

# 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

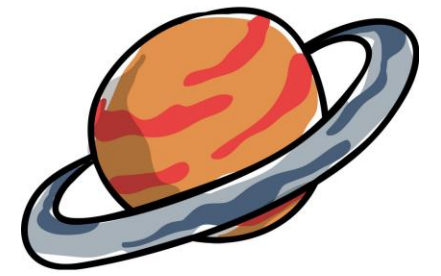
These competitions are ones you can take part in to help your school climb up the scoreboard, so give it your all in this huge team effort! It's all about participation!

## 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 Four

# SPACE INVADERS



This week's theme is Space Invaders! Are you ready to blast off out of this world and into these three challenges?



PERSONAL BEST  
virtual challenge  
CREATIVE CHALLENGE

# PERSONAL BEST

This week's personal best is the Solar System workout! For this challenge grab a ball to represent the sun, and 8 other balls (place in a pile in a corner of the room) to represent the planets. Put the sun ball in the middle of the room & then take several big steps back from it. Now you must run 3 laps around the sun! Once you complete three laps, grab the first planet (Mercury!) and place it next to the sun. Go again for another 3 laps and then grab the next planet & keep going until all the planets are by the sun! Time yourself & see how quick you can do it!



Under 2 mins: Super Sun



2-2:30 mins: Mighty Mercury



2:30-3 mins: Valiant Venus



3-3:30 mins: Excellent Earth



3:30-4mins: Magnificent Mars



4-4:30 mins: Jubilant Jupiter



4:30-5 mins: Smashing Saturn



5+ mins: Ultra Uranus

## Need help?

Here's a link to our example: <https://youtu.be/eDTQ6v66gn8>

# PERSONAL BEST

## It's too easy!

If you're finding it too easy try increasing the space you have to run around, or if you can't increase the space increase the number of laps you have to do in between each planet! Remember this is all about beating your best time!

## It's too hard!

If you're struggling try decreasing the space you have to run around, or just doing one lap in between each planet! Remember this is just about beating your best time so don't give in!

## Spirit of the Games!

This challenge is all about being the best you can be! Which of our Spirit of the Games Values do you think you have shown in this challenge? They are Determination, Passion, Respect, Honesty, Self-Belief & Teamwork.



## I don't have a ball or any space!

If you don't have a ball use a pair of rolled up socks instead. If you don't have enough space in your house or garden, you could do a lap outside by a park instead, or instead of doing laps why not try doing exercises like star jumps, push-ups, and sit ups in between grabbing each planet instead? You could do 10 reps of an exercise then grab the planet!

# virtual challenge



For this week's virtual challenge mark out a starting line and put down 4 items in a zig zag line past it, about 7 big steps apart, and then put a hoop/target at the end of the line. Then grab 8 balls and go to the starting line. You now need to try and run around all the objects on the floor (the asteroids!) whilst throwing and catching a ball (a planet!) at the same time. Once you make it to the last asteroid try and throw your planet into the target at the end, and when you manage to get it in run back to the start and grab the next planet. Go until all the planets have made it into the target at the end! If you drop a planet whilst running between asteroids, go back to the last asteroid! See how long it takes you to get all the planets into the target!



## It's too easy!

If you're finding it too easy only use one hand to catch the planet, or if you drop the planet go all the way back to the start!

## It's too hard!

If you're struggling, try doing 10 catches once you reach an asteroid instead of doing the catches whilst running.

## No equipment or space!

No ball = rolled up socks!  
If you don't have enough space between your asteroids you can make the space between them shorter, then once you reach an asteroid run on the spot & catch at the same time instead!

## Need help?

Here's a link to our example: <https://youtu.be/1zt-b3A43Ck> & check out coaching tips here: <https://www.youtube.com/watch?v=nzSNV0l2Mho&list=PLpapu5q7Pq5lbAn394p4mLRuan7VPLzS4> and an extra drill to practice: <https://youtu.be/diAgr-6fMjM>

