

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 Eight

RIDDLES & PUZZLES

This week's challenges are a little different, it's a workout for your mind this time as well as your body!



PERSONAL BEST

virtual challenge

CREATIVE CHALLENGE



PERSONAL BEST

Tongue twister mayhem! Tongue twisters are great ways to get your mind working and always fun to listen to as well as helping improve your language skills! How many of these tongue twisters can you get right? Can you say them all in a row without tripping up on one?

She sells sea shells
by the sea shore!

How much wood would a woodchuck
chuck if a woodchuck could chuck wood?

Red Lorry, Yellow Lorry,
Red Lorry, Yellow Lorry!

Peter Piper picked a peck of pickled peppers;
A peck of pickled peppers Peter Piper picked;
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper
picked?

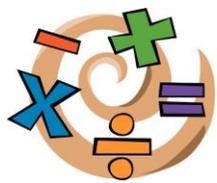
I scream,
you scream,
we all
scream for
ice cream!

Betty Botter bought a bit of Butter,
"But" she said, "This bit of butter's
bitter, but a bit of better butter mixed
with this butter might just make my bit
of bitter butter better".

Need help?

Here's a link to our example: <https://www.youtube.com/watch?v=aCnA88x9q34>





virtual challenge



This week's virtual challenge will require you to answer questions by using your body to respond! For this challenge you can use the questions below or you can get a family member to write some different questions for you! Try out both the maths & english challenge and see how quickly you can complete them!

Maths

If the answer to the question is even do 10 star jumps, if the answer is odd do 10 lunges instead!

$4 \times 3 =$

$9 \times 9 =$

$9 + 6 =$

$42 \div 7 =$

$10 - 3 =$

$12 - 2 =$

$5 \times 6 =$

$66 + 12 =$

$44 + 6 =$

$7 \times 7 =$



ENGLISH

If the last letter of the word is a consonant do 10 punches, if the answer is a vowel do 10 sit ups!

Cat

Book

Australia

Shorts

Chair

Photo

Apple

Safari

Dog

Parcel



Need help?

Here's a link to our example: <https://www.youtube.com/watch?v=MzZg3sFWIfQ>

virtual challenge

I'm finding it too hard!

If you're finding the questions too tricky ask an adult to set you some easier questions! For example you could just do addition & subtraction in maths, and you could do the first letter of the word in English!

I'm finding it too easy!

If you're finding the questions a bit too easy you could ask an adult to set you some harder questions, or you could increase the number of reps you do per answer! For example doing 20 star jumps instead of 10!

I can't do some of the actions!

Here are some alternative exercises you could do if you can't do the ones set!

Star jumps – move your arms as high as you can and bring them back down again

Lunges – table push-ups

Sit ups – tummy twists sitting upright

How did you use the Spirit of the Games values?

Did you show determination and self-belief today? How about honesty and passion? Think about when you showed all the values of Spirit of the Games!



CREATIVE CHALLENGE

For this week's creative challenge you'll have to find the answer to these riddles in your home! See if you can answer all the riddles and find all the items! Check the next slide for the answers!

What gets wetter the more it dries?

What travels around the world but never leaves the corner?

I have teeth but no mouth.

I grow shorter as I get older.

I have a head and a tail, but I don't have a body.

What is put on a table & cut, but never eaten?

I'm full of holes but still hold water.

Where can you find cities, towns & Streets but no people?

I have a neck but no head.

Need help?

Here's a link to our example: <https://www.youtube.com/watch?v=egby5csCyOc>



CREATIVE CHALLENGE

What gets wetter
the more it dries?

A towel!

What travels around the world but never
leaves the corner?

A stamp!

I have teeth but no
mouth.

A comb!

I grow shorter as I
get older.

A candle!

I have a head and a tail, but I don't have
a body.

A coin!

What is put on a table &
cut, but never eaten?

A deck of Cards!

I'm full of holes but
still hold water.

A sponge!

Where can you find cities, towns &
Streets but no people?

A map!

I have a neck but no
head.

A bottle!

How many did you work out & find?

We would love to see you in action!

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