



Lancashire School Games

Activity Timetable Year 1 & 2

Week 3: 4th May - 10th May 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 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.

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 3: 4th May- 10th May 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 3 - Timetable

The timetable below has links to 4 different areas.

[Move](#), [Challenge](#), [Play](#), and [Learn](#) Plus a link to the Lancashire School Games [Stay at Home Heroes Challenge](#)

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Move it Monday	Move! Travel Tuesday	Move! Wellness Wednesday	Move! Treasure Hunt Thursday	Move! Fitness Friday
Learn! Video Demonstration	Learn!	Learn!	Learn!	Learn!
Challenge! Video Demonstration	Challenge! Practice	Challenge! Beat your score	Challenge! Practice some more	Challenge! Beat your score 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!
Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge

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- Champion





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

Stay at Home Heroes Challenge

Every week our Lancashire School Games Organisers (SGO's) will set you a '[Stay at Home Heroes](#)' challenge to take part in. Please send your entry into your local SGO via social media and use the #LancsGames20

Good Luck!!!

[The Challenges and SGO contact information can be seen by clicking here.](#)





Spar Lancashire School Games

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!

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

- [Disney Dance Along](#)
- [Go Noodle - A website that will help parents to get their child moving with short interactive activities](#)
- [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](#)
- [Train Like a superhero](#)
- [Show your moves with the UK Move Crew](#)

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

Try the daily move activity in the timetable!



Spar Lancashire School Games

Learn!

Skill 3: Hopping

Aim: To master the fundamental movement skill of hopping, to hop with speed and efficiency

To see the skill in action:



Task 1: Practice the skill, try it on both legs

Task 2: Practice makes perfect - play the following game with a parent, carer or sibling

[Video Demonstration](#)

Skill/ Skills	Activity	How to Play	Equipment
Hopping	<p>Hopping Rabbits</p>	<ul style="list-style-type: none"> Line up 5 soft toys at the start marker Take 10 big steps forward to set your finish marker Take one toy at a time to the finish marker- hopping all the way there Run back to collect the next toy How long did it take? Try again on the opposite leg 	<p>5 x Small soft toys</p> <p>Start and finish markers - use any household object</p>

Points to help improve hopping:

- Bend your leg to push off
- Take off and land on the same foot, landing on ball of foot
- Push off from your toes during take off
- Look ahead, use your arms for balance
- Leg drive with non-hopping foot

Now you have practiced this skill why not try out our Challenge!

[Click here to be taken to the Challenge Resource Card:](#)



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](#)

[Facebook - @LancSchoolGames](#)

[Instagram - @lancashireschoolgames](#)

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Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn 3 - Hopping

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

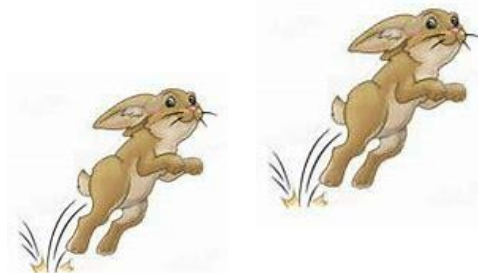
Bunny Hop Bop!

Can you hop like a rabbit? How quick can you hop?

You will need:

A stopwatch/phone timing device

Start and finish markers - any household object will do



- Place a starting marker on the floor
- Take 10 big steps forward and place a finish marker on the floor
- How quick can you hop to the finish marker and back?
- Ready Steady Go!
- On your right leg hop to the finish marker
- Change legs (left leg) and hop back
- How long did it take?
- See if you beat your first time?
- See if you beat a parent, carer or sibling?

Video Demonstration

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](https://twitter.com/LancSchoolGames)

[Facebook - @LancSchoolGames](https://facebook.com/LancSchoolGames)

[Instagram - @lancshireschoolgames](https://instagram.com/lancshireschoolgames)

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Spar Lancashire School Games

Year 1 & 2 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.

Below is a list of resources that you can use with your child to encourage physical activity whilst playing.

Online Resources available

- [Change4Life Disney](#)
- [Youth Sport Trust Play](#)
- [Create Development](#)
- [Bike skills and Games - Learn 2 Ride with British Cycling](#)
- [Fantastic Games to play inside and outside the home](#)
- [Active Outdoor Games](#)

Suggested Games and Activities

- Hide and Seek
- Musical bumps
- Musical Statues
- Hopscotch
- Tag

Get children to come up with their own active game and play as a family!

Need some additional ideas- Try Today's top play activity!