

# 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 Five

# JURASSIC PARK



We're heading back in time to the dinosaurs in this week's series of challenges! See if you can hit your top scores in these three activities!

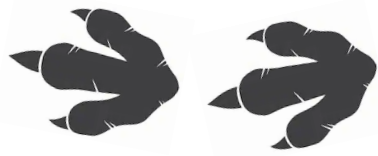


## PERSONAL BEST

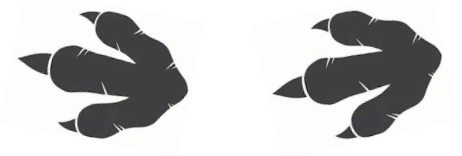
## virtual challenge



## CREATIVE CHALLENGE



# PERSONAL BEST



In this week's personal best you'll have to get your running shoes on to avoid being caught out by any of the dinosaurs that roam the park! Set yourself out a lap in your living room, garden or even run on the streets with an adult! See how long you can keep running for by using our scale below!

**Goal One: Avoid the Apatosaurus!**

Can you run for 1 minute without stopping?

**Goal Two: Beat the Brachiosaurus!**

Can you run for 2 minutes without stopping?

**Goal Three: Dodge the Diplodocus!**

Can you run for 3 minutes without stopping?

**Goal Four: Outrun the Triceratops!**

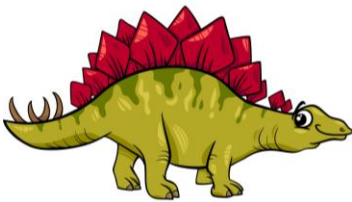
Can you run for 5 minutes without stopping?

**Goal Five: Sprint off from the Stegosaurus!**

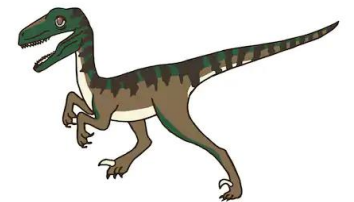
Can you run for 7 minutes without stopping?

**Goal Six: Look out for the T-Rex!**

Can you run for 9 minutes without stopping?



**Goal Seven: Here comes the Velociraptor!**  
Can you run for 10 minutes without stopping?



**Need help?**

Here's a link to our examples! [https://www.youtube.com/watch?v=\\_YtTdMU1EJ8](https://www.youtube.com/watch?v=_YtTdMU1EJ8)



# PERSONAL BEST



## Mix it up!

You could change this challenge up by doing cycling instead of running! Or if you can't do either of these why not just try walking instead? Get your family members involved to keep yourself motivated!

## It's too hard/easy!

If this challenge is too easy for you why not see how long you can run for without stopping? Record your personal best! If it's too hard try running 1 minute without stopping, have a break and then go again and aim for 2 minutes, work your way up at your own pace!

## Spirit of the Games!

How did you display the Spirit of the Games Values this week? Could you draw a poster of the values and how you showed them this week? We'd love to see some dinosaurs in there too!

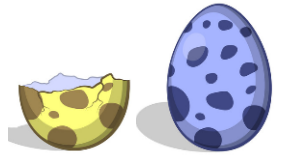
Draw your Spirit of the Games poster over half term & send it in to us before 5th June to be entered into our poster competition! There's a winner for each of Year 1 & 2, Year 3 & 4 and Year 5 & 6!







# virtual challenge



For this week's virtual challenge you will need to gather roughly 10 soft toys/balled up socks (the dinosaur eggs!) and separate them out at one end of the room. Take about 7 big steps back and place down a starting line. Your mission is to run out and steal the dinosaur eggs one at a time!

However you need to keep your arms free (in case any dinosaur attacks happen!) so you must balance the egg on your head whilst making your way back to the starting line! You get one point for every egg you get back to safety, but if you drop an egg it will smash and it's out of the game! Can you get all the eggs back and how quickly can you do it?

## It's too easy!

If you're finding this challenge too easy try increasing the space between the starting line and the eggs! You could even add in obstacles to go around/over/under whilst balancing the egg!

## It's too hard!

You can make this challenge easier by decreasing the space between the starting line and the eggs. You could also decrease the number of eggs you have to retrieve!

## Mix it up!

Why not try competing with a parent or sibling to see who can get the most eggs back to their safety zone? You could get someone to hide the eggs around the house if you want a really hard challenge!



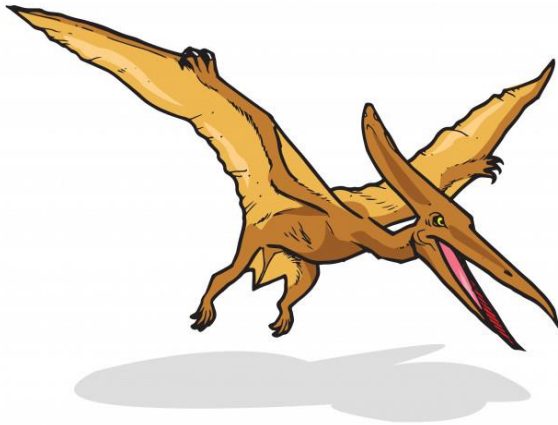
## Need help?

Here's a link to our examples! <https://www.youtube.com/watch?v=kTPWBEb8rTM>



# CREATIVE CHALLENGE

Jurassic Park has a lot of tricky routes through it, so this week in your creative challenge we want you to create your own obstacle course at home! You could use chairs to go under, balls to balance, boxes to jump over, string to climb through, whatever it is we would love to see it!



## Jurassic Park Obstacle Course



### Need help?

Here's a link to our examples! <https://www.youtube.com/watch?v=LG4zoF-35uw>

# KSI ADVENTURE STORY

## JURASSIC PARK

Get your imaginations ready to go and join us on a journey through Jurassic Park! You'll need to be ready to duck, crawl, run and climb to avoid the dinosaurs in this imagination story! Click the link below to get going!



**Jump into Jurassic Park by clicking this link!**

[https://www.youtube.com/watch?v=W\\_BYoH81utU](https://www.youtube.com/watch?v=W_BYoH81utU)



# We would love to see you in action!

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