



# Lancashire School Games

## Activity Timetable Year 1 & 2

### Week 9: 22<sup>nd</sup> June - 28<sup>th</sup> June 2020

The Spar Lancashire School Games is a partnership between the Lancashire School Games Organiser Network (SGO's), Active Lancashire and SPAR (sponsors).

During this time Lancashire SGO's have developed a programme of activities and a hub of resources for young people to:

- Remain active and Move
- Access challenges to do individually or as a family
- Enjoy being active through play
- Learn new skills

#### Move!

The recommended amount of physical activity for children aged 5-18 is 60 minutes a day. It should be hard enough for us to get a little bit out of breath and a little bit sweaty!

#### Challenge!

Take part in challenges against the clock yourself, or challenge a parent, carer or sibling. Try to beat your own scores and hit your personal best!

#### Play!

Don't forget the importance of play, playing simple games and using our imagination is important, games like hide and seek and musical bumps are fun and will also help keep us active

#### Learn!

Learning, practicing and developing basic movement skills will help us become better at PE and sport. This section will introduce the fundamental movement skills for children aged 5-8.

### Mission

The Spar Lancashire School Games Stay at Home Programme aims to provide opportunities for young people and families to become or remain active through a timetable of accessible opportunities. Resources, videos, weekly challenges and learning activities will form part of a weekly timetable to ensure you can become or remain active.





## How to access the Timetable & Resources?

- [Week 9: 22<sup>nd</sup> June- 28<sup>th</sup> June 2020 Timetable](#) - Click here to access the timetable and resources
- [Lancashire SGO Information](#)- Your SGO can provide information on the Stay at Home Programme and any local opportunities

All information will be accessible through the [Spar Lancashire School Games website](#) during this period.

# Week 9 - Timetable

The timetable below has links to 4 different areas.

[Move](#), [Challenge](#), [Play](#), and [Learn](#). Plus a link to the Lancashire School Games [Stay at Home Heroes Challenge](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Move!</a> <a href="#">Move it Monday</a>	<a href="#">Move!</a> <a href="#">Travel Tuesday</a>	<a href="#">Move!</a> <a href="#">Wet Wednesday</a>	<a href="#">Move!</a> <a href="#">Thinking Thursday</a>	<a href="#">Move!</a> <a href="#">Fitness Friday</a>
<a href="#">Learn!</a> <a href="#">Video Demonstration</a>	<a href="#">Learn!</a>	<a href="#">Learn!</a>	<a href="#">Learn!</a>	<a href="#">Learn!</a>
<a href="#">Challenge!</a> <a href="#">Video Demonstration</a>	<a href="#">Challenge!</a> Practice	<a href="#">Challenge!</a> Beat your score	<a href="#">Challenge!</a> Practice some more	<a href="#">Challenge!</a> Beat your score <a href="#">Certificate</a>
<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>
<a href="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>

Every week we will have a new word of the week linked to the school games values and the values we believe to be important as organisers of the Spar Lancashire School Games.

## Word of the Week- Invigorate





Share your videos and photos with us.

We want to see you trying this week's challenge and learn exercise at home or at school, so please share your videos and photos to:

[Twitter- @LancSchoolGames](#)

[Facebook - @LancSchoolGames](#)

[Instagram - @lancashireschoolgames](#)

**Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers!**

Use the hashtags below to find out more information and additional resources.

#stayinworkout  
 #LancsSGOchallenge  
 #yourschoolgames  
 #LancsSchoolGames  
 #alittlebitmoreathome

# Spar Lancashire School Games

## Stay at Home Heroes Challenge

Every week our Lancashire School Games Organisers (SGO's) will set you a '[Stay at Home Heroes](#)' challenge to take part in. Please send your entry into your local SGO via social media and use the **#LancsGames20**

**Good Luck!!!**

[The Challenges and SGO contact information can be seen by clicking here.](#)



# Spar Lancashire School Games

## Year 1 & 2 Move! Resource

The recommended amount of physical activity for children aged 5-18 is **60 minutes** a day. It should be hard enough for us to get a little bit out of breath and a little bit sweaty!

Children and young people should aim to minimise the amount of time spent sitting and **move more**, when and where possible long periods of not moving should be broken up with physical activity.

Active Children are happier and healthier, an active child also learns better and sleeps better!

We understand that keeping your child active during the Covid-19 outbreak is challenging which is why we have put together a list of resources to help keep your child **'Moving'**:

### Online Resources available

- [Disney Dance Along](#)
- [Go Noodle - A website that will help parents to get their child moving with short interactive activities](#)
- [Cosmic Kids - Yoga Through story telling](#)
- [BBC Supermovers- Videos which help children move whilst they learn](#)
- [Boogie Beebies - Videos that get children up and dancing with Cbeebies presenters](#)
- [CBBC- Andy's Wild Workout series](#)
- [Train Like a superhero](#)
- [Show your moves with the UK Move Crew](#)

### Other Suggested Games and Activities

Put on a favourite song and dance along

Go for a family walk or cycle (try to choose a time when it is quiet and remember to observe social distancing rules)

Create a basic circuit of your favourite exercises

Make up obstacle courses

Try the daily move activity in the timetable!

# Spar Lancashire School Games

## Learn!

### Skill 9: Skipping

**Equipment:** Any same coloured items that can represent right foot and left foot


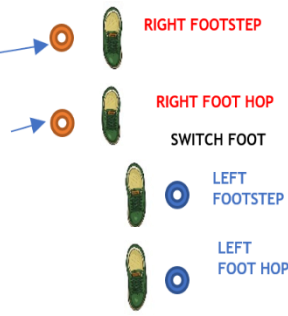
**Aim:** To develop your skipping skills.

**Task 1:** Complete the below activity seeing if you can understand the skipping skill and see how many skips it takes to get across your space.

**Task 2:** Complete it again but without the coloured markers.

#### Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

Skill/Skills	Activities	How to Play
Skipping	<p>Skipping Practice</p>  <p>FEET TOGETHER</p> <p>Visual Learners - Use same coloured household items or toys that represent right foot (orange) and left foot (blue). Place a comfortable distance apart &amp; to the side, leaving room to skip. Keep repeating.</p>  <p>RIGHT FOOTSTEP</p> <p>RIGHT FOOT HOP</p> <p>SWITCH FOOT</p> <p>LEFT FOOTSTEP</p> <p>LEFT FOOT HOP</p>	<ol style="list-style-type: none"> <li>Find some same coloured toys, clothing or household items.</li> <li>Separate the coloured items and place them in pairs, a child's stride apart, one in front of the other. Create a lane, one colour on the right (right foot) and other colour on the left (left foot).</li> <li>Participants will skip down the middle of this narrow lane, placing their foot next to the items as they travel down.</li> <li>Remove the lane objects once participants understand the skill and don't need them.</li> <li><b>MOTION: STEP then HOP, SWITCH FOOT, STEP then HOP, SWITCH FOOT, STEP then HOP.....</b></li> </ol>



### Points to help improve skipping

Start off with some marching - knees up, and utilising arms (raise right hand when left foot forward, raise left hand when right foot forward)

Use small movements first, then build it up as you get more confident.

Bigger strides and hopping further makes you quicker.

Repetition - keep practicing

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):

## Share your videos and photos.

We want to see you trying this learn exercise at home, please share your videos and photos to:

[Twitter- @LancSchoolGames](#)

[Facebook - @LancSchoolGames](#)

[Instagram - @lancshireschoolgames](#)

**Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.**

# Spar Lancashire School Games

## Year 1 & 2 Challenge!

### Linked to Learn! 9 - Skipping

You have been busy practicing your skipping. Are you ready to take part in our challenge?

### Scorpion Skip

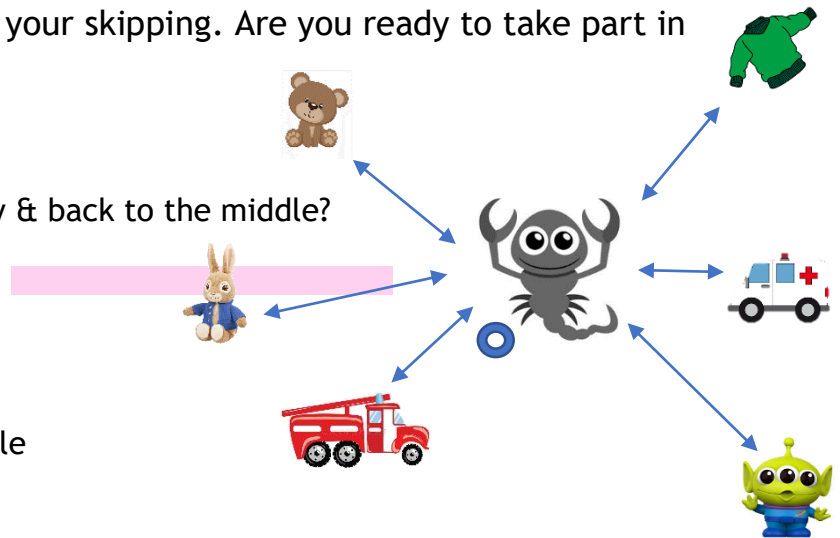
How fast can you skip to each toy & back to the middle?

#### You will need:

Stopwatch or mobile phone

6 toys

Any item that can mark the middle of your course



#### How to:

- Set your marker down in the middle of your space.
- Spread your toys at various points out in your space.
- Starting from the middle marker, and a helper timing you, start the clock, players skip to the first toy and touch it, then skip back to the middle.
- Then skip to another toy, touch it and skip back to the middle.
- Keep repeating until you have touched all the toys, remember to always travel back to middle before going to the next toy. Stop the clock when you get back to the middle for the final time.
- Make a note of your time, then try to beat it and compete against friends and family.

### Video Demonstration

Share your videos and photos with us:

We want to see you trying this challenge at home, please share your videos and photos to;

Twitter- [@LancSchoolGames](#)



Facebook- [@LancSchoolGames](#)



Instagram- [@lancshireschoolgames](#)



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# Spar Lancashire School Games

## Year 1 & 2 Play!

### Resource

Don't forget the importance of play, playing simple games and using our imagination is important, games like hide and seek and musical bumps are fun and will also help keep us active!

Play allows children to use their creativity while developing their imagination. Play is important for healthy brain development and can be used to help children achieve their daily 60 active minutes.

Below is a list of resources that you can use with your child to encourage physical activity whilst playing.

#### Online Resources available

- [Change4Life Disney](#)
- [Youth Sport Trust Play](#)
- [Create Development](#)
- [Bike skills and Games - Learn 2 Ride with British Cycling](#)
- [Fantastic Games to play inside and outside the home](#)
- [Active Outdoor Games](#)

#### Suggested Games and Activities

- Hide and Seek
- Musical bumps
- Musical Statues
- Hopscotch
- Tag

Get children to come up with their own active game and play as a family!

Need some additional ideas- Try Today's top play activity!

