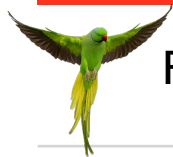
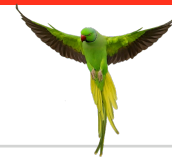


Boredom Buster

A mix of videos, challenges and guides to bust boredom



Positive Parrot: "Never look back, darling. It distracts from the now."



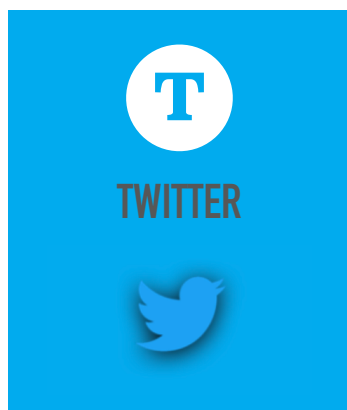
Fancy yourself as the worlds best goalkeeper?



Take a look at what some of the best goalkeepers in the world get up to to keep themselves in top form. Can you do any of these challenges?

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!

SUPER KIDS



8 minute HIIT workout for children of all ages. THIS IS NO JOKE!!!

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

Join Mr Atkinson for a core workout.

Core-blimey Mr Atkinson...



Can you complete Mr Atkinson's concrete core challenge? If you are in school you can swap the toilet roll tubes for cones!

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.



Supporting schools through Corona Virus

www.sportinginfluence.com

Click on us for help with the exercises.

