

NORTH WEST LEICESTERSHIRE

school sports partnership

presents

The Isolation Games



Challenge Types

PERSONAL BEST

These tasks are all about trying to beat your high score and be the best you can be! Don't worry if it's hard at first, practice makes perfect!

virtual challenge

These competitions are ones you can take part in to help your school climb up the scoreboard, so give it your all in this huge team effort! It's all about participation!

CREATIVE CHALLENGE

These challenges will require you to get your problem-solving hat on and show us some of your creative ways to get active, remember to think outside the box!

Week Six

THE GREATEST SHOWMAN

This week's theme is all about The Greatest Showman! Are you ready to step up to the performance with these 3 challenges?



PERSONAL BEST
virtual challenge
CREATIVE CHALLENGE



PERSONAL BEST

In the circus juggling is a worthy skill to have, but it can be very difficult to master! In this week's personal best work on your catching skills to see which level you can climb to!

CAUTIOUS CLOWN

Start with just one ball and see if you can throw it high and from one hand to the other without dropping it for

2 minutes!



AWESOME ACROBAT

Use two balls and practice throwing them from hand to hand, see if you can go for 3 minute without dropping them!

BONUS:

JOLLY JUGGLER

Move onto three balls! For more tips on how to juggle have a look at this

site: <https://www.youtube.com/watch?v=dCYDZDIcO>

6g

MARVELOUS MAGICIAN

Can you throw the balls up in the air whilst moving at the same time? Use both balls and try catching using both hands!



Need help?

Here's a link to our example! https://www.youtube.com/watch?v=pg2_2CAkqDM&feature=youtu.be



virtual challenge

Another valuable skill in the circus is being able to balance well, so for this week's challenge we are working on our balance skills! For this challenge set up a start line and a finish line from one end of your room/garden to the other but leave a little space past the finish line to mark out a target on the floor. Next grab two tennis/badminton rackets & 10 small balls & place them halfway between the start & finish line. Start the game at the start line and hop on one leg out to the halfway point to pick up the rackets. Place a ball on each racket and make your way to the finish line without dropping the balls. When you get to the finish line throw the balls into the target to secure your points! Then run back to the halfway line, drop the rackets and run back to the start line. Go again until all the balls are either in the target or have fallen off the racket! Time how fast you can do it!

No rackets or ball?

If you haven't got a ball you can use a rolled-up pair of socks instead! If you haven't got a racket you can use spoons instead, or just balance the balls on the palm of your hand!



Need help?

Here's a link to our examples! <https://www.youtube.com/watch?v=VE6WiUaoW6c&feature=youtu.be>
And get some practice in with the help of our coaches! <https://www.youtube.com/watch?v=BgBBYyMLZC8>

virtual challenge

It's too easy!

Try increasing the distance you must balance the balls for and move the end target further away from the finish line!

It's too hard!

If you're finding it tricky try decreasing the distance you must balance the balls for or just do one racket at a time!

Mix it up!

Try competing against a sibling or parent to see who has the best balance skills!

I can't do the hopping!

If you can't do the hopping, try doing a balanced walk out instead by placing one foot directly in front of the other!



Spirit of the Games

How did you show Spirit of the Games values in your Virtual Challenge today? Look below for a reminder of the values!



CREATIVE CHALLENGE

At the circus there are so many fantastic performances from gymnastics, to magic, to balance & sport skills! We would love for you to put together your own Greatest Showman performance using any and all of your skills! You could do a gymnastics routine, a magic trick, or even show us your talent at sport, so go ahead and put on a show!



Need help?

Here's a link to our examples! <https://www.youtube.com/watch?v=mU1i5XpPdCM&feature=youtu.be>

We would love to see you in action!

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