

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 Seven

Animal Kingdom

Can you leap like a gazelle, show your strength like a gorilla and run like a cheetah? Get ready to bring the best of your animal abilities in this week's set of challenges!



PERSONAL BEST

virtual challenge

CREATIVE CHALLENGE

PERSONAL BEST

How quick can you complete the Animal Kingdom work out? See where you place on the scale below! Can you beat your time on your second try?



10 frog jumps!



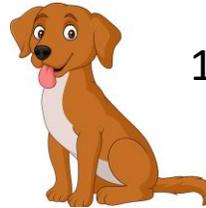
15 second bear crawl!



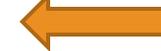
10 gorilla chest beats!



20s sprint on the spot!



15s down dog pose!



10 squat jumps!



10 crocodile snaps!



10 wing flaps!



10 monkey climbers!

Under 1:30 mins
Fantastic Falcon



1:30 – 2:00 mins
Outstanding Ostrich



2:00 – 2:30 mins
Amazing Antelope



2:30 – 3:00 mins
Brilliant Bear



3+ mins
Happy Hyena



Need help?

Here's a link to our example! <https://www.youtube.com/watch?v=DXmsT6C7asU>

virtual challenge

Kangaroos are well known for jumping, so in this week's challenge we want you to get ready to jump as high as you can! For this challenge you will want to stand by a wall that you can mark on, you could use chalk or blutack for this. Get ready to jump as high as you can and extend your arm out to hit the wall at your highest point! You will need someone to mark that point with chalk for you! Now measure how high up the wall you managed to reach and try again to see if you can get any higher! What's the highest you can jump to?

I can't jump!

If you can't jump try instead throwing a ball up the wall as high as you can instead. Alternate your arms to see how high you can get it with each arm!

Spirit of the Games

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

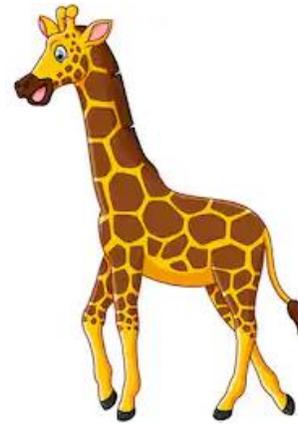


Need help?

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

CREATIVE CHALLENGE

There are so many animals in the animal kingdom that for this week's creative challenge we want you to pick your 5 favourite animals and show us how they move! Can you put them into a workout of your own? Could you make a mask for your favourite animal to wear whilst you do the moves?



Need help?

Here's a link to our example! <https://www.youtube.com/watch?v=Pz8hPoxLeQE>

School Games Active Championships

If you're enjoying the skills shown in our challenges why not check out the TopYa App?

This app abides by GDPR standards and users have control of who can view their uploaded content.

- **Points** – for every challenge you complete you get points – and we all know points mean prizes! Find out more about the prizes available here – <https://topya.com/points/>
- **Skills Academy** – you can complete challenges and gain points for uploading videos of you completing challenges in the Skill Academy.
- **Head-to-Head (H2H)** - you can also make your own challenges and challenge others in head-to-head competitions; all you need to do is upload a video of you completing the challenge!
- **School, Local and National Leaderboards**- Each school has now received a unique code which means that you can now compete in your schools leaderboard as well as earning point for your school

We would love to see you in action!

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