



# BOON

## Exercise Programme

6 January to 14 February 2020

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 third BOON MOVEMENT BOOK, containing the day routines for the period from the Christmas holidays until Spring Break.

**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.

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

### 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.

### 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.

## 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.



# Week 2 | 6-10 Januari 2020

## Monday 6 January

### 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 7 January

### 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 8 January

*(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 9 January

### 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 10 January

*(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.



## Monday 13 January

### Minis

#### Sport and games part 1

**Cooperation** The Minis will play various cooperative games today. In the first sport part we play twin football. The children are bound together in pairs and have to play football like this.

#### Sport and games part 2

**Cooperation** In the second sport part we play several relays that require good cooperation with each other.

## Tuesday 14 January

### Minis

#### Sport and games part 1

**Gym hall** the Minis will do gymnastics today in the gym, for example ring waving, somersaults and star jumps.

#### Sport and games part 2

**Gym hall** the Minis will do gymnastics today in the gym, for example ring waving, somersaults and star jumps.

## Wednesday 15 January

*(collectively at the Escapade)*

### Minis & Maxis

#### sport and games part 1

**tag games** today we will play different tag games. The children can help to decide which games to play.

#### Sport and games part 2

**Craftwork** Cutting, pasting and colouring. We'll pull everything out of the cupboard to make the most beautiful creations.

### Maxis

#### Sport and games parts 1 and 2

**gym hall**

**Escapade:** Maxis 2 and 3

**Meerkamp:** Maxis 1 and 2

Here they play bunker dodgeball. There are 2 teams, and both teams make a bunker to hide behind during the dodgeball game.

**hide and seek**

**Escapade:** Maxis 1

Today we will play hide and seek through the building in the dark.

### Maxis

#### Sport and games part 1

**Boon battle** The Maxis are allowed to challenge each other today at different games. For example, tug-of-war, table tennis, penalty shootout, pool and much more.

#### Sport and games part 2

**Boon battle** In the second sport part we will continue with the battle, challenge new people and see who wins.



## Thursday 16 January

### Minis

#### Sport and games part 1

**Circle games** The Minis play various circle games, such as duck, duck, goose, the police game and conducting.

#### Sport and games part 2

**Ready or not** In this game, 1 person starts counting from 10 to 0. While they are doing that, the other children go and hide. If the counter doesn't find anyone, he will count from 9 to 0 and everyone has to find a different place. It carries on like that until everyone is found.

## Friday 17 January

*(collectively at the Escapade)*

### Minis & Maxis

#### sport and games part 1

**cone capture** There are 2 teams against each other. One team has no cones and will try to capture some from the other team.

**Mouse, elephant, tiger** There are 2 teams. Everyone has a card with a mouse, elephant or tiger on it. They will tag each other, and if you beat the other one, you can have his/her card. The team with the most cards at the end wins.

#### Sport and games part 2

**Rock, paper, scissors** This is a relay in which you play rock, paper, scissors with everyone you meet. See if you can get to the end by winning everything! Then you will have a point for your team.

## Monday 20 January

### Minis

#### Sport and games part 1

**Obstacle rounders** In the previous period, the Minis practiced with the ball. Today we will make it a little harder, because there will be obstacles placed between the bases!

#### Sport and games part 2

**Pole football** The children all have their own pole. You have to defend this pole, and you have to try to topple the other children's poles.

### Maxis

#### Sport and games parts 1 and 2

**gym hall**

**Escapade:** Maxis 1 and 2

**Meerkamp:** Maxis 1 and 2

**A big circle around the table**

A 'table' is made. The benches form the net and the cones the outlines. This is played with a big ball. Who will last longest in the field?

**Someone is it, no one is it.**

Try to put as many children out as possible, but make sure you don't get put out yourself!

**Escapade:** Maxis 3

**Dice games**

Various games are played against each other. The number of pips on the dice indicates how many children are going to play against each other.

## Tuesday 21 January

### Minis

#### Sport and games part 1

**Mini boot camp** We're going to train our muscles today! The children will do exercises such as abs, press ups, jumps and others.

#### Sport and games part 2

**Rock, paper, scissors** There are 2 teams facing each other with cones in between. The children have to follow the cones and run towards each other one by one. When you meet, you play rock, paper, scissors. The winner is allowed to run on, and the loser goes to the back of the queue.

### Maxis

#### Sport and games parts 1 and 2

**Gym hall**

**Escapade:** Maxis 2 and 3

**Meerkamp:** Maxis 1 and 2

**Mat football**

In teams of 2, the children stand on a mat. You try to score against another team on the mat.

**Escapade:** Maxis 1

**Capture the flag:**

There are 2 teams that both hide a flag. Which team is the first to find the other team's flag?

## Wednesday 22 January

*(collectively at the Escapade)*

### Minis & Maxis

#### Sport and games part 1

**foot golf** In foot golf, you have to shoot the ball into the hole as fast as possible. Who takes the fewest shots?

**Stratego** The children are given cards with which they can win from each other. So take care who you tag!

#### Sport and games part 2

**Hide-and-peek in the dark** The building is completely darkened. The children go and hide.

## Thursday 23 January

### Minis

#### Sport and games part 1

**Gym hall** Today the Minis will play someone is it, no one is it. There are all kinds of obstacles in the field that they can hide behind.

#### Sport and games part 2

**Gym hall** Today the Minis will play someone is it, no one is it. There are all kinds of obstacles in the field that they can hide behind.

### Maxis

#### Sport and games part 1

**10-ball** You have to throw the ball 10 times among your team before you can score. If the ball is intercepted by the opposing party, you start counting again.

**Block relay** One at a time, the children place one block until the tower standing in the middle has been copied. The team that manages to finish the fastest wins.

#### Sport and games part 2

**Chaos ball** Which ball will it be? Different kinds of balls are being thrown into the field. The children play football with these balls.

## Friday 24 January

*(collectively at the Escapade)*

### Minis & Maxis

#### sport and games part 1

**colours game** When a colour is called, you have to run there as soon as possible. If you're too late, you're out. The one who is first at all the colours wins the game.

**Conquering a country** Everyone chooses a country he/she wants to be in. You have to try to capture each other's country. Who has conquered most countries at the end?

#### Sport and games part 2

**Photo hunt** The children have to find their questions based on a photo.



## Monday 27 January

### Minis

*Sport and games parts 1 and 2*

(In the 2<sup>nd</sup> sport part you take up where you left off after the 1<sup>st</sup> part.)

#### Circuit week

**Pinball machine:** The children stand together in a circle with their feet opposite each other's. With your hands, try to roll the ball through someone else's gate.

**Sponge, water, fire:** In this tag game, you have to be careful who you tag. The one with the highest card wins.

**Someone is it, no one is it.** Try to put as many children out as possible, but make sure you don't get put out yourself!

### Maxis

*Sport and games parts 1 and 2*

(In the 2<sup>nd</sup> sport part you take up where you left off after the 1<sup>st</sup> part.)

#### Circuit week

**Kings:** With kings you have 4 squares. Try to push someone else into the square. Has anyone scored? Then they go out, and everyone moves up a place.

**Butter, cheese and eggs:** This is in relay form. Which team is the first to get 3 in a row?

**Rock, paper, scissors:** This is mainly a game of chance. If you win, you can continue to run. The team that gets the most points wins.

**Pole football:** Try to knock the other children's poles over, and don't forget to defend your own!

**Cone capture:** try to take the other team's cones away. Whoever does this the fastest wins.

## Tuesday 28 January

### Minis

*Sport and games parts 1 and 2*

(In the 2<sup>nd</sup> sport part you take up where you left off after the 1<sup>st</sup> part.)

#### Circuit week

**Goof ball:** The children stand in a circle. The person in the middle is the goof, and tries to grab the ball from the air.

**Block relay:** The group that finishes building the tower first wins.

**Line game:** There are various lines on the field. If you're the last to reach the right line, you're out.

### Maxis

*Sport and games parts 1 and 2*

(In the 2<sup>nd</sup> sport part you take up where you left off after the 1<sup>st</sup> part.)

#### Circuit week

**Shuttle run test:** You run back and forth. Make sure you're always on the opposite side before the beep goes.

**Boot camp:** You do all kinds of exercises to improve your muscle strength. Each exercise is done as often as possible within a certain time.

**Six relay:** Each number on the dice represents a task. Which team is the first to perform all the tasks?

**Hunter ball:** The hunter tries to put other children out with the ball. He can dribble with the ball, but not run. Are you out? Then you'll be a hunter too and help to put the others out.

## Wednesday 29 January

*(collectively at the Escapade)*

### Minis & Maxis

*sport and games part 1*

#### circuit week

**musical chairs:** When the music stops, you sit on a chair as quickly as possible. If you don't have a chair, you're out.

**Statues:** When the music stops, you have to stand still immediately.

*Sport and games part 2*

#### circuit week

**spooft ball** everyone stands in a circle. One person stands in the middle with the ball and tries to fool the others.

**Passing tag** An object must be passed in the field. Only the one with the object in his/her hand may be tagged.



## Thursday 30 January

### Minis

*Sport and games parts 1 and 2*

(In the 2<sup>nd</sup> sport part you take up where you left off after the 1<sup>st</sup> part.)

#### **Circuit week**

**Dice games:** Various games are played with dice. The number of pips on the dice is the number of children who will play the game.

**Capture the flag:** You have to find the other team's flag. Once you have found it, you have to get it to your own side as quickly as possible.

### Maxis

*Sport and games parts 1 and 2*

(In the 2<sup>nd</sup> sport part you take up where you left off after the 1<sup>st</sup> part.)

#### **Circuit week**

**Obstacle rounders:** Between the bases you meet obstacles that you have to take before you run on.

**Dodgeball:** Dodgeball with killer. If you're put out, you go to the back of the other team's side. If you put someone out there, you can go back to your own side.

**Twin football:** You're tied to someone else with a ribbon. You try to score against the opponents like this.

## Friday 31 January

*(collectively at the Escapade)*

### Minis & Maxis

*sport and games part 1*

#### **circuit week**

**tag games:** We play different kinds of tag games

**Dodgeball with cones:** There are cones standing in both fields. Can you topple all of them? Then your team wins.

*Sport and games part 2*

#### **Circuit week**

**Handicrafts:** The children make a nice winter craft piece.

## Monday 3 February

### Minis

*Sport and games part 1*

#### Tournament Week

**Knock hockey & football**

In this week, various sports are played in match form. The children can choose which sport they do.

*Sport and games part 2*

#### Tournament Week

**Knock hockey & football** In this week, various sports are played in match form. The children can choose which sport they do.

### Maxis

*Sport and games part 1*

#### Tournament Week

**Table tennis & hockey** In this week, various sports are played in match form. The children can choose which sport they do.

A photo of the winning team will be hung on the wall of fame.

*Sport and games part 2*

#### Tournament Week

**Table tennis & hockey** In this week, various sports are played in match form. The children can choose which sport they do.

A photo of the winning team will be hung on the wall of fame.

## Tuesday 4 February

### Minis

*Sport and games part 1*

#### Tournament Week

**Flag football & 10-ball** In this week, various sports are played in match form. The children can choose which sport they do.

*Sport and games part 2*

#### Tournament Week

**Flag football & 10-ball** In this week, various sports are played in match form. The children can choose which sport they do.

### Maxis

*Sport and games part 1*

#### Tournament Week

**basketball & football** In this week, various sports are played in match form. The children can choose which sport they do.

A photo of the winning team will be hung on the wall of fame.

*Sport and games part 2*

#### Tournament Week

**Basketball & football** In this week, various sports are played in match form. The children can choose which sport they do.

A photo of the winning team will be hung on the wall of fame.



## Wednesday 5 February

*(collectively at the Escapade)*

### Minis & Maxis

*sport and games part 1*

#### Tournament Week

**Gymnastics & rounders** In this week, various sports are played in match form. The children can choose which sport they do.

*Sport and games part 2*

#### Tournament Week

**Gymnastics & rounders** In this week, various sports are played in match form. The children can choose which sport they do.

## Thursday 6 February

### Minis

*Sport and games part 1*

#### Tournament Week

**Golf & Capture the Flag** In this week, various sports are played in match form. The children can choose which sport they do.

*Sport and games part 2*

#### Tournament Week

**Golf & Capture the Flag** In this week, various sports are played in match form. The children can choose which sport they do.

### Maxis

*Sport and games part 1*

#### Tournament Week

**Foot baseball & flag football** In this week, various sports are played in match form. The children can choose which sport they do. A photo of the winning team will be hung on the wall of fame.

*Sport and games part 2*

#### Tournament Week

**Foot baseball & flag football** In this week, various sports are played in match form. The children can choose which sport they do. A photo of the winning team will be hung on the wall of fame.

## Friday 7 February

*(collectively at the Escapade)*

### Minis & Maxis

*sport and games part 1*

#### Tournament Week

**Dodgeball & Hockey**

In this week, various sports are played in match form. The children can choose which sport they do.

*Sport and games part 2*

#### Tournament Week

**Dodgeball & Hockey**

In this week, various sports are played in match form. The children can choose which sport they do.





## Monday 10 February

### Minis

*sport and games part 1*

#### **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.

*sport and games part 2*

#### **kids' choice week**

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

## Tuesday 11 February

### Minis

*sport and games part 1*

#### **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.

*sport and games part 2*

#### **kids' choice week**

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

## Wednesday 12 February

*(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 13 February

### Minis

*sport and games part 1*

#### **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.

*sport and games part 2*

#### **kids' choice week**

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

## Friday 14 February

*(collectively at the Escapade)*

### Minis & Maxis

*sport and games part 1*

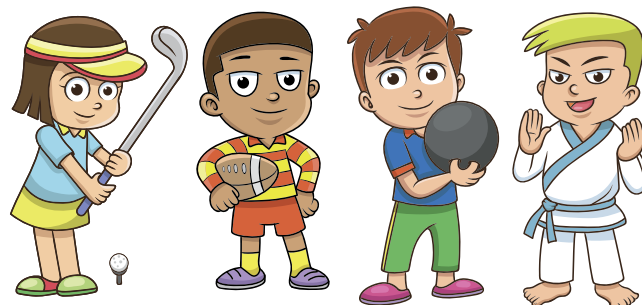
#### **Kids' choice week**

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.