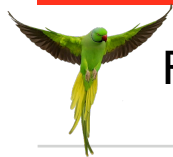
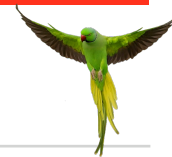


Boredom Buster

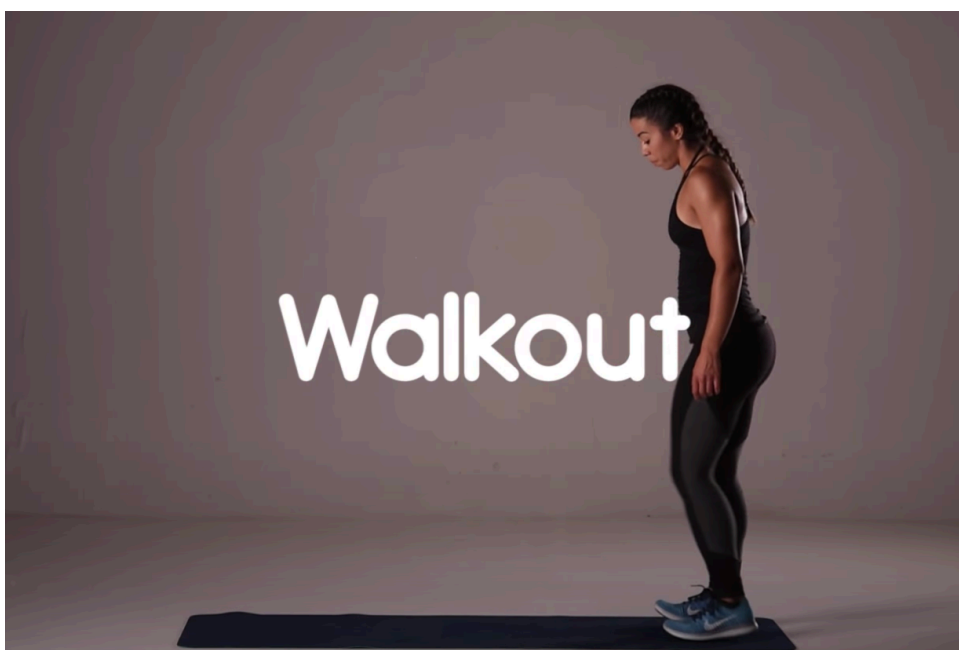
A mix of videos, challenges and guides to bust boredom



Positive Parrot: "The way to get started is to quit talking and begin doing."



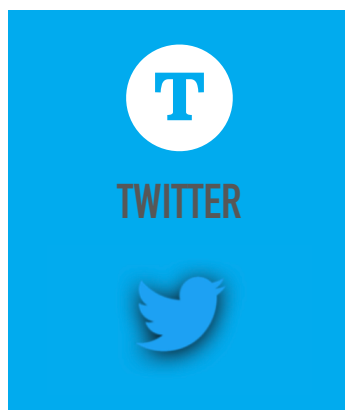
THIS WORKOUT WILL HIIT YOU!



A quick, easy to follow HIIT workout for children of all ages. Year 1/2 - complete this once, Y3/4 - complete this twice, Y5/6 - complete it three times!

Keep up to date with Sporting Influence

Follow us on social media for up to date news, competitions and much more.



Healthy Harry's Lunch Box

Click the picture to take a look at Healthy Harry's lunch today!

COSMIC KIDS



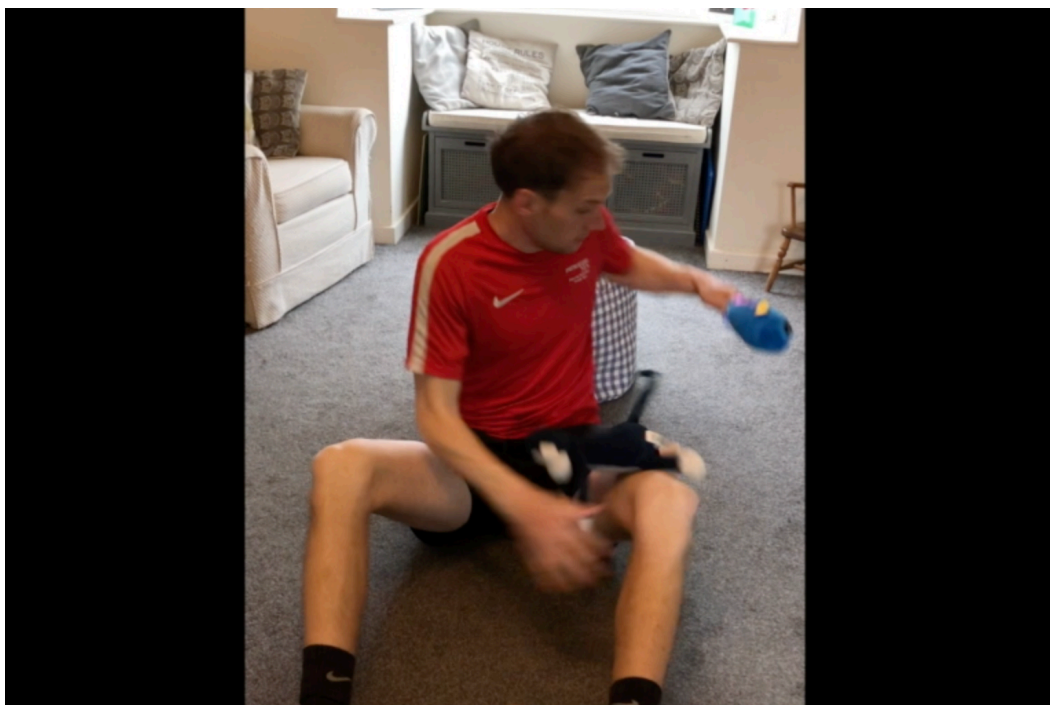
Valentines day is near, join in with a special Valentines day Cosmic Kids.

Check out the next page for...

Sporting Influence's Great Game Collection

Mr Whitford has a challenge for you!

Mr Whitford is playing with his teddies. Join him, challenge him, have fun!



Join Mr Whitford and his 2 challenges. Can you beat him? Who can get the highest score in your house?

Pssst - if you're too old for teddies, you can use anything that won't break!

Sporting Influence's Great Game Collection

Take a look each week to find a new game that you can play at home or school. Most of the equipment can be swapped to make every game achievable. Games can be made easier or harder to meet the ability and age of any Primary School Child. Click the pic to access the workout.

Balloon Games	
Five Finger Balloon Starting with the thumb you must keep the balloon in the air using only one finger. Once you have mastered it with one finger, move to the next.	Body Balloon A friend will give you a pattern that you must follow. E.g. Hand, head, knee, head, foot.

Supporting schools through Corona Virus

www.sportinginfluence.com