



BOON

Exercise Programme

24 Februari to 24 April 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 fourth BOON MOVEMENT BOOK, containing the day routines for the period from the Spring Break to May vacation.

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.bsoboون.nl



Dagritme

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.



Monday 24 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 25 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 26 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 27 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 28 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.

Week 10 | 2 - 6 March 2020

Monday 2 March

Minis

Sport and games part 1

Clinic week

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

Gymnastics: Today we're going to practise the somersault and the cartwheel.

Sport and games part 2

Clinic week

Hockey: Passing and receiving now applied in game form.

Gymnastics: Everyone will show their best somersault and cartwheel.

Maxis

Sport and games part 1

Clinic week

Rounders: Practising passing and catching.

Table tennis: Today we will practise the service and return.

Sport and games part 2

Clinic week

Rounders: Throwing and catching now applied in game form.

Table tennis: Serving and returning now applied in game form.

Tuesday 3 March

Minis

Sport and games part 1

Clinic week

Rounders: practising throwing and catching.

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

Sport and games part 2

Clinic week

Rounders: throwing in game form.

Dance: We continue with games and exercises to music.

Maxis

Sport and games part 1

Clinic week

Hockey: Learning to pass and receive.

Boot camp: Learning the right posture and execution.

Sport and games part 2

Clinic week

Hockey: Passing and receiving now applied in game form.

Boot camp: Learning the right posture and execution.



Wednesday 4 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Bonker hockey: Learning to pass and receive.

Relay: Various forms of relay.

Sport and games part 2

Clinic week:

Bonker hockey: Exercises and games with passing and receiving.

Relay: Various forms of relay.

Thursday 5 March

Minis

Sport and games part 1

Clinic week

Athletics: Practising the high jump and long jump

Judo: Various rough-and-tumble games

Sport and games part 2

Clinic week

Athletics: High jump and long jump in match form.

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

Maxis

Sport and games part 1

Clinic week

Dancing: Various exercises and games are performed to music.

Football: Learning to pass and receive.

Sport and games part 2

Clinic week

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

Football: Passing and receiving now applied in game form.

Friday 6 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Tag games: Today, we will play various types of tag games.

Dice game: In this, football, hockey, bonker hockey and several other sports are added into one game.

Sport and games part 2

Clinic week

Tag games: Today, we will play various types of tag games.

Dice game: In this, football, hockey, bonker hockey and several other sports are added into one game.

Week 11 | 9 - 13 March 2020

Monday 9 March

Minis

Sport and games part 1

Clinic week

Hockey: Practising shooting at a target.

Gymnastics: We will practise the handstand and the forward roll.

Sport and games part 2

Clinic week

Hockey: Practising passing and scoring.

Gymnastics: Everyone can now show their best handstand and forward roll.

Maxis

Sport and games part 1

Clinic week

Rounders: Practising putting players out.

Table tennis: Today we will practise the forehand stroke

Sport and games part 2

Clinic week

Rounders: Practising putting players out.

Table tennis: Starting with the back/forehand.

Tuesday 10 March

Minis

Sport and games part 1

Clinic week

Rounders: Practising batting from the post.

Dance: We will learn many familiar dances, such as the Macarena, Head, shoulders, knees and toes, etc.

Sport and games part 2

Clinic week

Rounders: Batting in game form.

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

Maxis

Sport and games part 1

Clinic week

Hockey: Learning and improving dribbling.

Boot camp: Learning the right posture and execution.

Sport and games part 2

Clinic week

Hockey: Dribbling and finishing applied in game form.

Boot camp: Learning the right posture and execution.

Wednesday 11 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Mat race: taking various objects to the other side.

Noughts and crosses: Three-in-a-row in running form.

Sport and games part 2

Clinic week:

Mat race: taking various objects to the other side without touching the ground.

Noughts and crosses: Three-in-a-row in running form.



Thursday 12 March

Minis

Sport and games part 1

Clinic week

Athletics: practising

sprints, relays and hurdling.

Judo: Various exercises on how to fall at Judo.

Sport and games part 2

Clinic week

Athletics: Who's fastest at everything?

Judo: Learning the right way to fall during various push-and-pull games.

Maxis

Sport and games part 1

Clinic week

Dancing: We form into groups for this. The groups have to think up a dance with the help of the supervisor.

Football: Learning and improving dribbling.

Sport and games part 2

Clinic week

Dancing: The written dances are practised and improved.

Football: Dribbling and finishing applied in game form.

Friday 13 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Relay: Various forms of relay.

Cone capture: Two teams battle each other for the cones.

Sport and games part 2

Clinic week

Relay: Various forms of relay.

Line game: The children have to sprint between different lines, eventually one winner remains.

Week 12 | 16 - 20 March 2020



Monday 16 March

Minis

Sport and games part 1

Clinic week

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

Gymnastics: today we start working on the handstand away from the wall and we will also do balance exercises.

Sport and games part 2

Clinic week

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

Gymnastics: We continue to practice balance and the handstand.

Tuesday 17 March

Minis

Sport and games part 1

Clinic week

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

Dance: The children learn a dance.

Sport and games part 2

Clinic week

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

Dance: Continue practising with the learned dance.

Maxis

Sport and games part 1

Clinic week

Rounders: Practising putting players out.

Table tennis: Improving the back/forehand.

Sport and games part 2

Clinic week

Rounders: We will play rounders in match form.

Table tennis: We will play table tennis in match form.

Maxis

Sport and games part 1

Clinic week

Hockey: Dribbling and finishing applied in game form.

Boot camp: Learning the right posture and execution.

Sport and games part 2

Clinic week

Hockey: We will now carry out the learned disciplines in a game form

Boot camp: Performing boot camp in match form. (wallsit/plank/press-ups/abs)

Wednesday 18 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Mat race: taking various objects to the other side.

Noughts and crosses: Three-in-a-row in running form.

Sport and games part 2

Clinic week:

Mat race: taking various objects to the other side without touching the ground.

Noughts and crosses: Three-in-a-row in running form.

Thursday 19 March

Minis

Sport and games part 1

Clinic week

Athletics: practising shot putting, quoits and discus throwing.

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

Sport and games part 2

Clinic week

Athletics: How far can you get with shot putting, quoits and discus throwing?

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

Maxis

Sport and games part 1

Clinic week

Dancing: Improving and practising the dances.

Football: Dribbling and finishing applied in game form.

Sport and games part 2

Clinic week

Dancing: We will now perform the learned dances in a show.

Football: We will now carry out the learned disciplines in a game form

Friday 20 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Clinic week

Relay: Various forms of relay.

Cone capture: Two teams battle each other for the cones.

Sport and games part 2

Clinic week

Relay: Various forms of relay.

Line game: The children have to sprint between different lines, eventually one winner remains.

Week 13 | 23 - 27 March 2020

Monday 23 March

Minis

Sport and games part 1

Tournament Week

Hockey & 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

Hockey & Gymnastics

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 and Table Tennis

In 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 and Table Tennis

In 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 24 March

Minis

Sport and games part 1

Tournament Week

Rounders and Dance

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 and Dance

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

Hockey & Boot Camp

In 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

Hockey & Boot Camp

In 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 25 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Tournament Week

Obstacle rounders 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

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

Thursday 26 March

Minis

Sport and games part 1

Tournament Week

Athletics & Judo

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

Athletics & Judo

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

Football & Dance

In 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

Football & Dance

In 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 27 March

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Tournament Week

Line game & Cone Capture 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

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



Week 14 | 30 March to 3 April 2020

Monday 30 March

Minis

Sport and games part 1

Circuit week

Tug-of-war / Cat-mouse-elephant:

In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Tug-of-war / Cat-mouse-elephant:

In this Circuit week, the sports and games are done by rotation.

Maxis

Sport and games part 1

Circuit week

Team ball / Tag games / Three-in-a-row:

In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Team ball / Tag games / Three-in-a-row:

In this Circuit week, the sports and games are done by rotation.

Tuesday 31 March

Minis

Sport and games part 1

Circuit week

Team ball / Bonker hockey:

In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Team ball / Bonker hockey:

In this Circuit week, the sports and games are done by rotation.

Maxis

Sport and games part 1

Circuit week

Dodgeball / Living memory / Line game:

In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Dodgeball / Living memory / Line game:

In this Circuit week, the sports and games are done by rotation.

Wednesday 1 April

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Circuit week

Dodgeball / Football Tournament: In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Dodgeball / Football Tournament: In this Circuit week, the sports and games are done by rotation.

Thursday 2 April

Minis

Sport and games part 1

Circuit week

Circle games:

In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Circle games:

In this Circuit week, the sports and games are done by rotation.

Maxis

Sport and games part 1

Circuit week

Hunter ball/ Rats and Ravens / Around the table:

In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Hunter ball/ Rats and Ravens / Around the table: In this Circuit week, the sports and games are done by rotation.

Friday, 3 April

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Circuit week

Obstacle rounders / Tag games

In this Circuit week, the sports and games are done by rotation.

Sport and games part 2

Circuit week

Obstacle rounders / Tag games

In this Circuit week, the sports and games are done by rotation.



Week 15 | 6 - 10 April 2020

Monday 6 April

Minis

Sport and games part 1

Sport and Games week

Team ball & Block relay:

In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Sport and games part 2

Sport and Games week

Team ball & Block relay:

In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Maxis

Sport and games part 1

Sport and Games week

Pole football & Rock-paper-

scissors: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Sport and games part 2

Sport and Games week

Pole football & Rock-paper-

scissors: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Tuesday, 7 April

Minis

Sport and games part 1

Sport and Games week

Chaos ball & Pole Football:

In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Sport and games part 2

Sport and Games week

Chaos ball & Pole Football:

In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Maxis

Sport and games part 1

Sport and Games week

Dice game: In the dice game we use various sports and fitness exercises.

Sport and games part 2

Sport and Games week

Dice game: In the dice game we use various sports and fitness exercises.



Wednesday 8 April

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Sport and Games week

Line game & Cone Capture: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Sport and games part 2

Sport and Games week

Line game & Cone Capture: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Thursday 9 April

Minis

Sport and games part 1

Sport and Games week

10 counts in the jungle &

Mingo Mingo: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Sport and games part 2

Sport and Games week

10 counts in the jungle &

Mingo Mingo: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Maxis

Sport and games part 1

Sport and Games week

Obstacle rounders & Kick the Can: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Sport and games part 2

Sport and Games week

Obstacle rounders & Kick the Can: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Friday 10 April

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Sport and Games week

Dodgeball & Hockey: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Sport and games part 2

Sport and Games week

Dodgeball & Hockey: In this Sport and Games week, the sports and games are alternated. We start with a warm-up and finish with an end game.

Monday 13 April Easter Closed

Tuesday 14 April

Minis

Sport and games part 1

Circuit week

Bonker hockey: (passing/
shooting at goal/defending)

In this Circuit week, we do various exercises of the same sport by rotation.

Sport and games part 2

Circuit week

Bonker hockey: (passing/
shooting at goal/defending)

In this Circuit week, we do various exercises of the same sport by rotation.

Maxis

Sport and games part 1

Circuit week

Football & Hockey: (Shooting penalties/passing/ accepting)

In this Circuit week, we do various exercises of the same sport by rotation.

Sport and games part 2

Circuit week

Football & Hockey: (Shooting penalties/passing/ accepting)

In this Circuit week, we do various exercises of the same sport by rotation.

Wednesday 15 April

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

Circuit week

Relay: (Passing the baton/sprinting/agility) In this Circuit week, we do various exercises of the same sport by rotation.

Sport and games part 2

Circuit week

Relay: (Passing the baton/sprinting/agility) In this Circuit week, we do various exercises of the same sport by rotation.

Thursday 16 April

Minis

Sport and games part 1

Circuit week

Team ball: (throwing/
catching/aiming) In this Circuit week, we do various exercises of the same sport by rotation.

Sport and games part 2

Circuit week

Team ball:(throwing/
catching/aiming) In this Circuit week, we do various exercises of the same sport by rotation.

Maxis

Sport and games part 1

Circuit week

Basketball & Bonker Hockey: (Shooting penalties/passing/ accepting)

In this Circuit week, we do various exercises of the same sport by rotation.

Sport and games part 2

Circuit week

Basketball & Bonker Hockey: (Shooting penalties/passing/ accepting)

In this Circuit week, we do various exercises of the same sport by rotation.

Friday 17 April

(collectively at the Escapade)

Minis & Maxis

Sport and games part 1

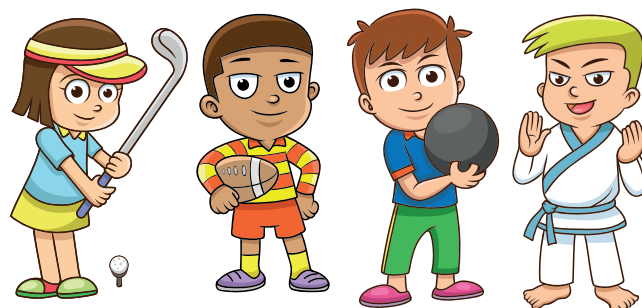
Circuit week

Dice game: (Hockey/ football/ dodgeball/ tug-of-war) In this Circuit week, we do various exercises of the same sport by rotation.

Sport and games part 2

Circuit week

Dice game: (Hockey/ football/ dodgeball/ tug-of-war) In this Circuit week, we do various exercises of the same sport by rotation.



Week 17 | 20 - 24 April 2020

Monday 20 April

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 21 April

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 22 April

(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 23 April

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 24 April

(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.