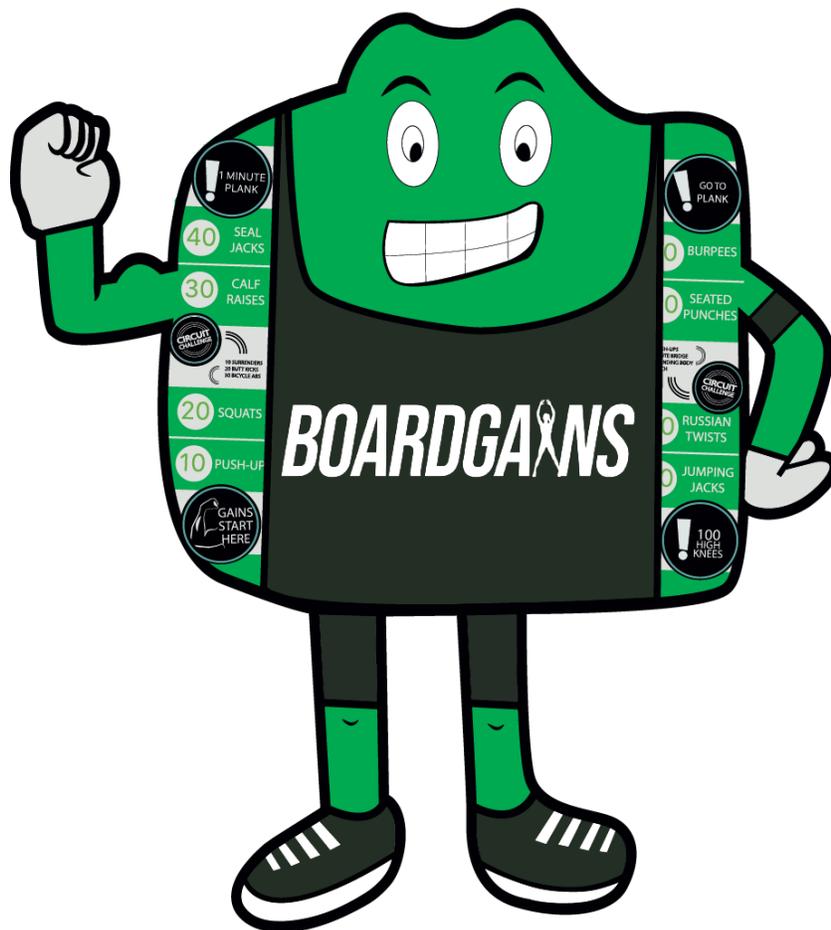


# BOARDGAINS SCHOOL IMPLEMENTATION GUIDE



Welcome to the Boardgains School Implementation Guide! This comprehensive resource is designed to assist school administrators, teachers, and physical education instructors in seamlessly integrating Boardgains into their curriculum and extracurricular activities. By incorporating Boardgains into your school's fitness offerings, you'll be able to provide a unique, engaging fitness experience that sets your school apart and promotes physical fitness and well-being among students.



Boardgains is a fitness board game that combines bodyweight exercises and group fitness into an entertaining and social experience. The game is easy to adapt for various age groups, fitness levels, and settings, making it a versatile addition to your school's physical education program. With its emphasis on fun, community-building, and inclusivity, Boardgains can help create a positive, supportive environment for students to engage in physical activity.

In this guide, we will walk you through the various aspects of implementing Boardgains at your school, including:

- Integrating Boardgains into existing physical education curricula, classes, and lesson plans.
- Hosting special Boardgains events and activities, such as school-wide tournaments, themed game days, inter-class competitions, and after-school programs.
- Customizing the game to suit your school's unique needs and student population.
- Training staff and instructors on facilitating and promoting Boardgains sessions.
- Engage parents in the Boardgains experience
- Marketing and promoting Boardgains to encourage student participation and engagement.
- Evaluating the success and impact of your Boardgains implementation on student fitness and well-being.

By following the strategies and recommendations outlined in this guide, you'll be well-equipped to successfully introduce Boardgains to your school and create a dynamic, enjoyable fitness experience for your students. Let's get started on your journey to making Boardgains a cornerstone of your school's physical education program!

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# Resources

Access these free resources to supplement your Boardgains sessions and implementation:

- [Google Drive](#)
- [Exercise Guide Slideshow](#)
- [1 Page Exercise Guide](#)
- [Clean Music Mixes](#)
- [Blank Templates](#)



BOARDGAINS EXERCISE GUIDE

 ALTERNATING LUNGES	 AB/RUSSIAN TWIST	 BICYCLE ABS	 BURPEES
 CALF RAISE	 GLUTE BRIDGE	 HIGH KNEES	 INCH WORM
 INVISIBLE JUMP ROPE	 JUMPING JACKS	 LYING LEG RAISES	 MOUNTAIN CLIMBERS
 PLANK	 PLANK PRESS	 PUSH UP	 SEAL JACKS
 SEATED PUNCHES	 SHOULDER TAPS	 STANDING BODY CRUNCHES	 SQUAT/AIR SQUAT

FOLLOW US ON SOCIALS:  @BOARDGAINS.FIT   @BOARDGAINS

## BoardGains Licensing Package

The BoardGains Licensing Package offers physical education instructors the opportunity to enhance their classes with the engaging BoardGains game. For a monthly fee of \$9, the package includes:

- Access to marketing materials with customizable templates for different BoardGains events, challenges etc allowing you to feature your school logo
- Customizable email templates for easy communication with students and parents about events and classes
- Monthly access to the BoardGains team for any questions you have
- Licensing and use of the BoardGains trademark on your marketing materials and website
- Continuing education to keep your skills sharp
- Exclusive discounts to sell BoardGains to your students parents
- And much more

By paying the licensing fee, physical education instructors can have access to the tools needed to promote the BoardGains game and enhance their physical education programming, regardless of where they teach. With the BoardGains Licensing Package, instructors can provide their students with a unique and engaging fitness experience that sets them apart from other physical education programs.

For school board licensing inquiries, please contact us at [info@boardgains.com](mailto:info@boardgains.com) for pricing information.

**Join Today: <https://nas.io/boardgains>**

# Boardgains Rules

**BOARDGAINS**

PLAYER	GAINS

PLAYER	GAINS

**EXERCISES:**

- 1 MINUTE PLANK
- 10 PLANK PRESS
- 20 ALTERNATING REVERSE LUNGES
- 30 GLUTE BRIDGES
- ? LUCKY
- 10 LYING LEG RAISES
- 20 AIR SQUATS
- 30 INVISIBLE JUMP ROPE
- GO TO PLANK
- 40 SEAL JACKS
- 30 CALF RAISES
- 20 JUMPING JACKS
- 20 STANDING BODY CRUNCH
- 20 RUSSIAN TWISTS
- 20 BICYCLE ABS
- 10 PUSH-UPS
- 30 BURPEES
- 20 SEATED PUNCHES
- 20 SEAL JACKS
- 20 GLUTE BRIDGES
- 20 STANDING BODY CRUNCH
- 30 RUSSIAN TWISTS
- 40 JUMPING JACKS
- 30 AIR SQUATS
- 20 BURPEES
- 10 SHOULDER TAPS
- ? LUCKY
- 30 MOUNTAIN CLIMBERS
- 20 ALTERNATING FORWARD LUNGES
- 10 INCH WORMS
- 100 HIGH KNEES
- GAINS START HERE

[CLICK HERE TO WATCH VIDEO](#)

**Caution:** Consult a doctor before playing this game. Play at your own risk and assume responsibility for any injuries. If you have limitations, substitute exercises are available.

1. Complete a warm-up ([refer to the end of the guide if needed](#)) before starting.
2. Choose a match type: Multiplayer (2-10 players) or Team (4-10+ players).
3. If you have less than 10 players, you can choose to play in teams or multiplayer mode. However, with more than 10 players, playing in teams is necessary. Setup workout stations for each player/team that is 5-10 ft away from the board.

4. For team play, divide players into equal teams (up to 10 teams). Team members must complete corresponding exercises and reps, but reps can be transferred within the team.
5. Set the "gains" needed to win and write it on the game board. Collect 1 gain each time you pass "GAINS START HERE." The first person or team to reach the set number of gains wins.
6. Suggested gains levels:
  - 3 Gains: Quick Game (10-15 min)
  - 5 Gains: Average Game (15-25 min)
  - 7 Gains: Longer Game (25-35 min)
  - 10 Gains: Extended Game (35-45 min)
7. Each player/team chooses a game piece and writes their name and piece color on the "Player Section" of the board.
8. Look at all the exercises and special spaces on the board together. If you don't know an exercise or need modification, check the exercise guide.
9. To begin, players/teams roll the dice and move their game pieces clockwise. Wait for everyone to roll and move their pieces. Next, have all players go to their workout areas and start the game with a 3, 2, 1, GAINS countdown.
10. Perform the corresponding exercise and reps wherever you land. Once finished, return to the board and roll the dice again. No need to wait for opponents to finish their exercises.
11. For special spaces (CIRCUIT CHALLENGE, 100 HIGH KNEES, 1 MINUTE PLANK, GO TO PLANK), follow the specific instructions before rolling the dice again.
12. If you land on a LUCKY SPACE, pick up a game card and follow its instructions immediately, unless it's a "PLAY THIS CARD" card, which can be saved for later use.
13. Gain 1 point every time you pass "GAINS START HERE." The first player or team to reach the set number of gains wins.
14. After the game, complete the cooldown routine. Refer to the [end of this guide](#) if needed.

**1 SET THE GAINS NEEDED TO WIN**

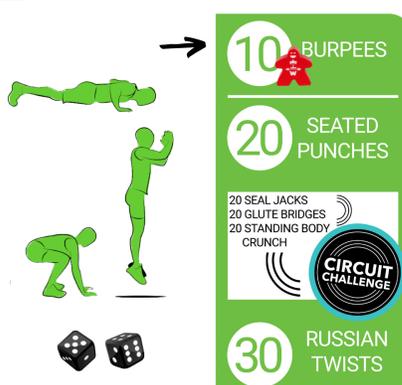


**\* 1 GAIN = 1 LAP AROUND THE BOARD \***

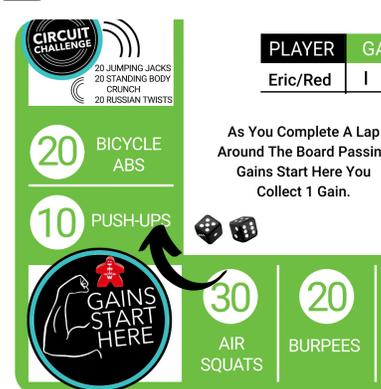
(3 - Easy, 5 - Medium, 7 - Hard)



**2 ROLL, MOVE, EXERCISE, REPEAT.**



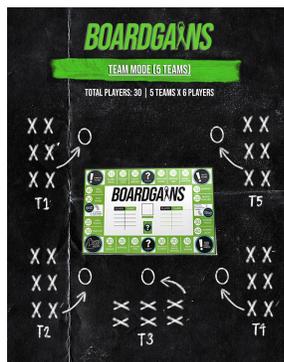
**3 COLLECT SET # OF GAINS TO WIN**



## Team Setups:

You can choose from various team setups to customize your Boardgains experience according to your desired team sizes and numbers. For better game flow, we suggest dividing your class into 4-6 teams for smaller groups and 6-8 teams for larger groups. It's important to designate a workout area for each team that's 5-10 ft away from the board, which can be marked with a pylon. Additionally, using different color pylons for each team to correspond to a game piece color can help with organization. Here are some recommended team options based on class sizes:

- 20-25 players: 4 - 6 teams
- 30-40 players: 4 - 6 teams
- 40-60 players: 6 - 8 teams
- 60-100 players: 8 - 10 teams



## Game Setup:

Choose the number of Gains needed to win, with 3 Gains for a 10-15 minute match, 5 Gains for a 20-30 minute match, and 7 Gains for a 30-35 minute match, with a 2-minute rest between each match. You can customize the timing and number of matches to suit your preferences.

During gameplay, the instructor serves as the referee, ensuring that everyone performs the exercises correctly and maintains proper form, and that no player/team is cheating. For teams it is important to note that each member of the team must complete the exercise before anyone rolls the dice for their team.

A dice tray can keep the BoardGains board organized and prevent accidental score erasing during fast-paced dice rolling. To create one, flip the top of the BoardGains box over and place it next to the game board. Store game materials on the top of the box and keep the dice at the bottom. Participants can roll the dice on the top of the box during gameplay.



### Exercise Guide:

Here are all the exercises included in Boardgains Starter & Plus Edition. Each of the following links contains a video demonstrating how to perform the exercise, including all modifications.

Instructors should be familiar with all exercises and modifications to effectively teach them during the game to accommodate players who may need it.

<a href="#">Alternating Reverse Lunges</a>	<a href="#">Plank</a>	<a href="#">Shoulder Taps</a>	<a href="#">Inchworm</a>
<a href="#">Burpees</a>	<a href="#">Push up</a>	<a href="#">Bicycle Abs</a>	<a href="#">Invisible Jump Rope</a>
<a href="#">Calf Raises</a>	<a href="#">Russian Twist</a>	<a href="#">Plank Press</a>	<a href="#">Standing Body Crunch</a>
<a href="#">Glute Bridge</a>	<a href="#">Seal Jacks</a>	<a href="#">Squats</a>	<a href="#">Lying Leg Raises</a>
<a href="#">High Knees</a>	<a href="#">Mountain Climbers</a>	<a href="#">Seated Punches</a>	<a href="#">Jumping Jacks</a>

# Integrating Boardgains into Physical Education Curricula

## **Introduction:**

This guide aims to help physical education teachers integrate Boardgains, a fitness board game, into their existing curricula and classes. By incorporating Boardgains into your lesson plans, you can engage students with fun and interactive activities that promote physical fitness, teamwork, and healthy competition.

## **Align Boardgains with learning objectives:**

Review your physical education curriculum and identify the learning objectives that Boardgains can help address. These may include developing physical skills, improving fitness levels, learning about sportsmanship, or fostering teamwork. Ensure that the activities you plan with Boardgains align with these objectives.

## **Modify game rules to fit class structure:**

Adapt the Boardgains rules to suit the needs of your classes. For example, you might adjust the number of gains needed to win or the types of exercises included on the game board. You could also create variations of the game that focus on specific skills, such as agility, balance, or coordination. [Check out our Resource Center for extra resources and blank templates.](#)

## **Include warm-up and cool-down activities:**

Incorporate Boardgains-specific warm-up and cool-down activities into your lesson plans. These exercises will help students prepare for the game and reduce the risk of injury. Refer to the Boardgains exercise guide for ideas on suitable warm-up and cool-down activities.

## **Encourage teamwork and cooperation:**

Emphasize the importance of teamwork and cooperation when playing Boardgains in class. Divide students into teams and provide opportunities for them to strategize and support each other during gameplay. Encourage students to communicate effectively and demonstrate good sportsmanship.

### Monitor progress and provide feedback:

As students participate in Boardgains activities, observe their progress and provide feedback on their performance. Offer praise for their efforts and provide constructive feedback to help them improve. Track individual and group progress over time to assess the effectiveness of Boardgains in meeting your curriculum objectives.

### Adapt the game for diverse learners:

Make accommodations for students with different abilities, fitness levels, or learning needs. Provide alternative exercises, modify the number of repetitions, or adjust the game's pace to ensure all students can participate fully and safely.

### Assess student learning:

Incorporate assessment strategies to evaluate student learning and progress throughout the Boardgains unit. Use formative assessments, such as observation and peer feedback, as well as summative assessments, like skill demonstrations or written reflections, to measure student growth.

### Tips for Successful Implementation:

1. **Start with a pilot program:** Test Boardgains with a small group of students or a single class before implementing it across your entire physical education program.
2. **Provide clear instructions:** Ensure students understand the game rules, exercise techniques, and safety guidelines before starting a Boardgains session.
3. **Engage students in the planning process:** This can include tasks such as selecting team or team sizes, and setting goals such as choosing the number of gains needed to win. By allowing students to participate in decision-making, they become more invested in the activity and are more likely to stay motivated throughout the lesson.

4. **Offer variety:** Rotate Boardgains activities with other physical education units to maintain student interest and engagement.
5. **Gather feedback:** Solicit feedback from students and colleagues to refine your Boardgains integration approach and make improvements as needed.

By integrating Boardgains into your physical education curriculum, you can create a fun and engaging learning environment that promotes physical fitness, teamwork, and healthy competition among students.

# Physical Education Lesson Plans

## Welcome statement:

Thank you for being a physical educator and coach! Your efforts encourage people to be active and move their bodies. Boardgains is a gamified session I created in 2020 that incorporates full-body movements and conditioning. It is designed to be easy to start, requiring minimal equipment, and can be played anywhere. The enclosed curriculum will inspire and assist you in achieving your mission to promote physical activity in a fun way.

- Eric Mathura (Founder)

## Overview:

Boardgains is divided into two lesson plans: the Starter Edition includes 13 exercises, while the Plus Edition has 20 exercises. Lesson 1 introduces the 13 exercises found in both editions, and Lesson 2 focuses on the additional 7 exercises featured in the Plus Edition. Incorporating Boardgains into classes will be simple and straightforward once the students



have learned all the exercises. We recommend dedicating 1-2 weeks of a fitness or exercise unit to using Boardgains. During Lesson 1, students will learn the names and movements of the first 13 exercises, which will introduce them to circuit training style workouts and help condition their bodies. In Lesson 2, students will learn the names and movements of the next 7 exercises.

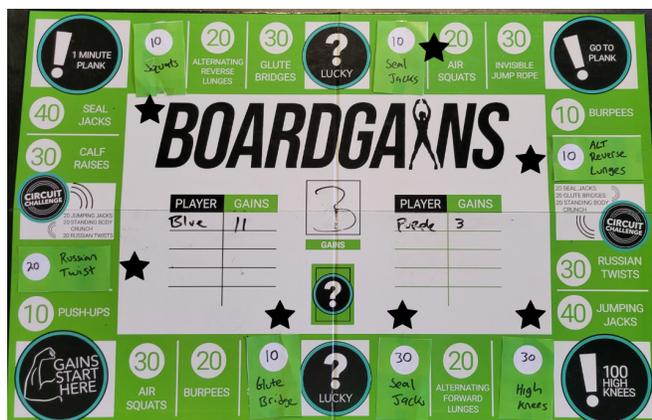
## Team Setup:

To manage the flow of class, it is recommended to split students into 4-6 groups, starting with 4 groups for better control of the game flow. The [previous pages](#) under rules provide various class setups that you can use, or you can create your own setup. The goal is to collect a set number of gains by completing laps around the board. We suggest starting with 3 Gains for a 10-15 minute match and then having 3 matches in a 1-hour time frame including warm-up/cooldown. Teams roll the dice and move their game piece, completing the corresponding exercises and reps when they land on an exercise. Reps can be transferred between players. A team captain can be chosen to roll the dice or players can switch between exercises. Each team should have a designated workout area 10ft away from the board, which can be marked with a pylon. To start the game, each team captain or one player from each team rolls the dice to set their starting position. Once starting positions are set, and all players are in their designated workout areas, the game can begin with a 3-2-1 countdown.

## LESSON PLAN #1: Boardgains Starter and Plus Edition - First 13 Exercises

### Setup:

This lesson is suitable for both the Boardgains Starter and Plus Editions, as it includes the 13 exercises found in both versions. To simplify the game for the Plus Edition, print out and tape the Boardgains exercise board templates to the board as indicated by the stars, which reduces the total number of exercises from 20 to 13. This makes it easier to teach the exercises to the children. While it's possible to teach all 20 exercises at once using the Plus Edition, we recommend breaking it down into two lesson plans for kids without prior exercise experience.



[Click Here For Templates.](#)

In addition, this lesson can be divided into three separate sessions. **Session 1**, named "**Learning**," includes the warmup, teaching fundamentals, conditioning circuit, and cooldown. **Session 2**, named "**Gameplay**," includes the warmup, conditioning circuit, gameplay, and cooldown. **Session 3**, named "**Boardgains**," includes the warmup, gameplay, and cooldown. Depending on the class and students, you can alternate future physical education classes with any session to keep the students engaged and motivated.

### Warm-up (10-15 Minutes) :

To start any session, have the students perform a 3-5 lap jog around the gymnasium to warm up their muscles. The number of laps should be adjusted depending on the size of the gym. Alternatively, you can lead your own warm-up or use one of the warm-ups provided at the [end of the guide](#).

### Teaching Fundamentals (15-25 Minutes):

During this part of the lesson, the teacher will guide the students through each of the 13 exercises on the board & all modifications . The focus will be on teaching proper form and helping the students become familiar with the exercises. The 13 exercises are found below in the conditioning circuit.

You can use this [slideshow](#) to teach the kids the exercises and their modifications. Additionally, you can set it up to autoplay to remind the children of the exercise names and modifications while playing the game.

### Conditioning Circuit (15-30 Minutes)

During the conditioning circuit, students will perform each exercise for 30 seconds, followed by a 30-second rest period. The instructor can lead the circuit in front of the class, offering guidance on proper form. To make the circuit run more smoothly, an interval timer app such as WOD Timer can be used to set up work/rest intervals for the Boardgains exercises. Simply download the app from your phone's app store and plug it into a stereo to cue everyone when to start and stop the exercise.

#### **Watch this to understand the flow of the circuit.**

The conditioning circuit includes the following exercises:

Alternating Reverse Lunges	Plank
Burpees	Push up
Calf Raises	Russian Twist
Glute Bridge	Seal Jacks
High Knees	Mountain Climbers
Jumping Jacks	Squats
Invisible Jump Rope	

If you think that the kids would benefit from an additional round of the circuit, you can go ahead and do so. This will help reinforce proper form and help the kids learn the exercises more effectively.

You have the freedom to customize your own conditioning circuits for future sessions by selecting any 10 bodyweight exercises and using the 30 seconds on and 30 seconds off template. Alternatively, you can use the circuit provided in this guide.

### **Gameplay (15 - 35 minutes):**

Once the students have become familiar with the exercises, they can start playing Boardgains. If you have the Boardgains Starter Edition, you can start playing the game right away. However, if you have the Boardgains Plus Edition, you will need to print out the Lesson 1 Boardgains exercise board templates and tape them to the board.

It is recommended to divide students into 4-6 groups to manage the flow of class, starting with 4 groups for better control of the game flow. You can use the class setups provided in the previous pages or create your own. The goal of the game is to collect a set number of gains by completing laps around the board. We suggest starting with 3 Gains for a 10-15 minute match and playing 3 matches in a 1-hour time frame, including warm-up and cooldown. Teams roll the dice and move their game piece, completing the corresponding exercises and reps when they land on an exercise. Reps can be transferred between players, and a team captain can be chosen to roll the dice or players can switch between exercises.

Each team should have a designated workout area 10ft away from the board, marked with a pylon. Before starting the game, go over the exercises on the board to ensure all players know the exercise, and review special spaces like CIRCUIT CHALLENGE, 100 HIGH KNEES, 1 MINUTE PLANK, GO TO PLANK, and Lucky?. If a player lands on a LUCKY SPACE, pick up a game card and follow its instructions immediately, unless it's a "PLAY THIS CARD" card, which can be saved for later use.

To start the game, each team captain or one player from each team rolls the dice to set their starting position. Once starting positions are set, and all players are in their designated workout areas, the game can begin with a 3-2-1 countdown.

### **Cooldown (10 Minutes):**

To end the lesson, have the students perform a series of stretches to cool down and relax their muscles. You can lead your own cooldown or use one of the cooldowns provided at the end of the guide. Make sure to stretch all the major muscle groups used during the lesson, holding each stretch for at least 10-15 seconds. Encourage the students to focus on their breathing and relax their bodies during the cooldown.

### Homework for Kids:

For homework, the kids are required to perform all the exercises they learned in class and indicate whether it is an upper body exercise, lower body exercise, or core exercise. The exercises include:

Click [here](#) to download Homework Pages.

10 Push-ups & all Modifications (Upper) 20 Glute Bridge (Lower) 30 Calf Raises (Lower) 30 Standing Body Crunch (Core) 40 Seal Jacks (Upper) 20 Squat (Lower)	50 High Knees & all Modifications (Lower) 10 Burpees & all Modifications (Upper) 20 Russian Twist & all Modifications (Core) 30 Second Plank & all Modifications (Core) 20 Alternating Reverse Lunges & Forward Lunges (Lower)
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## LESSON PLAN #2: Boardgains Plus Edition - The Next 7 Exercises

### Warm-up (10 minutes):

Similar to Lesson 1, start the lesson with a 3-5 lap jog around the gymnasium to warm up the students. The number of laps should be adjusted depending on the size of the gym. Alternatively, you can lead your own warm-up or use one of the warm-ups provided at the end of the guide.

### Fundamentals (20 Mins):

In this part of the lesson, the teacher will introduce the last 7 exercises on the Boardgains Plus Edition. The focus will be on the fundamentals of each exercise and modifications to ensure that all students are comfortable and familiar with the exercises.

This [slideshow](#) can be used to instruct the children on the exercises and their modifications.

### Conditioning Circuit (20 Mins):

During the conditioning circuit, students will perform each exercise for 30 seconds, followed by a 30-second rest period. The instructor can lead the circuit in front of the class, offering guidance on proper form. To make the circuit run more smoothly, an interval timer app such as WOD Timer can be used to set up work/rest intervals for the Boardgains exercises. Simply download the app from your phone's app store and plug it into a stereo to cue everyone when to start and stop the exercise.

This is a [video](#) of the conditioning Circuit.

The conditioning circuit includes the following exercises:

Standing Body Crunch	Lying Leg Raises
Shoulder Taps	Russian Twist
Mountain Climbers	Plank Press
Seated Punches	Bicycle Abs
Inchworm	Squats

### Gameplay (20 minutes):

In the gameplay portion, use the Boardgains Plus Edition and remove the printed templates to reveal the 7 new exercises that were taught in the previous portion. Depending on the class size, divide the students into teams and aim for 3 Gains during the game. If the match finishes quickly, you can play another match if time allows.

### Homework:

For homework, the students will perform all 10 exercises introduced in this lesson and indicate whether they are an upper body, lower body, or core exercise. This will reinforce their understanding of the different types of exercises and how they can incorporate them into their own fitness routines.

Click [here](#) to download Homework Pages.

Glute Bridge (Lower Body) Shoulder Taps (Core) Mountain Climbers (Core) Jumping Jacks (Upper Body) Squats (Lower Body)	High Knees (Lower Body) Russian Twist (Core) Plank Press (Core and Upper Body) Bicycle Abs (Core) Burpee (Upper Body)
--	---

# Hosting Special Boardgains Events and Activities

## **Introduction:**

This guide is designed to help school administrators, teachers, and physical education instructors plan and host engaging Boardgains events and activities for students. By organizing special events and competitions, you can create excitement around physical fitness, foster a sense of community, and encourage students to adopt healthy habits.

## **School-Wide Tournaments:**

Host a school-wide Boardgains tournament where students can compete either individually or in teams in an elimination-style format until only one team is left as the winner. Schedule the event during a specific week or month and create a bracket system to track progress. Offer small prizes or certificates to the winners and celebrate their achievements during a school assembly or through school-wide announcements. This can be a fun way to encourage healthy competition among students and promote physical fitness.

## **Themed Game Days:**

Plan themed Boardgains game days that align with seasonal celebrations, school spirit days, or national fitness initiatives. Encourage students to dress up according to the theme and create customized game boards that incorporate the chosen theme. For example, host a "Superhero Boardgains Day" where students dress as their favorite superheroes and complete superhero-inspired exercises.

## **Inter-Class Competitions:**

Foster friendly competition between classes by organizing inter-class Boardgains challenges. Set up a point system to track each class's progress, and update a leaderboard displayed in a

prominent location within the school. At the end of the competition, recognize the winning class with a small reward or special privilege, such as a dress-down day or extra recess time.

### **After-School/Lunch Programs:**

Incorporate Boardgains into after-school/Lunch programs or clubs focused on fitness, wellness, or personal development. Schedule regular sessions where students can come together to play the game, learn new exercises, and track their progress over time. Consider inviting guest speakers or fitness professionals to lead special sessions or workshops related to the program's theme.

### **Tips for Successful Implementation:**

1. **Plan ahead:** Set a schedule for your events and activities well in advance, allowing ample time for promotion and preparation.
2. **Engage staff and volunteers:** Recruit teachers, staff members, or parent volunteers to help facilitate events and ensure they run smoothly.
3. **Promote the events:** Use school newsletters, social media, and announcements to generate excitement and encourage participation.
4. **Keep it inclusive:** Ensure that Boardgains events and activities are accessible and adaptable for all students, regardless of their fitness levels or abilities.
5. **Gather feedback:** After each event, collect feedback from participants to identify areas for improvement and inform future planning.

By hosting special Boardgains events and activities, your school can create a fun and engaging atmosphere that promotes physical fitness and well-being among students and their families.

# Training Staff and Instructors for Boardgains Sessions

## **Introduction:**

This guide aims to help school administrators and physical education coordinators train staff and instructors on facilitating and promoting Boardgains sessions effectively. By ensuring that educators are well-prepared and confident in leading Boardgains activities, you can create an engaging and successful fitness experience for your students.

## **Conduct an orientation session:**

Host an orientation session for staff and instructors to introduce Boardgains, its objectives, and its benefits for students. Explain how the game can enhance physical education lessons, promote teamwork, and improve fitness levels. Provide all necessary materials, such as the game board, rules, and exercise guide.

## **Demonstrate game setup and rules:**

Walk staff and instructors through the game setup process and explain the [rules](#) in detail. Encourage them to familiarize themselves with the game board, exercises, and various match types. Allow time for questions and clarifications to ensure a thorough understanding of the game mechanics.

## **Teach exercise techniques and modifications:**

Review the exercise guide with staff and instructors, demonstrating proper technique for each exercise. Emphasize the importance of safety and correct form. Discuss modifications and alternative exercises that can accommodate students with different abilities and fitness levels.

## **Practice facilitating game sessions:**

Organize practice sessions where staff and instructors can practice facilitating Boardgains activities. This will help them become comfortable with the game flow, managing time, and providing guidance and feedback to students. Encourage peer feedback and collaboration during these practice sessions to promote continuous improvement.

### **Discuss strategies for promoting teamwork and sportsmanship:**

Share strategies for fostering teamwork, sportsmanship, and positive attitudes among students during Boardgains sessions. Encourage staff and instructors to be mindful of group dynamics, address any conflicts or negative behavior promptly, and celebrate students' achievements and progress.

### **Offer tips for integrating Boardgains into lesson plans:**

Provide guidance on how to incorporate Boardgains into existing physical education curricula and classes. Discuss ways to align game activities with learning objectives, modify game rules to fit class structures, and include warm-up and cool-down activities in lesson plans.

### **Create a support network:**

Establish a support network among staff and instructors for ongoing collaboration, problem-solving, and sharing of best practices related to Boardgains. Regular meetings or online forums can facilitate communication and help address any challenges or questions that arise during implementation.

### **Encourage ongoing professional development:**

Promote continuous learning and professional development related to Boardgains and physical education in general. Share resources, such as articles, workshops, or conferences, that can enhance staff and instructors' knowledge and skills.

By following this guide and investing in comprehensive training for staff and instructors, you can ensure the successful integration of Boardgains into your school's physical education program. With well-prepared educators, you can create a fun, engaging, and effective fitness experience for your students.

# Marketing and Promoting Boardgains for Encouraging Student Participation

## Introduction:

This guide is designed to help school administrators, physical education coordinators, and teachers market and promote Boardgains effectively, encouraging student participation and engagement in special events and activities such as school-wide tournaments, inter-class competitions, and after-school/lunch programs. By raising awareness and generating excitement around the game, you can create a fun and successful fitness experience for your students.

## Create eye-catching promotional materials:

Create attractive posters, flyers, and digital graphics that highlight the excitement and enjoyment of playing Boardgains. Incorporate images of the game board, students engaged in exercises, and information on the advantages of participating. Place these materials in various locations throughout the school, on the website, and on social media platforms. By paying the [licensing fee](#), you'll also have access to our premade marketing materials, including posters, flyers, and digital graphics that highlight the excitement and enjoyment of playing Boardgains. If you have any specific ideas or requests, our team can also work with you to create customized marketing materials to fit your needs.

## Leverage social media platforms:

Use your school's social media channels to promote Boardgains activities and events. Share photos and videos of students playing the game, along with testimonials, success stories, and highlights from events or competitions. Encourage students and parents to share their experiences and use a dedicated hashtag to build a sense of community.

## Host an introductory event:

Organize an event, such as a school-wide assembly or an open house, to introduce Boardgains to students, staff, and parents. Demonstrate how the game is played, showcase the exercise guide, and highlight the benefits of participating in Boardgains activities. Offer opportunities for attendees to try the game and ask questions.

**Partner with local organizations:**

Collaborate with local organizations, such as community centers, sports clubs, and businesses, to promote Boardgains and expand its reach. Organize joint events, offer cross-promotional opportunities, and share resources to increase awareness and interest in the game.

**Encourage student ambassadors:**

Recruit enthusiastic students to serve as Boardgains ambassadors. Train them to promote the game among their peers, assist with game facilitation, and provide support during events and competitions. Recognize and reward their efforts to motivate continued involvement.

**Integrate Boardgains into school events and traditions:**

Incorporate Boardgains into existing school events, such as sports days, health and wellness fairs, or fundraisers. Create new traditions centered around the game, such as annual Boardgains tournaments or themed game days, to foster ongoing interest and engagement.

**Communicate with parents and guardians:**

Keep parents and guardians informed about Boardgains activities, events, and benefits through newsletters, emails, and parent-teacher conferences. Encourage them to support their children's participation and share their experiences with other families.

**Track and celebrate success:**

Monitor student participation, engagement, and progress in Boardgains activities. Share success stories, achievements, and milestones through school communications, social media, and events. Recognize and celebrate individual and group accomplishments to foster a sense of pride and motivation.

By following this guide and implementing effective marketing and promotional strategies, you can increase awareness, excitement, and participation in Boardgains among your students for special events and activities. With a strong promotional effort, you can create a dynamic, enjoyable fitness experience that benefits your entire school community.

# Steps for Evaluating the Impact of Boardgains Implementation

Evaluating the success and impact of your Boardgains implementation on student fitness and well-being can help you identify areas of improvement and make data-driven decisions to enhance your program. Follow these steps to conduct a thorough evaluation:

## **Step 1: Establish goals and objectives**

Define specific goals and objectives for your Boardgains program, such as improving student fitness levels, increasing participation rates, or promoting team-building and leadership skills. Ensure that your goals are measurable and align with your school's mission and values.

## **Step 2: Collect baseline data**

Collect baseline data before implementing Boardgains to establish a starting point for your evaluation. This data can include fitness test results, participation rates, and surveys on student attitudes towards physical activity.

## **Step 3: Monitor progress**

Monitor progress towards your goals and objectives throughout the implementation of Boardgains. Collect data on participation rates, fitness levels, and any other relevant metrics that align with your goals.

## **Step 4: Analyze data**

Analyze the data you have collected to identify areas of success and areas for improvement. Consider using data visualization tools to help you spot patterns and trends.

### **Step 5: Make data-driven decisions**

Use your analysis to make data-driven decisions to improve your Boardgains program. Consider making changes to your program based on the data, such as adjusting the frequency or duration of sessions, targeting specific groups of students, or introducing new activities or challenges.

### **Step 6: Collect follow-up data**

Collect follow-up data to assess the impact of any changes you have made to your Boardgains program. This data can include updated fitness test results, participation rates, and surveys on student attitudes towards physical activity.

### **Step 7: Report findings**

Report your findings to key stakeholders, such as school administrators, parents, and physical education staff. Use data visualization tools and clear language to make your findings accessible and understandable.

By following these steps, you can evaluate the success and impact of your Boardgains implementation on student fitness and well-being and make data-driven decisions to enhance your program.

# School-Wide Boardgains Tournaments

## **Introduction:**

Hosting a school-wide Boardgains tournament is an excellent way to foster a sense of community, promote physical fitness, and encourage friendly competition among students. This guide will provide a step-by-step approach to planning and organizing a successful tournament that will engage and excite your entire school community.

## **Establish a planning committee:**

Form a committee comprising school administrators, teachers, and physical education instructors to oversee the planning and organization of the tournament. Assign roles and responsibilities, such as event coordination, promotion, logistics, and volunteer management. As a planning committee, you have the option to determine how you want the teams of the tournament to be based. You can choose to have each homeroom class designate a team, or students can sign up with friends to create their own teams, etc.

## **Set the date and location:**

Choose a suitable date and location for the tournament, taking into consideration factors such as school calendar, availability of facilities, and potential conflicts with other events. Reserve the necessary spaces, such as the gymnasium, classrooms, or outdoor areas.

## **Determine the tournament format:**

Determine the tournament format by choosing between single-elimination, double-elimination, or round-robin, and determining the number of participants per team. Consider establishing age divisions if necessary, and adapting the rules for varying skill levels or abilities. Additionally, based on the available space, decide whether to run multiple boards simultaneously or just one. Finally, determine the number of gains needed to win the game.

## **Create a schedule and rules:**

Develop a detailed schedule for the tournament, outlining the start and end times, duration of games, and breaks. Establish clear rules for gameplay, scoring, and sportsmanship, and provide a copy to all participants and staff.

### **Promote the event:**

Generate excitement and encourage participation by promoting the tournament through school announcements, posters, social media, and newsletters. Consider hosting an informational meeting or assembly to explain the tournament format and answer any questions.

### **Recruit and train volunteers:**

Enlist the help of teachers, staff, parents, and student volunteers to assist with various aspects of the tournament, such as game facilitation, scorekeeping, setup, and cleanup. Provide training and resources to ensure volunteers are well-prepared for their roles.

### **Organize equipment and materials:**

Gather all necessary equipment and materials for the tournament, such as Boardgains sets, mats, pylons, exercise guide, etc.. Ensure that equipment is in good condition and ready for use on the day of the event.

### **Set up the tournament area:**

Prior to the tournament, set up the designated playing areas, ensuring that they are safe and well-organized. Designate areas for teams to gather, spectators to watch, and volunteers to assist with game facilitation.

### **Host the tournament:**

On the day of the event, welcome participants, volunteers, and spectators, and provide an overview of the tournament format and schedule. Ensure that games run smoothly and adhere to the established rules and guidelines.

**Celebrate and recognize achievements:**

At the conclusion of the tournament, recognize and celebrate the achievements of all participants. Consider presenting awards or certificates for outstanding performances, sportsmanship, or teamwork. Share highlights, photos, and stories from the event with the school community.

By following this comprehensive guide, school administrators, teachers, and physical education instructors can plan and host a successful Boardgains tournament that will engage and excite the entire school community. A well-executed tournament will not only promote physical fitness but also foster a sense of camaraderie and pride among students.

## After-School/Lunch Programs

Incorporating Boardgains into after-school/lunch programs or clubs is a great way to promote fitness, wellness, and personal development among students while providing a fun socializing activity. To ensure the success of these programs, it is important to schedule regular sessions that allow students to play the game, learn new exercises, and track their progress over time. Here is a guide on how to run these programs with minimal help from teachers:

### **Establish a student leadership team:**

Select a group of enthusiastic and responsible students to lead the program. These students should be passionate about fitness, wellness, and personal development and should be willing to take charge of the program's organization, logistics, and promotion.

### **Plan and organize the sessions:**

To plan and organize the program's sessions, work closely with the student leadership team. Collaborate with them to determine the frequency and duration of the sessions and the number of participants per session. Encourage the students to share creative ideas that can make the program more enjoyable and engaging. Consider using a king's court style of gameplay, where the winning team continues to play, and the losing team can switch players and make new teams or use the same team. This approach allows for a fair distribution of playing time, with new teams and players participating in each match while also ensuring that the winning team gets to continue playing.

### **Set up the game board and equipment:**

Ensure that the game board and equipment are set up and ready for use before each session. Assign tasks to the student leadership team, such as setting up the game board, organizing the equipment, and ensuring that the area is clean and safe.

**Facilitate the sessions:**

Allow the student leadership team to facilitate the program's sessions. Encourage them to take charge of the game's flow, lead the warm-ups, and help participants with form and technique. Ensure that the sessions are inclusive and that all participants feel comfortable and supported.

**Invite guest speakers and fitness professionals:**

Consider inviting guest speakers or fitness professionals to lead special sessions or workshops related to the program's theme. This can provide valuable insights and knowledge to the participants and can help to keep the program fresh and engaging.

**Track and celebrate progress:**

Keep track of the program's progress and celebrate the participants' accomplishments. Encourage the students to track their gains and set goals for improvement. Celebrate milestones and achievements with certificates, awards, or small prizes.

By following these guidelines and allowing the student leadership team to take charge, you can run successful after-school/lunch programs that promote fitness, wellness, and personal development among students while providing a fun socializing activity. Sessions should be 60-90 minutes long to allow for adequate gameplay and socializing.

# Inter-Class Competitions Through Boardgains Challenges

Foster friendly competition between classes by organizing inter-class Boardgains challenges. Set up a point system to track each class's progress, and update a leaderboard displayed in a prominent location within the school. At the end of the competition, recognize the winning class with a small reward or special privilege, such as a dress-down day or extra recess time.

To host a successful BoardGains challenge, follow these steps:

## Step 1: Develop Specific Goals or Benchmarks

To host a successful BoardGains challenge for inter-class competitions, establish clear and challenging goals or benchmarks for participants. These can include completing a set number of gains within a specific time frame or completing as many gains as possible within a set time frame. Ensure that the goals are attainable but still require effort, and communicate them clearly to all participants. Classes play the game as one team, so everyone does the same exercise and works together to help each other finish reps and determine the final time..

### BoardGains Challenges:

- **BoardGains Marathon Challenge:** classes must complete a set number of gains within a specific time frame, competing against each other for the fastest completion time.
- **BoardGains Endurance Challenge:** classes must complete as many gains as possible within a set time frame, with the winner being the person who completes the most laps.
- **BoardGains Mystery Time Challenge:** In this challenge, classes must complete three laps around the BoardGains board and time themselves. They will write their time on the board, and at the end of the month, the person who comes closest to the mystery time will win.

## Step 2: Set up Leaderboards and Progress Tracking Systems

Create leaderboards and progress tracking systems to maintain participant engagement and motivation. Encourage participants to monitor their progress and compare their achievements with others.

### **Step 3: Promote the Challenge**

Promote the challenge through gym channels, local media, and social media to attract classes. Spread the word about the challenge by using email newsletters, posters, and flyers.

### **Step 4: Award Prizes and Incentives**

To celebrate the achievements of top performers and incentivize participation, award prizes, recognition, or incentives. Consider offering a prize that is school-related, such as a pizza party for the winning class or extra recess time for all participants. This can increase excitement and encourage participation among students from physical education classes and even homeroom classes.

### **Step 5: Celebrate Achievements**

Organize an event or party to recognize the top performers and award prizes. Show appreciation to participants for their dedication and hard work, and celebrate the overall success of the event. This could be done during a school assembly or a special event specifically for the challenge. Consider displaying the leaderboard and congratulating the winning classes or individuals, and encourage all participants to keep up their healthy habits beyond the challenge.

By following these steps, you can successfully host a BoardGains challenge that motivates and engages participants, promotes healthy competition, and celebrates their achievements.

# Themed Game Days

Themed Boardgains game days can add fun and excitement to your fitness program, and help to build a sense of community among students. Here's how to plan a successful themed Boardgains game day:

## **Step 1: Choose a Theme**

Choose a theme that aligns with seasonal celebrations, school spirit days, or national fitness initiatives. Some ideas include:

- Superhero Boardgains Day
- Halloween Boardgains Day
- Winter Wonderland Boardgains Day
- Valentine's Day Boardgains Day
- Earth Day Boardgains Day
- Step 2: Customize Game Boards

Create customized game boards that incorporate the chosen theme. For example, for a superhero Boardgains day, you could customize a game board with superhero-themed graphics and exercises.

## **Step 3: Plan the Activities**

Plan activities that align with the chosen theme, such as superhero-inspired exercises for a superhero Boardgains day. Encourage students to dress up according to the theme and provide some extra decorations to create a fun and engaging atmosphere.

## **Step 4: Schedule the Game Day**

Schedule the themed Boardgains game day in advance, and promote it through school channels such as email newsletters, posters, flyers, and social media. Encourage participation by highlighting the theme and the fun activities planned for the day.

## **Step 5: Celebrate the Game Day**

Celebrate the success of the themed Boardgains game day by acknowledging the participants' hard work and commitment. Consider awarding prizes or incentives to top performers or to those who are best dressed according to the theme. Share photos and videos on social media to celebrate the event and encourage future participation.

By following these steps, you can plan and execute a successful themed Boardgains game day that promotes fitness, wellness, and personal development among students while providing a fun and engaging socializing activity.

## Warmup & Cooldown Options

# FULL BODY MOBILITY



**HIP CIRCLES**  
X10 / SIDE



**GOOD MORNINGS**  
X 10 REPS



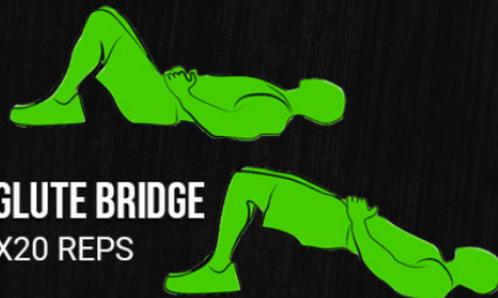
**AIR SQUATS**  
X20 REPS



**INCH WORM**  
X10 REPS



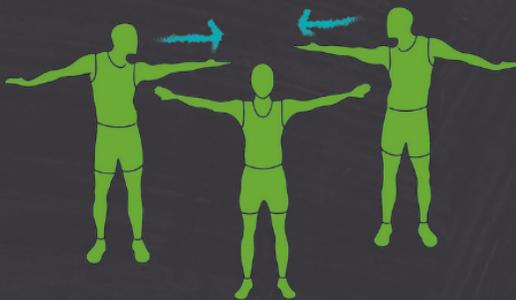
**CAT CAMEL**  
X10 REPS



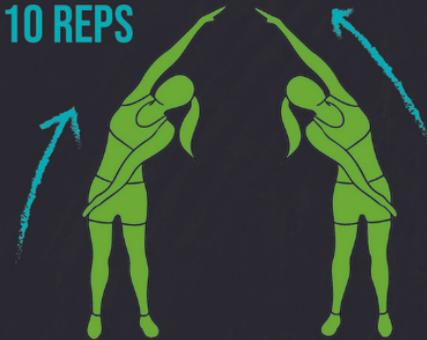
**GLUTE BRIDGE**  
X20 REPS

# FULL BODY MOBILITY

1 SHOULDER ROLL EXERCISE  
10 REPS



2 SIDE TO SIDE SQUAT  
10 REPS



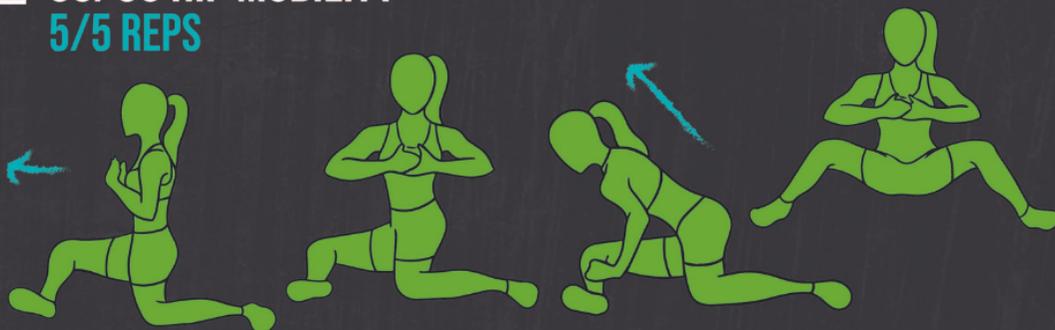
3 SQUAT & STAND  
10 REPS



4 SQUAT & REACH  
5/5 REPS



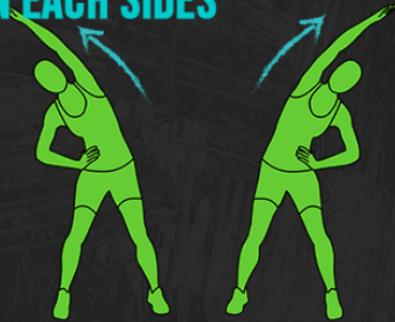
5 90/90 HIP MOBILITY  
5/5 REPS



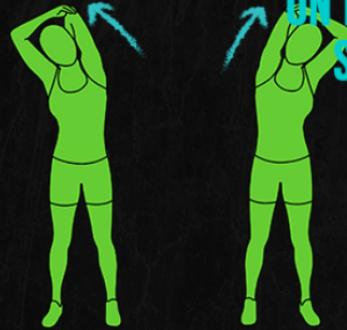
# FULL BODY STRETCH

HOLD EACH STRETCH 30/SECONDS

**1** OBLIQUES STRETCH  
ON EACH SIDES



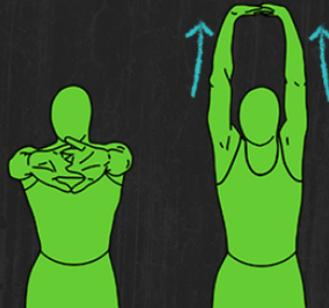
**2** TRICEPS STRETCH  
ON EACH SIDES



**3** OPEN ARM CHEST



**4** BILATERAL BICEPS



**5** STANDING QUAD  
STRETCH  
ON EACH SIDES



**6** FORWARD BEND



# LOWER BODY STRETCH

HOLD EACH STRETCH 30/SECONDS



# UPPER BODY STRETCH

HOLD EACH STRETCH 30/SECONDS

**1** NECK STRETCH  
ON EACH  
SIDES



NECK FLEXION **2**



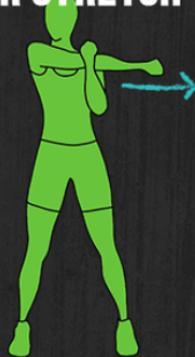
**3** LEVATOR SCAPULAE  
ON EACH SIDES



SCALENE STRETCH **4**  
IN SITTING  
ON EACH  
SIDES



**5** SHOULDER STRETCH  
ON EACH  
SIDES



OBLIQUES STRETCH **6**  
ON EACH SIDES

