

Boredom Buster

A mix of videos, challenges and guides to bust boredom



Positive Parrot: "Reach for the sky."



REALIGN WITH PILATES



Bring your week back down to earth with this relaxing pilates session. Stretch, breath and relax before going back to your day.

Keep up to date with Sporting Influence

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

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Healthy Harry's Lunch Box

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

COSMIC KIDS



Explore your future job with Cosmic Kids.

Check out the next page for...
Sporting Influence's Great Game Collection

Mr Atkinson is going to throw you a challenge.


Join former Barcelona star & world class footballer Andrés Iniesta playing PLANKBALL!



Follow the same, fun workouts as the professionals, to develop your hand eye coordination and core strength all at the same time!

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.



Teddy Throw

Throwing for Accuracy

The important thing about throwing for accuracy is keeping your eyes on the target. This is an essential part of throwing for accuracy. The second thing to think about when throwing for accuracy is the follow-through of your hand, after you let go make sure you point your hand in the direction of your target.

Supporting schools through Corona Virus

www.sportinginfluence.com

Click on us for help with the exercises.

