 hrs: third group gathering.
- 18.00-18.30 hrs: The children go to the red room to play.





## Monday 26 August

### Maxi's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

### Mini's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

## Tuesday 27 August

### Maxi's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

### Mini's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

## Wednesday 28 August

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

## Thursday 29 August

### Maxi's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

### Mini's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.

## Friday 30 August

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.



*Sport and games part 2*

#### **Kids' choice week**

The children can choose an activity themselves. The activities with the most votes win.



## Monday 2 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Volleyball:** learning to pass the ball.

**Field hockey:** learning to pass and receive.

*Sport and games part 2*

**Volleyball:** passing skills in game form.

**Field hockey:** passing skills in game form.

### Mini's

*Sport and games part 1*

#### Clinic

**Gymnastics:** practising high jump and long jump

**Football:** learning to pass and receive

*Sport and games part 2*

**Gymnastics:** high jump and long jump in match form.

**Football:** passing and receiving in play form, e.g. rondo.

## Tuesday 3 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Footgolf:** learning to aim by shooting at e.g. small goal or skittles.

**Tennis:** learning to lob

*Sport and games part 2*

**Footgolf:** competing to see who can hit the target with the most balls.

**Tennis:** lobbing with a net in between

### Mini's

*Sport and games part 1*

#### Clinic

**Miniature golf:** farmer's golf. The children try to get the ball through the gates with wooden sticks.

**Bludgeon hockey:** learning to pass and receive.

*Sport and games part 2*

**Miniature golf:** match form of farmer's golf. Who gets the ball through the gates in the least number of strokes?

**Bludgeon hockey:** passing and receiving in game form, e.g. a slalom.

## Wednesday 4 September

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

#### Clinic

**Children's baseball:** learning to pass and catch.

**Golf:** learning to tee off.

*Sport and games part 2*

**Children's baseball:** match form - focusing on the field team.

**Golf:** teeing off in a game - who can hit the ball the furthest distance?



## Thursday 5 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Football:** practice forms with passing and receiving

**Basketball:** learning to dribble and pass.

*Sport and games part 2*

**Football:** game forms with passing and receiving.

**Basketball:** game forms in which the children have to pass and dribble.

### Mini's

*Sport and games part 1*

#### Clinic

**Tennis:** practising control of the ball with the racket.

**Skipping:** learning to skip with short skipping ropes.

*Sport and games part 2*

**Tennis:** practice forms with the racket and ball, e.g. a slalom.

**Skipping:** how often can you jump over the rope?

## Friday 6 September

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

**Handball:** learning to throw and catch with the handball.

**Dodgeball:** learning to throw and aim.

*Sport and games part 2*

**Handball:** game forms with throwing and catching

**Dodgeball:** gthrowing and aiming at moving objects.

## Monday 9 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Volleyball:** learning to serve and block.

**Field hockey:** learning to pass and score.

*Sport and games part 2*

**Volleyball:** serving and blocking in game form with a net in between.

**Field hockey:** passing and scoring in match form.

### Mini's

*Sport and games part 1*

#### Clinic

**Gymnastics:** practising sprinting, relay racing and hurdling.

**Football:** taking a penalty.

*Sport and games part 2*

**Gymnastics:** how far can you throw a shot putt, a ring and a discus?

**Football:** who will score the most penalty shots?

## Tuesday 10 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Footgolf:** shooting from a distance towards the hole.

**Tennis:** learning to serve.

*Sport and games part 2*

**Footgolf:** who will get the ball closest to the hole?

**Tennis:** tennis match.

### Mini's

*Sport and games part 1*

#### Clinic

**Miniature golf:** practising to get the ball into the hole with a club.

**Bludgeon hockey:** practising passing and scoring.

*Sport and games part 2*

**Miniature golf:** who can get the ball into the hole with the fewest strokes.

**Bludgeon hockey:** passing and scoring in match form.

## Wednesday 11 September

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

#### Clinic

**Children's baseball:** practising hitting from a pole.

**Golf:** practising getting the ball into the hole.

*Sport and games part 2*

**Children's baseball:** batting in match form. Focus is on the batsman here.

**Golf:** who can get the ball into the hole with the fewest strokes?

## Thursday 12 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Football:** passing and scoring.

**Basketball:** learning to score in different ways.

*Sport and games part 2*

**Football:** a match to practise passing and scoring.

**Basketball:** game form with as much scoring as possible.

### Mini's

*Sport and games part 1*

#### Clinic

**Tennis:** practise lobbing.

**Skipping:** learning to skip with long skipping ropes.

*Sport and games part 2*

**Tennis:** lobbing with a net in between.

**Skipping:** how often can you jump over the long rope?

## Friday 13 September

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

**Handball:** passing and scoring.

**Dodgeball:** dodgeball match and explanation of game.

*Sport and games part 2*

**Handball:** match in which you have to pass often.

**Dodgeball:** dodgeball match





## Monday 16 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Volleyball:** explanation of game rules, practice in match form. Who stands where?

**Field hockey:** explanation of game rules and practice match.

*Sport and games part 2*

**Volleyball:** match.

**Field hockey:** match.

### Mini's

*Sport and games part 1*

#### Clinic

**Gymnastics:** practising with shot putt, throwing a ring and a throwing a discus.

**Football:** practising taking a penalty.

*Sport and games part 2*

**Gymnastics:** how far can you throw a shot putt, a ring and a discus?

**Football:** match.

## Tuesday 17 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Footgolf:** footgolf course practice.

**Tennis:** practice with match form.

*Sport and games part 2*

**Footgolf:** footgolf match. Who takes the fewest strokes on the fairway.

**Tennis:** match.

### Mini's

*Sport and games part 1*

#### Clinic

**Miniature golf:** mini course practice

**Bludgeon hockey:** explanation of game rules and practice match.

*Sport and games part 2*

**Miniature golf:** mini golf course. Who can get the ball into the hole with the fewest strokes?

**Bludgeon hockey:** bludgeon hockey match.

## Wednesday 18 September

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

#### Clinic

**Children's baseball:** explanation of game rules and practice match.

**Golf:** practice round of golf.

*Sport and games part 2*

**Children's baseball:** match..

**Golf:** round of golf.

## Thursday 19 September

### Maxi's

*Sport and games part 1*

#### Clinic

**Football:** explanation of game rules. Practice match form.

**Basketball:** explanation of game rules and practice match.

*Sport and games part 2*

**Football:** match.

**Basketball:** match.

**18.00-18.30 hrs:** The children go to the red room to play.

### Mini's

*Sport and games part 1*

#### Clinic

**Tennis:** service practice.

**Skipping:** learning tricks with a skipping rope.

*Sport and games part 2*

**Tennis:** tennis match.

**Skipping:** learning to jump in with long rope.

## Friday 20 September

*(collectively at the Escapade)*

### Mini's & Maxi's

*Sport and games part 1*

**Handball:** explanation of game rules and match.

**Dodgeball:** dodgeball - how many different kinds are there?

*Sport and games part 2*

**Handball:** match.

**Dodgeball:** playing different kinds of dodgeball.





## Monday 23 September

### Maxi's

#### Sport and games part 1

**Kickball:** Like baseball, but with your feet and a football.  
**Footvolley:** aim to kick the ball back and forth across the low net.

#### Sport and games part 2

The children now change parts

### Mini's

#### Sport and games part 1

**Circle games:** various circle games are played, such as catchball and placing a tissue.  
**Skittles/grabball:** try to take away as many balls or skittles from the other team.

#### Sport and games part 2

The children now change parts

## Tuesday 24 September

### Maxi's

#### Sport and games part 1

**Shuttle run test:** this is a fitness test. At each whistle, you must be at the other side of the court.

**Test of strength:** various tests relating to strength, e.g. the plank - who will last the longest?

**Speed:** 50-metre sprint.

**Coordination:** who is fastest at lifting the ball high with hands or feet.

#### Sport and games part 2

**Mega boot camp:** all the previous sport events are repeated in a mega boot camp.

### Mini's

#### Sport and games part 1

**Funfair:** The children imagine themselves at a funfair. For example: hoopla, bucket toss, etc.

#### Sport and games part 2

**Mega estafette:** The parts of the funfair are repeated in this.

## Wednesday 25 September

(collectively at the Escapade)

### Mini's & Maxi's

#### Sport and games part 1

**Games with dice:** many games in one! The number of dots on the dice determines how many children take part in each game.

**Sponge, water, fire:** who will beat who? In this game of tag, children have to watch out who they tag. They'll beat you before you know it!

#### Sport and games part 2

**Bottle flip game:** who will flip the most skittles?

**Blocks relay game:** the first group to make a copy of the block tower wins.

**Rats and ravens:** Be careful where you run!

## Thursday 26 September

### Maxi's

#### Sport and games part 1

##### Cooperation

The games are played in the first and second sport sessions using a rotation system.

**Twin football:** The children are tied to each other in twos to play football.

### Mini's

#### Sport and games part 1

**Mouse, elephant, tiger:** who defeats who?

**Memory task:** find the matching pairs.

#### Sport and games part 2

**Quartet task:** get a quartet together as fast as possible with your team.

**Rock-paper-scissors game:** who is the luckiest? This game is all about chance.

## Friday 27 September

(collectively at the Escapade)

### Mini's & Maxi's

#### Sport and games part 1

**Rolling relay:** various relay games on wheels. E.g. skateboards and steps.

**Obstacle course:** a big obstacle course is ready. The children try to get over it as fast as possible.

#### Sport and games part 2

**Kings:** you have to try to get into the king's spot.

**Capture a country:** who can capture the most countries?

**Six relay race:** with your group, try to complete all 6 of the dice tasks as fast as possible.

**Skittle grab** grab all the other team's skittles as fast as possible.

## Monday 30 September

### Maxi's

#### *Sport and games part 1*

**Lively Ludo:** the children themselves are the counters on a giant game board.

**Lively OXO:** a relay form of OXO.

#### *Sport and games part 2*

**Flag grab:** which team is first to capture the other team's flag?

**Mega round-the-table:** the table is now a spot on the field and the ball is now a giant ball. The children have to get the ball over the 'net' using hands and feet.

## Tuesday 1 October

### Maxi's

#### *Sport and games part 1*

**Dice games:** Many games in one! The number of dots on the dice determines how many children take part in each game.

**Customs game:** There are 2 teams: one team of smugglers and one team of customs officers. The smugglers try to smuggle cash past the customs officers without it being found. The team that collects the most cash wins.

#### *Sport and games part 2*

**Dice game and Customs game.**

The group that plays the dice game first round will play the customs game in the second round and vice versa.

### Mini's

#### *Sport and games part 1*

**Playing ball:** free dodge ball, ball relay race, etc.

#### *Sport and games part 2*

**Battle games:** the children play different games in which they have to compete against each other. e.g. tug-of-war, one-to-one race, and so on.

### Mini's

**14.15-15.30 hrs:** The

children are picked up from school

Free play from arrival until the first group gathering

**16.00-16.30 hrs:** first group gathering.

**16.30-17.00 hrs:** sport and games part 1

**Mini sports day:** Today the children will form teams and compete against each other in various sports and games. E.g. sack race, relay race, ring throwing, etc.

#### *Sport and games part 2*

**Mini sports day:** Today the children will form teams and compete against each other in various sports and games. E.g. sack race, relay race, ring throwing, etc.

## Wednesday 2 October

*(collectively at the Escapade)*

### Mini's & Maxi's

#### *Sport and games part 1*

#### **Vintage Dutch games**

**Tug-of-war:** who is strong enough to pull the other one over the line?

**Ski walking:** all together on one pair of skis... can we do it?

**Sack running:** sack race.

**Pin the tail on the donkey:** try to pin the tail on the donkey blindfolded.

**Bite the cookie:** try to bite the swinging cookie blindfolded.

#### *Sport and games part 2*

**Stand in the basket:** stand in the basket and the ball goes to?

**Kick the can:** hide and seek with a ball. When the ball is kicked away, everyone hides.

**Stilt walking:** practising walking on stilts.

**Skateboarding:** practising skateboarding; if you can already do it, you do a round of the course.

## Thursday 3 October

### Maxi's

#### *Sport and games part 1*

#### **wrestling game**

**King of the mat:** The children try to push each other off the mat. If you win you get a new opponent; the one who stays longest on the mat wins and is king of the mat.

**Over the line:** The children grasp each other by the wrist and try to pull each other over the line.

**Bodyguard:** game in which children have to escape their bodyguard as fast as possible without being tagged.

#### *Sport and games part 2*

**Pushover:** The children stand on a beam and try to push each other off with a bludgeon hockey stick.

**Grab hands:** The children are opposite each other on hands and knees. You try to pull the other person's arms away from under him/her so that he/she loses his/her balance.

**Skittle grab:** try to grab as many skittles as possible from your opponent without being tagged.

### Mini's

#### *Sport and games part 1*

#### **Music**

**Remember the dance:** The children stand in a circle and invent a dance step, making the dance longer each time. (I'm going on a trip and I'm taking along...)

**Musical chairs:** When the music stops you have to sit as fast as possible on a chair, otherwise you are out.

#### *Sport and games part 2*

**Making a musical instrument:** The children set to work and make castanets from bottle tops and cardboard.



## Friday 4 October

(collectively at the Escapade)

### Mini's & Maxi's

*Sport and games part 1*

**Quest:** The children go in groups on a quest, to solve riddles and problems.

*Sport and games part 2*

**Nature bingo:** Using pictures, the children go outdoors to look for creatures, twigs and leaves. Whoever finds all the pictures first wins.

# Week 41 | 7-11 October 2019

## Monday 7 October

### Maxi's

*Sport and games part 1*

**Dodgeball** (rotate sessions 1 and 2)

**Dodgeball:** There are 2 teams. You try to throw the children of the other team out. The team that stands the longest wins.

**Playing dead:** In this variant of dodgeball, you stand behind the opponents spot when you are out. From there you can also throw others out.

**With skittles:** both teams have 3 skittles on their court. If you topple one of the other team's skittles, one of your own team members is allowed back. If you topple all of them you are the winner.

*Sport and games part 2*

**Mat dodgeball:** Each team has a mat. You can hide behind this mat. If the other team's mat falls on the floor, you have won.

**Bunker dodgeball:** Before the game begins, you build a bunker with your team. You can hide in and behind this bunker. If you are the last in the field you are not allowed to sit in the bunker.

### Mini's

*Sport and games part 1*

**Mini boot camp:** In pairs, the children do exercises such as jumping jack, stomach muscle exercises, etc. They do each exercise for one minute and when both have done it they move on to the next one.

*Sport and games part 2*

**Obstacle course:** The children run a big obstacle course in which they have to climb, scramble and crawl.

## Tuesday 8 October

### Maxi's

*Sport and games part 1*

**Gymnastics**

**High jump:** The children try to jump over a rope and if they manage it the rope is raised a bit higher each time.

**Hurdling:** A hurdling race is held.

**Long jump:** Let's see who can jump the furthest.

**60m sprint:** 60-metre sprint.

*Sport and games part 2*

**Putting the shot:** Try to putt the shot as far away as possible with the correct technique.

**Discus throwing:** Try to throw the discus as far away as possible with the correct technique.

**Baton relay race:** Each team gets a baton which they have to pass on. The team that comes in first with the baton wins.

**100m sprint:** 100-metre sprint.

### Mini's

*Sport and games part 1*

**Quest:** The children are shown some photographs. Based on the photographs, they have to find jigsaw pieces and solve it at the end.

*Sport and games part 2*

**Quest:** The quest goes on.



## Wednesday 9 October

(collectively at the Escapade)

### Mini's & Maxi's

*Sport and games part 1*

#### Ball games

**Hockey/bludgeon hockey:** The children can choose whether to play hockey or bludgeon hockey.

**Football:** A football match is played.

*Sport and games part 2*

**Dodgeball:** A dodgeball match is played.

**10-ball:** You can only score after passing 10 times.

**Someone is it, no one is it:** Everyone tries to tag everyone else out with the ball.



## Thursday 10 October

### Maxi's

*Sport and games part 1*

**Racketlon:** In Racketlon, you play 3 different racket sports against the same opponent. You play badminton, tennis and table tennis. You are only given a set time to play.

*Sport and games part 2*

**Baseball:** Baseball is played with everything necessary, such as a pitcher, catcher, etc.

### Mini's

*Sport and games part 1*

**Cat and mouse:** Some are cats and some are mice. The cats try to pull off the mouse's tail.

**Flag football:** Each player wears a band. If your band is caught while you have the ball in your hand, you must give the ball to the other team.

*Sport and games part 2*

**Flag grab** Find the other team's flag, and when you find it try to get it into your own court.

## Friday 11 October

(collectively at the Escapade)

### Mini's & Maxi's

*Sport and games part 1*

**Lively stratego:** Try to capture as many cards as possible from the other team.

*Sport and games part 2*

**Golf:** We play golf, teeing off and putting.

Monday 14 October

Maxi's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Mini's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Tuesday 15 October

Maxi's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Mini's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Wednesday 16 October

(collectively at the Escapade)

Mini's & Maxi's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Thursday 17 October

Maxi's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Mini's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Friday 18 October

(collectively at the Escapade)

Mini's & Maxi's

Sport and games part 1

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.

Sport and games part 2

Kids' choice week

The children can choose an activity themselves. The activities with the most votes win.



Being active  
starts at BOON



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