

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

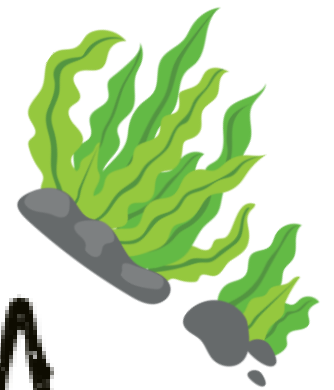
These competitions are ones you can take part in to help your school climb up the scoreboard, so give it your all in this huge team effort! It's all about participation!

CREATIVE CHALLENGE

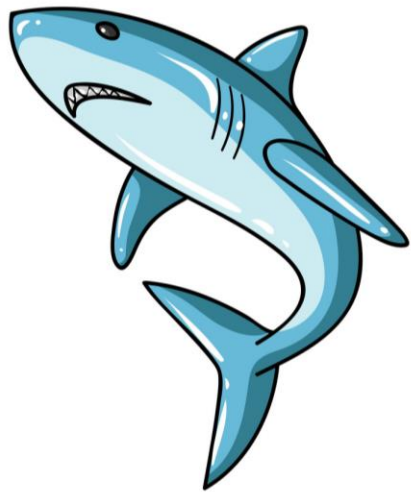
These challenges will require you to get your problem-solving hat on and show us some of your creative ways to get active, remember to think outside the box!

Week Three

UNDER THE SEA



This week on the Isolation Games the theme is Under the Sea! Get ready to dive in to this week's challenges!



PERSONAL BEST

virtual challenge

CREATIVE CHALLENGE

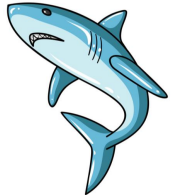
PERSONAL BEST

This week's personal best is all about the sea! Where will you come on the Sea Scale? Check out our video below to see how to do each exercise!



10 Anchor Throws!

Start!



10 Shark Bites!



10 Rope Grabs!



10 Pirate Sword Stabs!



10 Mermaid Tail Flicks!



10 Front Crawl Arms!



10s Crab Crawls!



10 Octopus Waves!



10 Star Fish Jumps!

Finish!

3+ mins: Super Sailor!

The Sea Scale

Under 1 min: Outstanding Octopus!

2:30 - 3 mins: Pesky Pirate!

2 - 2:30 mins: Crazy Clownfish!

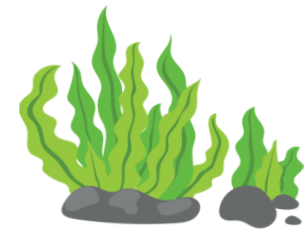
1:30 - 2 mins: Speedy Shark!

1 - 1:30 mins: Determined Dolphin!

Need help?

Here's a link to our example! <https://www.youtube.com/watch?v=6hZzLPESnxk>

PERSONAL BEST



It's too easy!

Try upping each exercise to 15 repetitions each or even 20! Don't forget this is your Personal Best Challenge so it's all about trying to beat your own time!

It's too hard!

Try getting the first half right and then doing the second half! You could do 5 repetitions of each exercise instead to make it easier! Keep trying to beat your time!

I can't do some of the exercises!

Most of these exercises can be done sitting down but for those that can't here are some ways to change them up!

Pirate Sword Stabs: Jab your arm out in front of you & then to the side to complete one sword stab.
Crab Crawls: You can replace crab crawls with Pull The Sails instead! To do this, sit down and put your arms out in front of you & twist your torso to one side and back to the middle to complete one Sail Pull!

Mermaid Tail Flicks: Replace with Tail Pulls! Put your arms straight out in front of you & pull back until your elbows are just behind your shoulders & then go out again!

Star Fish Jumps: Sitting down, just move your arms above your head and back to your sides again to complete one.

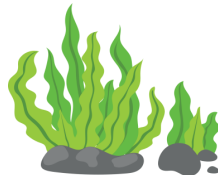
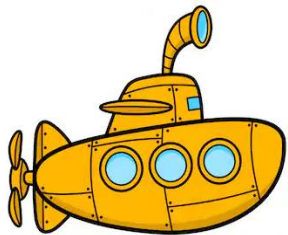


virtual challenge

Get ready for the Submarine Catch challenge! For this activity grab yourself a partner & a ball and find some space. Take 6 steps away from your partner & try to throw and catch the ball 5 times in a row without dropping it! Once you've managed that you then need to go down onto one knee (your partner can stay standing or copy you!) & try again to make 5 catches each! If you drop it stand back up again and do another 5 throws & catches. Once you manage that go down onto both knees & get another 5 catches, if you drop it this time you go back to being on one knee! When you make 5 catches from both knees you must lie down on the floor on your back and try to catch it 5 times again to complete the challenge! If you drop it go back to being on two knees! How long will it take you to sink to the bottom like a submarine?

No partner or ball?

No ball = rolled up sock!
If you haven't got a partner
you can play against a wall!



It's too easy!

Space yourself and partner further apart! Try increasing the number of catches between each stage.

It's too hard!

Try standing closer to your partner & decreasing the number of catches between each stage!

I can't go down onto my knees!

Try increasing the space between you and your partner after 5 successful throws instead!
See how far apart you can stand & still make the catches!

Need help?

Here's a link to our example: <https://www.youtube.com/watch?v=QvaTrLKVR2M> & learn how to properly catch here: <https://youtu.be/nzSNVol2Mho>

CREATIVE CHALLENGE

In this week's creative challenge we want to see you put together your own Under the Sea workout or dance routine, in your favourite sea themed outfit! You could dress up like a pirate, or a sea creature, or just wear your favourite beach hat! Could you draw a beach/sea themed background to put behind you? Put on your favourite music and show us your workout and/or dance moves!



Need help?

Here's a link to our example! <https://www.youtube.com/watch?v=nN5ONIVmOfw>