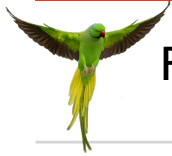


Boredom Buster

A mix of videos, challenges and guides to bust boredom



Positive Parrot: "Remember you're the one who can fill the world with sunshine."



Aerobics Class at home!



45 minutes of dance, fitness and exercise. Can you do the whole video?

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!

Pilates at Home



Workout hard without running around! Try this pilates workout.

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

Mrs Wilcox treats you to a HIIT Workout.

Home time HIIT with Mrs Wilcox



Work hard alongside Mrs Wilcox.

Only 4 exercises, but a lot of hard work!

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