

Lancashire School Games

Activity Timetable Year 1 & 2

Week 7: 8th June - 14th June 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 7: 8th June- 14th June 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 7 - Timetable

The timetable below has links to 4 different areas.

[Move](#), [Challenge](#), [Play](#), and [Learn](#). Plus this week a link to a new the Lancashire School Games [Create Gymnastics Activity](#) to further skill development.

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Move it Monday	Move! Tuesday Shoesday	Move! Workout Wednesday	Move! Challenge 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!
Create! Video Demonstration	Create! Gymnastics Activity	Create! Gymnastics Activity	Create! Gymnastics Activity	Create! Gymnastics Activity

[Spar Lancashire School Games Heroes Challenge](#) on following page!



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- Go

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 - @lancshireschoolgames](#)

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 7: Overarm Throw

Equipment: Marker, tennis balls or items that fit in hand suitable for throwing, tape measure

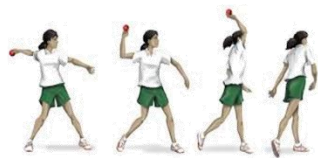
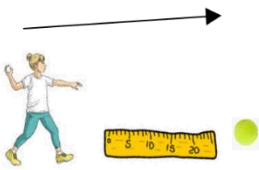
Aim: To develop the skill of distance and accuracy when overarm throwing.

Task 1: Complete the below activity seeing how far you can throw an item with your dominant hand.

Task 2: Complete it again but try with your other hand

Video Demonstration

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

Skill/ Skills	Activities	How to Play
Overarm Throwing	<p>Distance Throwing</p>  	<ol style="list-style-type: none"> 1. Set up a throwing line at the back of your space. 2. Use 3 throwing items that fit into one hand, no bigger than a tennis ball. Ideally use a tennis ball but could use rolled up socks or small soft toy. 3. Using the overarm throw technique, try to throw one item at a time out into your space. 4. From your throwing line, count how many steps/strides it takes to get to your furthest item, that is your best score. The further the better.

Points to help improve overarm throwing

Stand sideways on to the target, throwing right-handed (as above pic), left foot forward and vice versa for left-handed throw.

Generate more power by rotating your core at the hips

Aim up and out, not down at the ground, ideally approx. 45 degrees throwing angle.

Repetition - keep practicing, especially with both hands

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](#)

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[Instagram - @lancashireschoolgames](#)

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Year 1 & 2 Challenge!

Linked to Learn! 7 - Overarm Throw

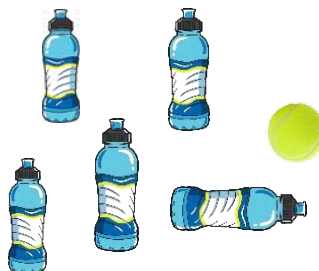
You have been busy practicing your overarm throwing. Are you ready to take part in our challenge?

Turkey Shoot

How many items can you knock over?

You will need:

- Tennis ball or rolled up socks
- 5 discarded juice bottles, ¼ filled with water
- Marker for the throwing line
- Boxes or chairs to alter the height of the targets



How to:

- Set up your targets (bottles) in your space, ideally at different heights and distances. They have a bit of water in so that they don't blow over.
- Can use chairs boxes etc to alter the height.
- Set up your throwing line so that you must use the overarm throw to reach all your targets. You can go closer or further away but measure the distance to the first target.
- You have 5 opportunities to knock over as many bottles as possible using the overarm throw technique, you get 50 points per bottle and a bonus of 100 points if you knock them all down.
- If you only have one ball, or item you can go and collect it each time, as long as you only have 5 turns.

Video Demonstration

Share your videos and photos with us:

We want to see you trying this challenge at home, please share your videos and photos to;

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

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



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Create!

Gymnastic- Balance 2

Aim: To make a gymnastic sequence of travel and balance and roll

Video Demonstration

Tasks 1 - To travel on hands and feet

- Start off in front support position. (like a press up)



- Can you turn over and walk like a Crab?



Crab walk - Hands facing feet, tummy up, hips raised, walk forward.

(Q) Can you keep your tummy up?

(Q) Can you walk backwards to where you started?

(Q) Can you walk backwards to where you started?

Task 2 - To balance using different body parts - from the crab walk position

Challenges

- Can you balance on 3 body parts?
- Can you balance on one hand and one foot?
- Can you balance on your back?
- Can you balance on your bottom?
- Can you think of any other balances from this position?

When we practice our balances remember the most important thing is to keep **still**.

In the challenges your balance must be held completely still for at least 3 seconds. (count 1 gymnast, 2 gymnast 3 gymnast in your head)

Try to point your fingers and toes to improve your balance

Task 3 - To rock and roll on your back

Rock and Roll

From the crab position drop your bottom down onto the floor and move into tuck position by curling up tight and tucking your chin to your chest.



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(Q) Can you rock on your back three times?

(Q) Can you start with the crab walk, travel and then move smoothly into rocking on your back 3 times?

Task 4 - To create a sequence of travel, balance, roll, travel and balance.

For this task you need to choose your two favourite balances and your crab walk and rock and roll to create a gymnastic sequence.

Example

Starting position	Travel	Balance 1	Roll	Travel	Balance 2
Front Support then turn to crab walk	Crab walk	Balance on bottom	Rock and roll 3 times	Crab walk	Balance on two points

(Q) Did you keep still for 3 seconds on your balances?

Challenges

Can you add a finishing position?

Can you make a longer sequence?

Can you do your sequence in reverse?

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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!