



BOON

Exercise Programme

28 October to 20 December 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 second BOON MOVEMENT BOOK, containing the day routines for the period from the autumn holidays until the Christmas 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 NEWSFLASH.

We trust that we have provided you with sufficient information.

BSO BOON
Rachel Pieterse and Stanley de Vries
Centre Managers

BSOBOON
www.bsoboorn.nl



Day routines

Monday, Tuesday, Thursday

Maxis

- 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.

Minis

- 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)

Minis & Maxis

- 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 28 October

Minis

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.

Maxis

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 29 October

Minis

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.

Maxis

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 30 October

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Kidskeuzeweek

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 31 October

Minis

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.

Maxis

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 1 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Kidskeuzeweek

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 4 November

Minis

Sport and games part 1

Clinic week

Hockey: We will practise how to hold the stick. We do this while passing on the ball.

Dancing: Today, we will do all kinds of exercises and games to music.

Sport and games part 2

Clinic week

Hockey: Passing and receiving is now applied in game form.

Dancing: We continue with games and exercises to music.

Maxis

Sport and games part 1

Clinic week

Rounders: Learning to throw and catch the ball.

Judo: various wrestling games.

Sport and games part 2

Clinic week

Rounders: Throwing and catching applied in game form.

Judo: king of the mat: Who can stay on the mat the longest?

Tuesday 5 November

Minis

Sport and games part 1

Clinic week

Rounders: Practising passing and catching.

Dodgeball: Someone is it, no one is it.

Sport and games part 2

Clinic week

Rounders: Throwing during a game.

Dodgeball: dodgeball in game form.

Maxis

Sport and games part 1

Clinic week

Handball: Learning to throw and catch.

Golf: Learning to tee off from a long distance.

Sport and games part 2

Clinic week

Handball: Passing and catching in different game forms.

Golf: Teeing off from a long distance. How far will you hit the ball?

Wednesday 6 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Bonker hockey: Learning to pass and receive.

Football: Learning to pass and receive.

Sport and games part 2

Clinic week

Bonker hockey: Exercises and games with passing and receiving.

Football: Exercises and games with passing and receiving.



Thursday 7 November

Minis

Sport and games part 1

Clinic week

Gymnastics: Learning various gym exercises, such as somersault, cartwheel, etc.

Basketball: Learning to dribble.

Sport and games part 2

Clinic week

Gymnastics: Continue with the exercises from the first sport and games part.

Basketball: Various practice forms of dribbling.

Maxis

Sport and games part 1

Clinic week

Dancing: Various exercises and games are performed to music.

Athletics: Workout. Various running and sprinting exercises.

Sport and games part 2

Clinic week

Dancing: Various familiar dances performed, such as Macarena, Cha Cha Slide, etc.

Athletics: various relays are prepared.

Friday 8 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Flag football: Learning to pass.

Gymnastics: Learning to somersault and cartwheel.

Sport and games part 2

Clinic week

Flag football: Various exercises in which the children have to pass the ball.

Gymnastics: Further practice with somersault and cartwheel.

Week 46 | 11-15 November 2019

Monday 11 November

Minis

Sport and games part 1

Clinic week

Hockey: Practising shooting at a target.

Dancing: Learning many familiar dances, such as the Macarena, head, shoulders, knees and toes, etc.

Sport and games part 2

Clinic week

Hockey: Practising passing and scoring.

Dancing: Let's see if everyone remembers how the dances go.

Maxis

Sport and games part 1

Clinic week

Rounders: Batting from the pole.

Judo: Various exercises on how to fall at judo.

Sport and games part 2

Clinic week

Rounders: Batting in game form.

Judo: Various exercises on how to fall at judo.

Tuesday 12 November

Minis

Sport and games part 1

Clinic week

Rounders: Practising batting from the pole.

Dodgeball: What different types of dodgeball are there?

Sport and games part 2

Clinic week

Rounders: Batting in game form.

Dodgeball: Various forms of tag games.

Maxis

Sport and games part 1

Clinic week

Handball: Practising aiming and throwing at a target. From where can you throw at the goal?

Golf: Mini golf. learning to putt.

Sport and games part 2

Clinic week

Handball: Passing and scoring in various practice forms.

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

Wednesday 13 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Bonker hockey: Learning to aim for the goal.

Football: Learning to score goals with penalties.

Sport and games part 2

Clinic week

Bonker hockey: Practising passing and scoring.

Football: Learning to pass and score.

Thursday 14 November

Minis

Sport and games part 1

Clinic week

Gymnastics: Various throwing and catching exercises.

Basketball: Learning to pass and catch.

Sport and games part 2

Clinic week

Gymnastics: Games involving a lot of throwing and catching.

Basketball: Various exercises with passing and catching.

Maxis

Sport and games part 1

Clinic week

Dancing: Learning a dance.

Athletics: Jumping exercises. For example: hurdles, high jump and long jump.

Sport and games part 2

Clinic week

Dancing: Performing the learned dance.

Athletics: Who can jump the highest and the furthest?

Friday 15 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Flag football: Various exercises with capturing ribbons.

Gymnastics: Learning cartwheels and tumbling

Sport and games part 2

Clinic week

Flag football: Explanation of game rules. Game form in which the children learn to pass before their ribbon is captured.

Gymnastics: Continue practising the cartwheel and tumbling.





Monday 18 November

Minis

Sport and games part 1

Clinic week

Hockey: Who stands where in the field? Explanation of the game and the rules.

Dancing: The children learn a dance.

Sport and games part 2

Clinic week

Hockey: Practising in game form. How do you run free and pass?

Dancing: Continue practising the learned dance.

Maxis

Sport and games part 1

Clinic week

Rounders: Practising throwing and batting.

Judo: What kinds of throws are there? Learning the various judo throws.

Sport and games part 2

Clinic week

Rounders: A game in which the ball is thrown in when you are at bat.

Judo: Exercises and games in which the children can apply the throws and passes.

Tuesday 19 November

Minis

Sport and games part 1

Clinic week

Rounders: wie staat waar in het veld? En wat is de taak van de brander.

Dodgeball: maken van een bunker voor bunkertrefbal.

Sport and games part 2

Clinic week

Rounders: Who stands where in the field? And what is the catcher's task.

Dodgeball: Making a bunker for bunker dodgeball.

Maxis

Sport and games part 1

Clinic week

Handball: Practising in game form. Who takes the ball and when do you throw to the catcher?

Golf: Practising teeing off and putting.

Sport and games part 2

Clinic week

Handball: Various game forms in which defending is required.

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

Wednesday 20 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Bonker hockey: Practising free running and passing in the field.

Football: Learning to pass, receive and run free.

Sport and games part 2

Clinic week

Bonker hockey: Game form with passing and free running in the field.

Football: Passing, free running and receiving in game form.

Thursday 21 November

Minis

Sport and games part 1

Clinic week

Gymnastics: Various kinds of tag games.

Basketball: Learning different ways of scoring.

Sport and games part 2

Clinic week

Gymnastics: Various relays.

Basketball: Practising how to score.

Maxis

Sport and games part 1

Clinic week

Dancing: The children invent and perform a dance.

Athletics: Learning the technique of ring throwing, shot putting and javelin throwing.

Sport and games part 2

Clinic week

Dancing: Continue inventing your own dance.

Athletics: Who has mastered the technique the best?

Friday 22 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Flag football: What are the rules of the game? When do you pass?

Gymnastics: Learning the handstand and rollover.

Sport and games part 2

Clinic week

Flag football: Practising passing and free running in the field.

Gymnastics: Continue practising the handstand and rollover.

Week 48 | 25-29 November 2019

Monday 25 November

Minis

Sport and games part 1

Tournament Week

Hockey & Dancing

During this week the sports are played in match form. Everyone can show what he/she has learned.

Sport and games part 2

Tournament Week

Hockey & Dancing

During this week the sports are played in match form. Everyone can show what he/she has learned.

Maxis

Sport and games part 1

Tournament Week

Rounders & Judo

During tournament week, the sports from the clinic week are played in competition form. A photo of the winning team will be hung on the wall of fame.

Sport and games part 2

Tournament Week

Rounders & Judo

During tournament week, the sports from the clinic week are played in competition form. A photo of the winning team will be hung on the wall of fame.

Tuesday 26 November

Minis

Sport and games part 1

Tournament Week

Rounders & Dodgeball

During this week the sports are played in match form. Everyone can show what he/she has learned.

Sport and games part 2

Tournament Week

Rounders & Dodgeball

During this week the sports are played in match form. Everyone can show what he/she has learned.

Maxis

Sport and games part 1

Tournament Week

Handball & Golf

During tournament week, the sports from the clinic week are played in competition form. A photo of the winning team will be hung on the wall of fame.

Sport and games part 2

Tournament Week

Handball & Golf

During tournament week, the sports from the clinic week are played in competition form. A photo of the winning team will be hung on the wall of fame.



Wednesday 27 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Tournament Week

Bonker hockey & Football

During this week the sports are played in match form. Everyone can show what he/she has learned.

Sport and games part 2

Tournament Week

Bonker hockey & Football

During this week the sports are played in match form. Everyone can show what he/she has learned.

Thursday 28 November

Minis

Sport and games part 1

Tournament Week

Gymnastics & Basketball

During this week the sports are played in match form. Everyone can show what he/she has learned.

Sport and games part 2

Tournament Week

Gymnastics & Basketball

During this week the sports are played in match form. Everyone can show what he/she has learned.

Maxis

Sport and games part 1

Tournament Week

Dancing & Athletics

During tournament week, the sports from the clinic week are played in competition form. A photo of the winning team will be hung on the wall of fame.

Sport and games part 2

Tournament Week

Dancing & Athletics

During tournament week, the sports from the clinic week are played in competition form. A photo of the winning team will be hung on the wall of fame.

Friday 29 November

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Tournament Week

Flag football & Gymnastics

During this week the sports are played in match form. Everyone can show what he/she has learned.

Sport and games part 2

Tournament Week

Flag football & Gymnastics

During this week the sports are played in match form. Everyone can show what he/she has learned.

Monday 2 December

Minis

Sport and games part 1

Pepernoten (gingerbread nuts) hunt

The Minis will go on a hunt for pepernoten.

Sport and games part 2

Pepernoten (gingerbread nuts) hunt

The Minis will go on a hunt for pepernoten.

Maxis

Sport and games part 1

Gym hall

Today the Maxis 1 and 2 will go to the gym hall. Here they will do Piet's obstacle course.

Maxis 3 will hold a Sinterklaas tournament with a sport of their choice.

Sport and games part 2

Gym hall

Today the Maxis 1 and 2 will go to the gym hall. Here they will do Piet's obstacle course.

Maxis 3 will hold a Sinterklaas tournament with a sport of their choice.

Tuesday 3 December

Minis

Sport and games part 1

Gym hall

Today the Minis will go to the gym hall for Piet gymnastics. At the end of this, they can get a Piet diploma.

Sport and games part 2

Gym hall

Today the Minis will go to the gym hall for Piet gymnastics. At the end of this, they can get a Piet diploma.

Maxis

Sport and games part 1

Pepernoten casino

Boon will be transformed into a casino for the Maxis! All kinds of games will be played against each other, in which you can bet with some pepernoten.

Sport and games part 2

Pepernoten casino

Boon will be transformed into a casino for the Maxis! All kinds of games will be played against each other, in which you can bet with some pepernoten.



Wednesday 4 December

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Gym hall

Today we are all going to the gym hall. We will play all kinds of games, such as 'apenkooien' (playing tag on gymnastics equipment), tag games and more.

Sport and games part 2

Gym hall

Today we are all going to the gym hall. We will play all kinds of games, such as 'apenkooien' (playing tag on gymnastics equipment), tag games and more.

Thursday 5 December

Minis

Sport and games part 1

December craftwork

The Minis will make a December craftwork today. They can choose whether to make something for Sinterklaas, Christmas or just a winter craftwork.

Sport and games part 2

December craftwork

The Minis will make a December craftwork today. They can choose whether to make something for Sinterklaas, Christmas or just a winter craftwork.

Maxis

Sport and games part 1

December craftwork

The Maxis will make a December craftwork today. They can choose whether to make something for Sinterklaas, Christmas or just a winter craftwork.

Sport and games part 2

December craftwork

The Maxis will make a December craftwork today. They can choose whether to make something for Sinterklaas, Christmas or just a winter craftwork.

Friday 6 December

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Dutch games

Today the theme will be Dutch games. For example, various board games, but not forgetting pin the donkey and 'spijkerpoepen', where you try to aim a nail at the end of a string into a bottle.

Sport and games part 2

Dutch games

Today the theme will be Dutch games. For example, various board games, but not forgetting pin the donkey and 'spijkerpoepen', where you try to aim a nail at the end of a string into a bottle.

Monday 9 December

Minis

Sport and games part 1

Gym hall

Today the Minis will play the James Bond game in the gym hall.

Sport and games part 2

Gym hall

Today the Minis will play the James Bond game in the gym hall.

Maxis

Sport and games part 1

Dice game

Various games will be played. The number of pips on the dice is the number of children who will play the game.

Capture the flag

De kinderen gaan tegen elkaar strijden in teams. Welk team vind als eerste de vlag van het andere team?

Sport and games part 2

The children now switch roles.

Capture the flag

De kinderen gaan tegen elkaar strijden in teams. Welk team vind als eerste de vlag van het andere team?

Dice game

Various games will be played. The number of pips on the dice is the number of children who will play the game.



Tuesday 10 December

Minis

Sport and games part 1

Ball games

The Minis will play different types of ball games.

Relays

Different types of relays will be played.

Sport and games part 2

The children now change parts.

Ball games

The Minis will play different types of ball games.

Relays

Different types of relays will be played.

Maxis

Sport and games part 1

Gym hall

Today the Maxis 2 and 3 will go to the gym hall.

They will play various tag games there.

Maxis 1 will hold a tournament with a sport of their choice.

Sport and games part 2

Gym hall

Today the Maxis 2 and 3 will go to the gym hall.

They will play various tag games there.

Maxis 1 will hold a tournament with a sport of their choice.

Wednesday 11 December

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Cooperation

Today's theme will be cooperation. Different types of cooperative games will be played, such as twin football, relays, but also team sports, such as football and hockey.

Sport and games part 2

Cooperation

Today's theme will be cooperation. Different types of cooperative games will be played, such as twin football, relays, but also team sports, such as football and hockey.

Thursday 12 December

Minis

Sport and games part 1

Mini games

Various little games are played, either in teams or one-on-one.

Sport and games part 2

Mini games

Various little games are played, either in teams or one-on-one.

Maxis

Sport and games part 1

Gym hall

Today the Maxis 1 and 2 will go to the gym hall. They will act like real James Bonds in the gym, playing the James Bond game. Maxis 3 will play different games, such as pole football, dodgeball, etc.

Sport and games part 2

Gym hall

Today the Maxis 1 and 2 will go to the gym hall. See part 1

Friday 13 December

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Musical games

Today's theme is music. The children will do different exercises and games to music.

Sport and games part 2

Musical games

Different types of musical instruments will be made that the children can play with.

Monday 16 December

Minis

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.

Maxis

Sport and games part 1

Kids' choice week

Maxis 2 en 3 gym hall
The children can choose an activity themselves.
The activities with the most votes win.

Sport and games part 2

Kids' choice week

Maxis 2 en 3 gym hall
The children can choose an activity themselves.
The activities with the most votes win.

Tuesday 17 December

Minis

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.

Maxis

Sport and games part 1

Kids' choice week

Maxis 1 en 2 gym hall
The children can choose an activity themselves.
The activities with the most votes win.

Sport and games part 2

Kids' choice week

Maxis 1 en 2 gym hall
The children can choose an activity themselves.
The activities with the most votes win.



Wednesday 18 December

(collectively at the Escapade)

Minis & Maxis

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 19 December

Minis

Sport and games part 1

Kids' choice week

gym hall

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

Sport and games part 2

Kids' choice week

gym hall

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

Maxis

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 20 December

(collectively at the Escapade)

Minis & Maxis

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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BSO BOON is een onderdeel van Sportondersteuning Nederland B.V.