

# Lancashire School Games Stay at Home Programme

## Activity Timetable Year 3 - 6

### Week 4: 11<sup>th</sup> May - 17<sup>th</sup> May 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 our sports skills will help us become better at PE and sport. This section will introduce sport and P.E skills relevant to the P.E national curriculum.

#### 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 4: 11th May-17th May 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 4 - Timetable

The timetable below has links to 4 different areas. [Move](#), [Stay at Home Challenge](#), [Play](#) and [Learn](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Move!</a> <a href="#">Maths on the move Monday</a>	<a href="#">Move!</a> <a href="#">Chatterbox Tuesday</a>	<a href="#">Move!</a> <a href="#">Walking Wednesday</a>	<a href="#">Move!</a> <a href="#">Let's Dance 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="#">Stay at Home Heroes Challenge!</a> Linked to Learn <a href="#">Video Demonstration</a>	<a href="#">Stay at Home Heroes Challenge!</a>	<a href="#">Stay at Home Heroes Challenge!</a>	<a href="#">Stay at Home Heroes Challenge!</a>	<a href="#">Stay at Home Heroes Challenge!</a> <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>

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- Determination



## 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

## Year 3-6 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

[Visit the Sport England website. Here there is a dedicated #stayinworkout page](#)

Here you will find links to the following:

- [Joe Wicks Body Coach](#)
- [Disney Dance Workouts](#)
- [Change4life \(indoor activities for kids\)](#)

Also check out the following online resources:

- [Imoves - Physical Activity and mental wellbeing resource](#)
- [Go Noodle - A website that will help parents to get their child moving with short interactive activities](#)
- [Just Dance YouTube Channel](#)
- [Youth Sport Trust - Active Breaks](#)
- [UK Active Kids Move Crew](#)

### Other Suggested Games and Activities

Put on a favourite song and dance along

Go for a family walk, run 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 an obstacle courses

# Spar Lancashire School Games

## Learn!

### Skill 4: Target Games - Tri-Throlf

**Equipment:** paper, sellotape, socks, cap, bowl, basket, books, household furniture and objects

**Aim:** To make a Tri-Throlf course and targets.

#### Video Demonstration

As in golf, a course with 'holes' is created around the house.

**Task 1 - Draw the Outline of your Tri-Throlf course and create the targets (holes). (Could use map from previous Learn card)**

**You need:** at least three targets but can create a longer course if you have room (i.e both inside and outside.)

- Target 1 is *into a target* on the floor
- Target 2 is *onto a flat target on the floor*
- Target 3 is *into or onto a target at a height*
- Additional targets to be decided by players.

#### Examples of targets

- Into a target on the floor



- **Onto a target on the floor**



- **Onto a Target at a height**



## Task 2 - How to Play

1. Each player needs a ball (i.e. socks or scrunched-up paper and tape makes a good ball - See How to make a paper ball below)
2. A player can throw (underarm, overarm) or roll the ball towards the target.
3. Players send (roll or throw) the ball from a start line ('tee') next to each target.
4. The next shot is taken from where their ball (socks or paper) lands until it lands in the hole. Count how many throws and/or rolls it took.
5. Move onto the next target, at the start line.

### Scoring

Score = the total number of throws to reach all the targets and finish the course. The winner is the player with the lowest score. Remember - The lower the score the better.

**How to make it Easier**

**How to make it Harder**

- Shorter distances
- Bigger targets
- Longer distances
- Smaller targets
- Add obstacles or barriers - See Task 3

### Points to help improve sending the ball (throw or roll)

- Step forward with opposite foot to throwing or rolling arm
- Follow through with your arm towards the target after releasing the ball.

### When rolling the ball remember to also

- Bend your knee and release the ball close to the floor

### Review

- How did you decide which way to send the ball?
- Which was the most accurate? Why do you think that is?
- What could you change to be more accurate in your sending techniques?

### Task 3 - Create a crazy tri-golf course

Use everyday objects to create obstacles and barriers to make the course more difficult.

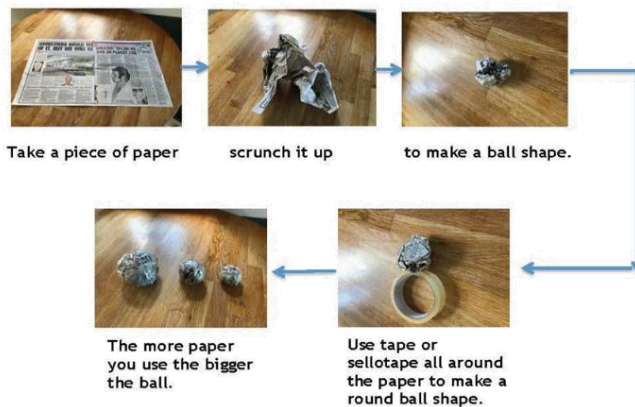
Create the equivalent of water hazards and bunkers (e.g. a blue blanket for a water hazard or a coat for a sand bunker).

Adapt the rules so you need to use both rolling a throwing at the same hole.

Vary the distance from the throwing line ('tee') to the target.

Set a maximum number of throws per target and/or the whole course (like 'par' in golf).

#### How to make a ball out of paper and tape



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

## Stay at Home Heroes Challenge

### Linked to Learn! 4 - Target Games

Are you ready to take part in our Lancashire School Games Hero Challenge?

### Tri-Golf - Putting Practice!

#### You will need:

1 small ball such as a tennis ball or scrunched up piece of tin foil

1 item such to act as your golf putter. Such as a broom, plank of wood, umbrella, cricket bat. If you have a putter, hockey stick, great, they can also be used.

1 stopwatch/phone

Can you make a put? Can you hit the targets?

- Line up 10 items - for example water bottles, tins, shoes etc. These are your 'golden eggs'
- Include 3 random items that are 'bad eggs'



- Set a 'tee' up 3m from the targets
- You have a total time limit of 60 seconds to collect as many golden eggs as possible.
- Every time you hit a 'golden egg' run out and collect the egg(s) you have hit.
- Every time you hit a 'bad egg' return **2** of your 'golden eggs' to the line.
- At the end of 60 seconds count up how many golden eggs you have.
- If you have hit all the golden eggs before your 60 seconds is up, set up the eggs again, keeping track of your score and continue to add up your eggs.



**Make it harder:** Move your tee further away or add in more 'bad eggs'

**Make it easier:** Move your tee closer or take out the 'bad eggs'

**Make it inclusive:** Sit down and or use your hand to roll the ball or foot to kick the ball to the target.

## 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](#)



## Other activities for you to 'tri'-golf:

### Golf Skittles

Set up 10 items in a triangle formation like a Ten Pin bowling formation

You have a maximum of 5 shots, what is your total score?

### Create a Course

Create a golf course around your home - one hole per room, for example.

*For your holes, use mugs, bowls or saucepans on their sides.*

- Set the 'par' (expected number of shots to get the ball in the hole) for each hole, for example:
  - par 1, hole one: Bathroom
  - par 2, hole two: kitchen
  - par 3, hole three: lounge
  - par 4, hole 4: Garden ...
- Go and play each hole and record your score
- Total up your score and try and give a total 'x' under or over par
- Repeat the course every day and try and beat your score

By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.

[Welfare policy \(click here\)](#)

# Spar Lancashire School Games

## Year 3-6 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 and we are never too old to have some fun!

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

### Online Resources available

[Change4Life Disney](#)

[Your School Games Play Ideas](#)

[YouTube channel](#)

[Youth Sport Trust - PE, sport and physical activity games](#)

[School Games play formats](#)

### Suggested Games and Activities

Hide and Seek

Musical bumps

Musical Statues

Sports in your back garden.

Tag

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

Check out the [Very Well Family Website](#) for a whole host of ideas for active play and active games:

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