# Year 1 & 2 Spar Lancashire School Games  Activity Timetable

### Week 4: 11thMay – 17th May 2020

Please see below the activity timetable the Spar Lancashire School Games, stay at home programme.

### Week 4 – Timetable

### The timetable below has links to 4 different areas. [Move](https://lancashireschoolgames.co.uk/year-1-2-move-resource/), [Challenge](https://lancashireschoolgames.co.uk/running-challenge/), [Play](https://lancashireschoolgames.co.uk/ks1-play-resource/), and [Learn](https://lancashireschoolgames.co.uk/learn-running/)!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| [**Move!**](https://lancashireschoolgames.co.uk/year-1-2-move-resource/)   [**Maths on the move Monday**](https://lancashireschoolgames.co.uk/wp-content/uploads/Sportopoly1.pdf) | [**Move!**](https://lancashireschoolgames.co.uk/year-1-2-move-resource/)  [**Chatterbox Tuesday**](https://lancashireschoolgames.co.uk/wp-content/uploads/Chatterbox-Challenge.pdf) | [**Move!**](https://lancashireschoolgames.co.uk/year-1-2-move-resource/)  [**Walking Wednesday**](https://lancashireschoolgames.co.uk/wp-content/uploads/Daily-Walk-challenge.pdf) | [**Move!**](https://lancashireschoolgames.co.uk/year-1-2-move-resource/)  [**Dance along Thursday**](https://www.bbc.co.uk/programmes/b006mvsc) | [**Move!**](https://lancashireschoolgames.co.uk/year-1-2-move-resource/)  [**Fitness Friday**](https://www.youtube.com/user/thebodycoach1) |
| [**Learn!**](https://lancashireschoolgames.co.uk/learn-running/)    [Video Demonstration](https://www.youtube.com/watch?v=onz_zY5xvow&feature=youtu.be) | [**Learn!**](https://lancashireschoolgames.co.uk/learn-running/) | [**Learn!**](https://lancashireschoolgames.co.uk/learn-running/) | [**Learn!**](https://lancashireschoolgames.co.uk/learn-running/) | [**Learn!**](https://lancashireschoolgames.co.uk/learn-running/) |
| [**Challenge!**](https://lancashireschoolgames.co.uk/running-challenge/)    [Video Demonstration](https://www.youtube.com/watch?v=6fHSSnchCNk&feature=youtu.be) | [**Challenge!**](https://lancashireschoolgames.co.uk/running-challenge/)  Practice | [**Challenge!**](https://lancashireschoolgames.co.uk/running-challenge/)  Beat your score | [**Challenge!**](https://lancashireschoolgames.co.uk/running-challenge/)    Practice some more | [**Challenge!**](https://lancashireschoolgames.co.uk/running-challenge/)  Beat your score [Certificate](https://lancashireschoolgames.co.uk/wp-content/uploads/Certificate-Year-12-Challenge-Week-4-1.pdf) |
| [**Play!**](https://lancashireschoolgames.co.uk/ks1-play-resource/) [Today’s top play!](https://www.youtube.com/watch?v=Q6I_SjuVhd8) | [**Play!**](https://lancashireschoolgames.co.uk/ks1-play-resource/) [Today’s top play!](https://www.youtube.com/watch?v=qAhtx2pzFZs) | [**Play!**](https://lancashireschoolgames.co.uk/ks1-play-resource/) [Today’s top play!](https://www.activekidsdobetter.co.uk/api/servlet/file/store66/item1103546/Active-Kids-Do-Better_Ping-towel-pong_Active-Home.pdf?version=5) | [**Play!**](https://lancashireschoolgames.co.uk/ks1-play-resource/) [Today’s top play!](https://www.youtube.com/watch?v=xD7SvGbZGz8&feature=youtu.be) | [**Play!**](https://lancashireschoolgames.co.uk/ks1-play-resource/) [Today’s top play!](https://www.youtube.com/watch?v=sJy_EAq2_6Y&feature=youtu.be) |
| [**Heroes Challenge**](https://lancashireschoolgames.co.uk/spar-lancashire-school-games-stay-at-home-heroes-challenge/) | [**Heroes Challenge**](https://lancashireschoolgames.co.uk/spar-lancashire-school-games-stay-at-home-heroes-challenge/) | [**Heroes Challenge**](https://lancashireschoolgames.co.uk/spar-lancashire-school-games-stay-at-home-heroes-challenge/) | [**Heroes Challenge**](https://lancashireschoolgames.co.uk/spar-lancashire-school-games-stay-at-home-heroes-challenge/) | [**Heroes Challenge**](https://lancashireschoolgames.co.uk/spar-lancashire-school-games-stay-at-home-heroes-challenge/) |
| [**Create!**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/)  [Video Demonstration](https://www.youtube.com/watch?v=p4RMd6YhaHY&feature=youtu.be) | [**Create!**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) [**Gymnastics Activity**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) | [**Create!**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) [**Gymnastics Activity**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) | [**Create!**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) [**Gymnastics Activity**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) | [**Create!**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) [**Gymnastics Activity**](https://lancashireschoolgames.co.uk/learn-gymnastic-activities-balance/) |

**Word of the Week – Determination**

#### ****Missed Week 1 – 3? Don’t worry you can access the learn exercise, weekly challenge and move and play resources by clicking****[here](https://lancashireschoolgames.co.uk/previous-week/)****.****

[**Move**](https://lancashireschoolgames.co.uk/year-1-2-move-resource/)**&**[**Play**](https://lancashireschoolgames.co.uk/ks1-play-resource/)– Click on the links move and play and you will be directed to a webpage that has the best resources that are currently available to help keep children active.

[**Learn**](https://lancashireschoolgames.co.uk/learn-running/) – Each week a new Learn resource will be available with supporting documents and videos to ensure your pupils/children are learning fundamental skills in the PE curriculum.

[**Challenge**](https://lancashireschoolgames.co.uk/running-challenge/) – A weekly Challenge linked to the learn activity will also be available each week to ensure personal best challenges and competition opportunities are provided.

### Share your videos & photos.

We want to see you trying the challenges and learn exercises at home, please share your videos and photos with #lancsgames20 on:

* [Twitter – @LancSchoolGames](https://twitter.com/yourschoolgames)
* [Facebook – @LancSchoolGames](https://www.facebook.com/LancSchoolGames/)
* [Instagram – @lancashireschoolgames](https://www.instagram.com/lancashireschoolgames/)

[**Move!**](https://lancashireschoolgames.co.uk/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!**

[**Challenge!**](https://lancashireschoolgames.co.uk/running-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!**](https://lancashireschoolgames.co.uk/ks1-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**

[**Learn!**](https://lancashireschoolgames.co.uk/learn-running/)  
**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.**