



Spar Lancashire School Games

January 19th 2021 Lockdown Resources

Year 1 & 2



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 & Play’**:



Online Resources available

- [Disney Dance Along](#)
- [Change4life \(indoor activities for kids\)](#)
- [Fantastic Games to play inside and outside the home](#)
- [Go Noodle - A website that will help parents to get their child moving](#)
- [Cosmic Kids - Yoga Through story telling](#)
- [#BBC Supermovers- Videos which help children move whilst they learn](#)
- [Boogie Beebies - Videos that get children up and dancing with Cbeebies presenters](#)
- [CBBC- Andy's Wild Workout series](#)
- [Bike skills and Games - Learn 2 Ride with British Cycling](#)
- [Youth Sport Trust Play Activities](#)
- [Train Like a superhero](#)
- [Show your moves with the UK Move Crew](#)
- [WheelpowerWorkouts - Activities for young people in Wheelchairs](#)

Throughout the week - Live Activities

- [PE With Joe Wicks, 9am on Monday, Wednesday & Friday's](#)
- [Youth Sport Trust After School Club, 5pm on Tuesday & Thursday's](#)

Other Suggested Games and Activities

- Put on a favourite song and dance along
- Go for a family walk 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 obstacle courses



Mindfulness activities

- [CBBC Yoga](#)
- [5 minute mindfulness activities](#)
- [Animal postures & Pilates for kids](#)

