# **Boredom Buster**

A mix of videos, challenges and guides to bust boredom

Po

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.



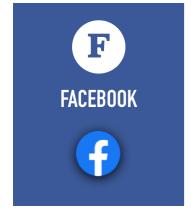
Healthy Harry's Lunch Box

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 of harder to meet the ability and age of any Primary School Child. Click the pic to access the



**Supporting schools through Corona Virus** 

www.sportinginfluence.com

Click on us for help

with the exercises.