**PE at home**

Over the past couple of weeks the Lancashire School Games Organisers team, Active Lancashire and the Lancashire PE team have been developing a PE, school sport and physical activity resource/timetable.

The resource is centred on 4 key themes:

* Move - resources that help children to achieve 60 active minutes.
* Learn - Skill and sports skill development. A Fundamental Movement Skill activity for KS1 and a KS2 sport skill activity adapted from the Lancashire PE scheme of work for a weekly PE activity for children to undertake.
* Challenge - A weekly personal best challenge linked to the weekly “PE learn activity” along with a current /trending challenge or other type challenge.
* Play - providing ideas and resources for children to be active through play.

This website will constantly be updated as new ideas are developed. A new resource with updated links, games, PE tasks and challenges will be circulated each week.

Below you can find the links to the relevant part of the programme for your child.

**Year 1 and 2**

Overview - <https://lancashireschoolgames.co.uk/year-1-2-stay-at-home-programme/>

Timetable - <https://lancashireschoolgames.co.uk/year-1-2-spar-lancashire-school-games-activity-timetable/>

**Year 3 to 6**

Overview - <https://lancashireschoolgames.co.uk/year-3-6-stay-at-home-programme/>

Timetable - <https://lancashireschoolgames.co.uk/year-3-6-spar-lancashire-school-games-activity-timetable/>

Lancashire are offering a Prize draw and any videos/photos that are posted on social media will go into a weekly draw.

This is for children only!

Please use the #LancsGames20 and share on the following channels:-

* Twitter – @LancSchoolGames,
* @LancsPE
* Facebook – @LancSchoolGames
* Instagram – @lancashireschoolgames

Please have a go and let me know how you are finding these resources! Keep Active!!

Take care,

Mr Newton