

Lancashire School Games Stay at Home Programme

Activity Timetable Year 3 - 6

Week 8: 15th June -21st 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 8: 15th June-21st 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 8 - Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Move it Monday	Move! Let's Dance Tuesday	Move! Walking Wednesday	Move! Thinking 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- Healthy



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 8 - Creative Dance

Aim: To make a dance sequence with a travel, turn, jump, moment of stillness and lots of gestures throughout.

Video Demonstration

Task 1 - Look at a range of superheroes clips online, look at the way superheroes move and the poses (shapes) they make.

Choose your favourite superhero

- Can you think of 3 poses (shapes) that show the strength/ character of your superhero? Practise moving from one pose to the other.
- Now practise your 3 superhero poses at different levels. Can you do one low down, one at medium height and one high? How do you move from one pose to the other?
- Choose a piece of superhero music and try performing your poses to the music. Think about the timing - how many counts are you going to hold pose for (remember normally dancers count in 8's, you could hold your pose for 2, 4 or 8 counts)

Task 2 - Can you make a sequence of moves that tell the story?

Section 1 - Alter ego

- Start the dance as your super heroes alter ego, you could be Peter Parker in the library. You hear that your help is needed. Make a short sequence setting the scene. E.g. reading a book sitting down, look startled as you hear your help is needed, jump up.
- Use your 3 pose sequence from task 1 to turn into your super hero.
- Practise putting the two sections together.

Section 2 - Travel to the rescue

- Think about how your superhero would travel, can you travel on a variety of levels?
- Can you travel on a zig zag pathway and a curved pathway?
- Practise and set your travel sequence

Remember to keep safe when exploring travelling around the space.

Section 3 - Save the day

- Can you create a short story about rescuing someone in difficulty?
- Can the sequence have a travel, turn, jump, moment of stillness and lots of gesture throughout so we clearly know which superhero you are? These can be done in any order.
- Think about timing, levels, pathways, interesting shapes, facial expressions and lots of superhero gestures.

Improvements

- *How will you get from one move to the other?*
- *Could you do a bit in slow motion?*
- *Could you repeat a move?*
- *Can you hold a move still for 4 counts?*

Section 4 - Mission accomplished

- Can you create an ending sequence where you have saved the day and then return home?

Can you now put the dance together?

- Section 1 - Alter Ego
- Section 2 - Travel to the rescue
- Section 3 - Save the day
- Section 4 - Mission accomplished

Can you find some music to go with your dance?

Repeat this several times until you can remember the order.
Perform it to someone in your house.

Task 3 - Change the Character - Try being a different superhero

Repeat the process

- Section 1 - Alter Ego
- Section 2 - Travel to the rescue

- Section 3 - Save the day
- Section 4 - Mission accomplished

Think about how you will show what you are doing with your body and facial expressions.

Example sequence showing the focussed move in that section -

Travel	Jump	Turn	Stillness
Point your spider web and swing through the buildings	Jump high and land crouched down looking out for person to rescue	Spin on bottom	Freeze with hands on hips, shoulder back and proud

Points to help improve

- Can you add change of levels - high, middle and low?
- Can you change direction in your dance?
- Can you use facial expressions?
- Can you make your moves big and strong?

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](#)

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[Instagram - @lancshireschoolgames](#)

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Stay at Home Heroes Challenge

Linked to Learn! Week 8 - Dance

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

Rounders/Dance

Challenge yourself, and your friends, to see who can create the best routine in our **Rounders Dance Challenge!**

Equipment needed: A pair of sticks / wooden spoons / cardboard rolls / rounders bats / access to a music track.

Video Demonstration

How to:

Choose an upbeat song with a strong beat.

Using the ideas within the video demo, either copy the routine or make up your own.

Try and change your dance move on every 8th count. Feel free to repeat them.

Strike your sticks / implements together or on the floor on the beats as loudly as you can!

To make it:

- Easier - just use your hands to clap the beat
- Harder - try a heavier set of stick and try using a track with a quicker beat
- Inclusive - try kneeling down so you are using just your arms

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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!