

# Lancashire School Games

## Activity Timetable Year 1 & 2

Week 4: 11<sup>th</sup> May - 17<sup>th</sup> 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 4: 11th May- 17<sup>th</sup> 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 4 - 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
<a href="#">Move!</a> <a href="#">Maths on the move Monday</a>	<a href="#">Move!</a> <a href="#">Chatterbox Tuesday</a>	<a href="#">Move!</a> <a href="#">Walking Wednesday</a>	<a href="#">Move!</a> <a href="#">Dance along Thursday</a>	<a href="#">Move!</a> <a href="#">Fitness Friday</a>
<a href="#">Learn!</a> <a href="#">Video Demonstration</a>	<a href="#">Learn!</a>	<a href="#">Learn!</a>	<a href="#">Learn!</a>	<a href="#">Learn!</a>
<a href="#">Challenge!</a> <a href="#">Video Demonstration</a>	<a href="#">Challenge!</a> Practice	<a href="#">Challenge!</a> Beat your score	<a href="#">Challenge!</a> Practice some more	<a href="#">Challenge!</a> Beat your score <a href="#">Certificate</a>
<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>	<a href="#">Play!</a> <a href="#">Today's top play!</a>
<a href="#">Create!</a> <a href="#">Video Demonstration</a>	<a href="#">Create!</a> <a href="#">Gymnastics Activity</a>	<a href="#">Create!</a> <a href="#">Gymnastics Activity</a>	<a href="#">Create!</a> <a href="#">Gymnastics Activity</a>	<a href="#">Create!</a> <a href="#">Gymnastics Activity</a>

[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- Determination

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 4: Running Fast

**Equipment needed:** 5 x Small toys, Start and finish markers (use any household object)

**Aim:** To develop the skill of running and improve technique

**Task 1:** Complete the below activity with your arms by your side

**Task 2:** Complete it again but this time use your arms. Did you run slower or faster when you used your arms?



#### Video Demonstration

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

Activity	How to Play
<p>Toy Relay</p>	<ul style="list-style-type: none"> <li>• Take 10 big steps forward to set your finish marker</li> <li>• Line up 5 small toys at the finish marker</li> <li>• Run from the start to the finish marker <b>but</b> keep your arms by your side and collect the toys one at a time leave each one at the start marker</li> <li>• Run back to collect the next toy until all toys have been collected</li> <li>• How long did it take?</li> <li>• Try it again <b>but this time use your arms, swing in opposite direction to legs</b></li> <li>• How long did it take this time?</li> <li>• Do you run faster or slower when you use your arms?</li> </ul>

### Points to help improve running

Head still and look forward/lean forward

Lift your knees

Swing arms in opposite direction to legs

Push off with balls of your feet

Elbow bent at 90 degrees

Bring your heel close to your bottom

**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](#)

**Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.**

# Spar Lancashire School Games

## Year 1 & 2 Challenge!

### Linked to Learn! 4 - Running Fast

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

### Cheetah Chase

How fast can you run 10 metres?



#### You will need:

2 toys to mark out your 10-metre track

A stopwatch/phone

Tape measure (don't worry if you don't have one)



#### How to:

- Place one toy (marker) in the corner of your yard or garden (you need 10 metres of space)
- Either mark out 10m using a tape measure or take 10 big steps forward from your first marker (start line), place your second marker (finish line)
- Get someone to time you & on "GO" run as fast as you can from the start line to the finish line. Stop the watch when you cross the finish line, note the time.
- See if you can beat your first attempt
- See if you can beat your parent, carer or sibling

### 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;

Twitter- [@LancSchoolGames](https://twitter.com/LancSchoolGames)



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



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



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# Spar Lancashire School Games

## Create!

### Gymnastic- Balance

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

#### Video Demonstration

#### Tasks 1 - To travel like a caterpillar.

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



- Can you walk like a Caterpillar?  
Walk feet forward towards hands (legs should try to keep straight, take little steps), hands remain still. Then walk hands away from your feet, feet stay still.



(Q) Can you keep your legs straight?



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

## Task 2 - To balance using different body parts - From the front support position

### Challenges

- Can you balance on 3 body parts?
- Can you balance on one hand and one foot?
- Can you balance on 6 body parts?
- Can you balance on your tummy?
- Can you think of any other balances?

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

If you are wibbly wobbly what can you change so that you are very still?

## Task 3 - To create a sequence of balance, travel, balance.

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

### Example:

Starting position	Balance 1	Travel	Balance 2
Front Support	Tummy Balance	Caterpillar Walk	2 point balance

(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?

# 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!**