

# 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 One Rainbow Road



This week's theme is Rainbow Road! Can you go for all 3 challenges & complete the Rainbow Road? Take a look at what each challenge has in store for you!



PERSONAL BEST  
virtual challenge

CREATIVE CHALLENGE

# PERSONAL BEST

This week's personal best is to see how fast you can get through the rainbow fitness test and climb the rainbow ladder! Take a look below!

**Orange: 10 Sit Ups!**

**Red: 10 Star Jumps!**

**Yellow: 10 Lunges!**

**Green: 10 Toe Touches!**

**Blue: 10 High Knees!**

**Indigo: 10 Tuck Jumps!**

**Violet: 10 Punches!**

## Rainbow Ladder:

3+ minutes: Rainbow beginner

2:30 - 3 minutes: Rainbow Leprechaun

2 – 2:30 minutes: Rainbow Elf

1:30 - 2 minutes: Rainbow Wizard!

1 – 1:30 minutes: Rainbow Ninja!

Under 1 minute: Rainbow Warrior!



### Need help?

Here's a link to our example! <https://www.youtube.com/watch?v=THERWOox59o>



# virtual challenge

This week's virtual challenge is the rainbow target throw! For this challenge colour in (or label) 7 different pieces of paper, one red, orange, yellow, green, blue, indigo & violet! Then stick the paper to the wall with red starting the lowest & violet being the highest on the wall. Take 4 big steps back and mark out a throwing line (you can use anything for this!) and grab a soft ball. Now see if you can hit all the colours in order without missing a target!

## No paper or ball?

If you haven't got a ball you can use a rolled up pair of socks instead! If you haven't got any paper you could use different coloured objects and place them on the floor instead of the wall.

## Mix it up!

How many ways can you find to throw the ball? Under arm, over arm, maybe even throwing it behind you or between your legs?

### It's too easy!

See how fast you can hit all the targets without missing one! Try moving your throwing line further back!

### It's too hard!

Try moving your throwing line closer to the targets, or move the targets lower down the wall!

## Need help?

Here's a link to our examples! [https://www.youtube.com/watch?v=\\_5ZMF18ksnA](https://www.youtube.com/watch?v=_5ZMF18ksnA)





# CREATIVE CHALLENGE

For this week's creative challenge we want you to make a rainbow in your own home! Can you find all the items in your house that are: red, orange, yellow, green, blue, indigo & violet and make them into the shape of a rainbow?



We would love to see your final rainbow!



## Need help?

Here's a link to our example! [https://www.youtube.com/watch?v=UgIKtLK\\_FVA](https://www.youtube.com/watch?v=UgIKtLK_FVA)

# We would love to see you in action!

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