Lancashire County Council

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7 May 2020

Dear Headteacher

Continuing the PE, school sport and physical activity resource/timetable that has been created by a partnership of Active Lancashire, The School Games Organisers and Lancashire PE.

Please see attached the new Stay at Home brochures for Week 4 (11th May) and the weblinks to the weekly timetable, which are updated on Sundays. We've had great feedback from these resources locally and nationally, and we've also had over 31,000 users access the website over the past 3 weeks. Thank you for your support.

Year 1 & 2 Online timetable

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

Year 3-6 Online timetable

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

New this week:

- A brand new 'Create' exercise for Year 1 & 2. In addition to the new Learn and challenge cards (this week running), Year 1 & 2 will have access to a Gymnastics 'Create' resource which will allow young people to be creative by creating a sequence of travel and balance actions based on the Lancashire Scheme of work gymnastic lesson plans.

- New Spar Lancashire School Games Heroes Challenge- The challenge will be Tri-Golf and linked to this weeks Year 3-6 learn activity 'Tri-Throlf'. Enjoy!!!

I hope you enjoy week 4.

Yours sincerely

Glenn Swindlehurst

Glenn Swindlehurst Head of Primary PE, School Sport and Outdoor Education
LPDS Centre • Southport Road, Chorley

Lancashire School Games

Activity Timetable Year 1 & 2

Week 4: 11th May - 17th 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- 17th 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
Move! Maths on the move Monday	Move! Chatterbox Tuesday	Move! Walking Wednesday	Move! Dance along 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- 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 - @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 4: Running Fast

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

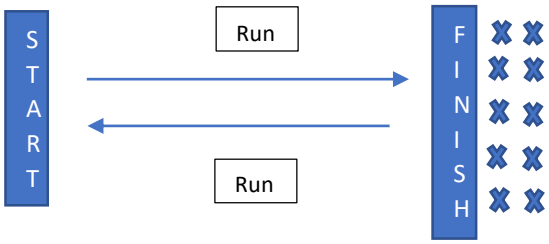
Aim: To develop the skill of running and improve technique

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
Toy Relay  	• Take 10 big steps forward to set your finish marker • Line up 5 small toys at the finish marker • Run from the start to the finish marker **but** keep your arms by your side and collect the toys one at a time leave each one at the start marker • Run back to collect the next toy until all toys have been collected • How long did it take? • Try it again **but this time use your arms, swing in opposite direction to legs** • How long did it take this time? • Do you run faster or slower when you use your arms?

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.

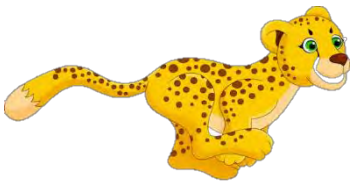
Spar Lancashire School Games

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:

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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!

Lancashire School Games Stay at Home Programme

Activity Timetable Year 3 - 6

Week 4: 11th May - 17th May 2020

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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 our sports skills will help us become better at PE and sport. This section will introduce sport and P.E skills relevant to the P.E national curriculum.**

Mission

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How to access the Timetable & Resources?

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Week 4 - Timetable

The timetable below has links to 4 different areas. Move, Stay at Home Challenge, Play and Learn

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Learn! Video Demonstration	Learn!	Learn!	Learn!	Learn!
Stay at Home Heroes Challenge! Linked to Learn Video Demonstration	Stay at Home Heroes Challenge!	Stay at Home Heroes Challenge!	Stay at Home Heroes Challenge!	Stay at Home Heroes Challenge! 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!

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Spar Lancashire School Games

Year 3-6 Move! Resource

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Online Resources available

Visit the Sport England website. Here there is a dedicated #stayinworkout page

Here you will find links to the following:

- Joe Wicks Body Coach
- Disney Dance Workouts
- Change4life (indoor activities for kids)

Also check out the following online resources:

- Imoves - Physical Activity and mental wellbeing resource
- Go Noodle - A website that will help parents to get their child moving with short interactive activities
- Just Dance YouTube Channel
- Youth Sport Trust - Active Breaks
- UK Active Kids Move Crew

Other Suggested Games and Activities

Put on a favourite song and dance along

Go for a family walk, run 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 an obstacle courses

Spar Lancashire School Games

Learn!

Skill 4: Target Games - Tri-Throlf

Equipment: paper, sellotape, socks, cap, bowl, basket, books, household furniture and objects

Aim: **To make a Tri-Throlf course and targets.**

Video Demonstration

As in golf, a course with 'holes' is created around the house.

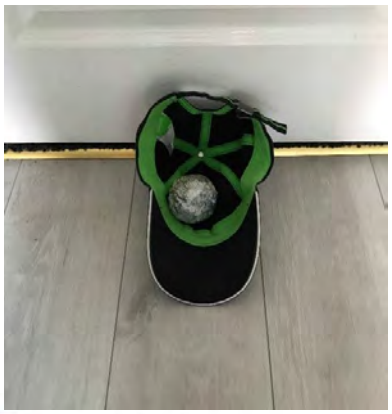
Task 1 - Draw the Outline of your Tri-Throlf course and create the targets (holes). (Could use map from previous Learn card)

You need: at least three targets but can create a longer course if you have room (i.e both inside and outside.)

- Target 1 is ***into a target*** on the floor
- Target 2 is ***onto a flat target*** *on the floor*
- Target 3 is ***into or onto a target*** *at a height*
- Additional targets to be decided by players.

Examples of targets

- **Into a target on the floor**



- **Onto a target on the floor**

- **Onto a Target at a height**

Task 2 – How to Play

1. Each player needs a ball (i.e. socks or scrunched-up paper and tape makes a good ball – See How to make a paper ball below)
2. A player can throw (underarm, overarm) or roll the ball towards the target.
3. Players send (roll or throw) the ball from a start line ('tee') next to each target.
4. The next shot is taken from where their ball (socks or paper) lands until it lands in the hole. Count how many throws and/or rolls it took.
5. Move onto the next target, at the start line.

Scoring

Score = the total number of throws to reach all the targets and finish the course. The winner is the player with the lowest score. Remember - The lower the score the better.

How to make it Easier **How to make it Harder**

- Shorter distances
- Bigger targets

- Longer distances
- Smaller targets
- Add obstacles or barriers – See Task 3

Points to help improve sending the ball (throw or roll)

- Step forward with opposite foot to throwing or rolling arm
- Follow through with your arm towards the target after releasing the ball.

When rolling the ball remember to also

- Bend your knee and release the ball close to the floor

Review

- How did you decide which way to send the ball?
- Which was the most accurate? Why do you think that is?
- What could you change to be more accurate in your sending techniques?

Task 3 – Create a crazy tri-golf course

Use everyday objects to create obstacles and barriers to make the course more difficult.

Create the equivalent of water hazards and bunkers (e.g. a blue blanket for a water hazard or a coat for a sand bunker).

Adapt the rules so you need to use both rolling a throwing at the same hole.

Vary the distance from the throwing line ('tee') to the target.

Set a maximum number of throws per target and/or the whole course (like 'par' in golf).

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Spar Lancashire School Games

Stay at Home Heroes Challenge

Linked to Learn! 4 - Target Games

Are you ready to take part in our Lancashire School Games Hero Challenge?

Tri-Golf - Putting Practice!

You will need:

1 small ball such as a tennis ball or scrunched up piece of tin foil

1 item such to act as your golf putter. Such as a broom, plank of wood, umbrella, cricket bat. If you have a putter, hockey stick, great, they can also be used.

1 stopwatch/phone

Can you make a put? Can you hit the targets?

- Line up 10 items – for example water bottles, tins, shoes etc. These are your 'golden eggs'
- Include 3 random items that are 'bad eggs'

- Set a 'tee' up 3m from the targets
- You have a total time limit of 60 seconds to collect as many golden eggs as possible.
- Every time you hit a 'golden egg' run out and collect the egg(s) you have hit.
- Every time you hit a 'bad egg' return 2 of your 'golden eggs' to the line.
- At the end of 60 seconds count up how many golden eggs you have.
- If you have hit all the golden eggs before your 60 seconds is up, set up the eggs again, keeping track of your score and continue to add up your eggs.

Make it harder: Move your tee further away or add in more 'bad eggs'

Make it easier: Move your tee closer or take out the 'bad eggs'

Make it inclusive: Sit down and or use your hand to roll the ball or foot to kick the ball to the target.

Video Demonstration

Share your videos and photos with us:

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Other activities for you to 'tri'-golf:

Golf Skittles

Set up 10 items in a triangle formation like a Ten Pin bowling formation

You have a maximum of 5 shots, what is your total score?

Create a Course

Create a golf course around your home – one hole per room, for example.

For your holes, use mugs, bowls or saucepans on their sides.

- Set the 'par' (expected number of shots to get the ball in the hole) for each hole, for example:
  - par 1, hole one: Bathroom
  - par 2, hole two: kitchen
  - par 3, hole three: lounge
  - par 4, hole 4: Garden …
- Go and play each hole and record your score
- Total up your score and try and give a total 'x' under or over par
- Repeat the course every day and try and beat your score

By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.

Welfare policy (click here)

Spar Lancashire School Games

Year 3-6 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 and we are never too old to have some fun!

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

Online Resources available

Change4Life Disney

Your School Games Play Ideas YouTube channel

Youth Sport Trust - PE, sport and physical activity games

School Games play formats

Suggested Games and Activities

Hide and Seek

Musical bumps

Musical Statues

Sports in your back garden.

Tag

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

Check out the Very Well Family Website for a whole host of ideas for active play and active games:

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