

Lancashire School Games Stay at Home Programme

Activity Timetable Year 3 - 6

Week 6: 1st June -7th 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 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 6: 1st June-7th 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 6 - Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Mindful Monday	Move! Travel Tuesday	Move! Workout Wednesday	Move! Challenge Thursday	Move! Fitness Friday
Learn! Video Demonstration	Learn!	Learn!	Learn!	Learn!
Stay at Home Heroes Challenge! Linked to Learn Video Demonstration	Stay at Home Heroes Challenge!	Stay at Home Heroes Challenge!	Stay at Home Heroes Challenge!	Stay at Home Heroes Challenge! Certificate
Play! Today's top play!	Play! Today's top play!	Play! Today's top play!	Play! Today's top play!	Play! Today's top play!

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- Fun



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

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Learn!

Week 6 - Net/Wall Games

Equipment: rolled up socks, household objects to use as markers, balloon, ball or scrunched up paper.

Aim: To develop skills that will help in net/wall games

[Video Demonstration](#)

Tasks 1 - To practice the skills needed for a seated net game.



Practice 1

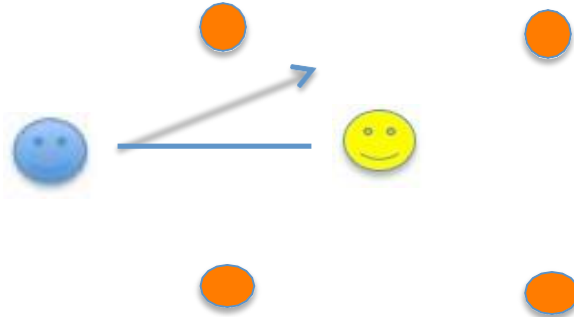
- Sit on the floor with a pair of rolled up socks.
- To start, take your hands and feet off the floor so you are balancing on your bottom.
- Using your right hand place the socks on the floor as far away to your right as you can, without losing your balance. Go back to sitting on your bottom.
- Pick up the socks with your right hand and transfer them to your left hand. Using your left hand place the socks as far away to your left as you can. Go back to sitting on your bottom.
- Use your left hand to pick up the socks and place in your right hand.

(Q) Can you increase the distance you place the socks away and still keep your balance?

(Q) How many times can you place the socks to you right and left in 30 seconds?

Remember - To keep your feet off the floor and keep your balance.

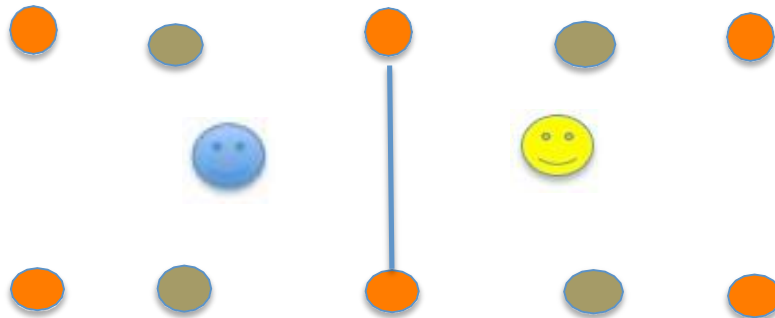
Practice 2



How to Play

- Set up an area using rolled up socks or something similar in a square.
- Sit in the middle of the square and balance on your bottom.
- A parent/carer/sibling will send a balloon, ball, scrunched up paper ball or rolled up socks to one side of the child in the middle of the square.
- The child tries to catch or hit the balloon or object back to the parent object without losing their balance.

Game



How to Play

- Set up two squares and use a towel or rolled up socks to represent the net.
- Set two targets either side of each player just out of reach. (use paper or other object)
- Both players balance start on their bottom with their legs off the ground.
- To start player 1 serves by throwing the ball or striking it with their hand over the line/net towards one of the targets.
- Player 2 tries to catch it or hit the ball back over the net.
- A player scores a point is if the player misses the catch or the object hits the floor. If the ball or object hits the target a player scores 5 points.

Wall Game

The aim of task 1 is to roll the ball against the wall so it goes through the target.

(Q) Can you roll the ball against the wall and get it through the target from different points on the sending line? (i.e. A, B or C)

(Q) Can you send the ball in a different way to get through the target? (i.e. kicking, throwing)

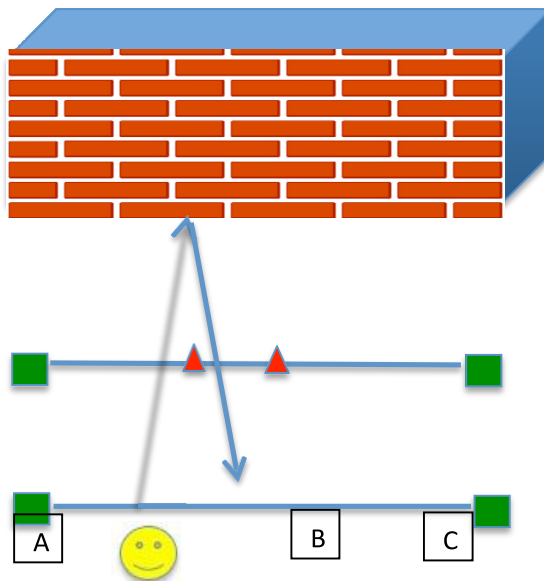
Challenge - Change the target from a goal to have one plastic bottle as the target.

Easier

- Move the goals nearer to the wall.
- Make the goals bigger.

Harder

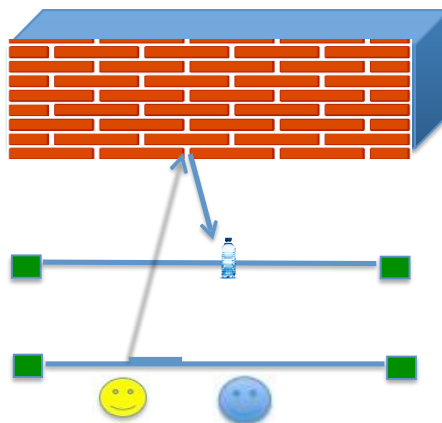
- Move the goals further away from the wall.
- Make the goals smaller.
- Use a plastic bottle as a target.



Task 2 - Competition Target Wall

Game 1: Equipment - ball, wall

& a plastic bottles



Competitive Target Wall - Game 1

The aim of the game is to roll a ball to knock over a plastic bottle by rebounding it off the wall.

To Play

Player 1 moves along the line and sends the ball against the wall where it rebounds to try and knock the plastic bottle over.

Player 1 has three attempts and scores 1 point for each time the plastic bottle is knocked over.

Player 2 has their three attempts.

If a player knocks the bottle down without it rebounding off the wall they lose a point.

If both player miss the plastic bottle on all 3 attempts then it is moved closer to the wall

To make it harder

- Move the plastic bottle further away from the wall.
- Use a smaller ball.

To make it easier

- Move the plastic bottle nearer to the wall
- Use a bigger ball

Challenge - Can you make up your own wall game?

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 - @lancashireschoolgames](#)

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Stay at Home Heroes Challenge

Linked to Learn! 6 - Net/Wall Games

You have been busy practicing Wall/Net games. Are you ready to take part in our challenge?

Volleyball- Bottoms Up!

Challenge yourself, and your friends, to see who can **'Keep the Ball (Balloon) in the air for 60 seconds, whilst sitting down and standing up'**

Equipment needed:

1 of the following; Balloon or Ball

[Video Demonstration](#)

How to play:

With a balloon or a ball, how many times can you sit down and stand up whilst keeping the balloon or ball in the air in 60 seconds? Your bum must touch the floor for one point and you must be fully standing for one point. Remember you can use any part of your body to keep the ball in the air, even your head! Should you lose control of the balloon/ball then start again from a standing position but this will not count as a point, but be quick because the clock will still be running!

KS1 = Balloon

KS2 = Beach Ball (If you've not got one then just a ball)

KS3/4 = Ball

To make it;

- Easier - Add more air to your balloon or beach ball. KS3/4 Use a larger ball.
- Harder - Only use hands rather than any body part





- Inclusive - try it seated and try to touch the floor with either of your hands whilst the ball is in the air. How many times can you touch the floor?

Share your videos and photos.

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

[Twitter- @LancSchoolGames](#)

[Facebook - @LancSchoolGames](#)

[Instagram - @lancashireschoolgames](#)

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your School Games Organiser contact details ([click here for details](#))

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 \(click here\)](#)

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

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 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!