

# 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 Eleven

## Isolation Island

In this week's challenges you'll have to put your survival skills to the test to ensure you can handle the Isolation Island!



**PERSONAL BEST**  
virtual challenge



**CREATIVE CHALLENGE**

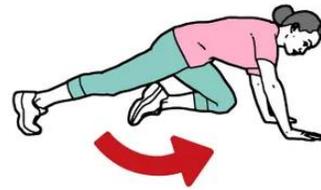
# PERSONAL BEST

You'll have to be physically fit to survive on the deserted Isolation Island! Try making your way through this tough work out to improve your fitness!

10s Army Crawl



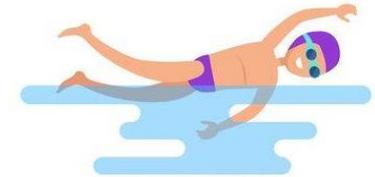
20 Mountain Climbers



10 Burpees



10 Front Crawl Arms



10 Star Jumps



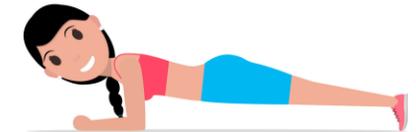
10 Push Ups



20 Tree Climbers



20s Plank



Under 1:30 mins:  
Workout Warrior

1:30 – 2 mins:  
Amazing Athlete

2 – 2:30 mins:  
Speedy Sports Star

2:30 – 3 mins:  
Fitness Friend

3+ mins:  
Brilliant Beginner

**Need help?**

Here's a link to our example! <https://youtu.be/QbL28j3lZFA>

# PERSONAL BEST

## It's too easy!

Try increasing the number of reps of each exercise to make this challenge a bit tougher! You could even add in your own extra exercises!

## It's too hard!

If you're finding it a bit too tough, try decreasing the number of reps of each exercise until you feel more comfortable with it!

## I can't do some of the exercises!

If you can't do some of the exercises don't worry, here are some alternatives you can do instead!

Army Crawl – Try replacing the army crawl for 20 punches instead.

Mountain Climbers – Switch these out for overhead lifts, you could use a water bottle as a weight if you want a challenge!

Burpees – Try doing tummy twists instead!

Star Jumps – Try doing just the arm, or just the leg motion instead of the whole thing.

Press Ups – change out regular press ups for table press ups.

Plank – Instead of the plank you could do toe taps.

## Spirit of the Games

How did you show Spirit of the Games values in your Personal Best challenge today? Look across for a reminder of the values!



# virtual challenge

Getting to know your surrounding on a deserted island is key, so for this week's virtual challenge we want you to get to know the surroundings near your own home! Go out on a walk with an adult and keep your eyes peeled to check off as many of the things below as you can! If possible, it's best to walk in a woodland area for this task. If you can't get to a woodland area, try replacing some of the things with the following: a white door, a rainbow in a window, a postbox, a zebra crossing!

5 Pigeons



A Silver Birch tree



A butterfly



Red berries



A squirrel



A dog



Oak tree leaves



Buttercups



A worm



A magpie



A rabbit



Dandelions



A duck



A Blackthorn bush



Maple tree leaves



# CREATIVE CHALLENGE

Get ready to go out and test your survival skills in this week's creative challenge!  
Have a go at trying out all the survival skills below, remember to take an adult with you when you try these out!

Gather & identify some berries!



Try reading a map to find a location!



Build a shelter!



Practice tying different types of knots!

**Need help?**

Here's a link to our example! <https://youtu.be/il8ousEdboM>

# We would love to see you in action!

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