**Lancashire School Games Activity Resources**

**There are some great resources here to ensure secondary pupils are taking care of their physical and mental health. I highly recommend this resource**

**Shaun Gash –** Home Workouts. Based in Lancaster, Shaun is a paraplegic athlete who has created some fantastic home workouts for the Lancashire School Games. These workouts are for all.

**Brian Rose** – Boxing Workouts. Former British Champion and World Title Challenger Brian Rose has created some videos for you to do at home. Give them a watch and learn some new skills. His skipping video is great.

Follow the link below to find these and some great National Resources.

<https://lancashireschoolgames.co.uk/resources-for-teenagers-secondary-schools/>

Make sure you let us know when you’ve done any of these workouts by sharing videos and photos using #Lancsgames20 to be in with a chance prize to win some Amazon vouchers and other prizes!