



Spar Lancashire School Games

February 1st 2021 Lockdown Resources Year 3 -6 (Children's Mental Health Week)



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 & Play'**:

Online Resources available

- [Disney Dance Workouts](#)
- [Change4life \(indoor activities for kids\)](#)
- [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](#)
- [Very Well Family - Ideas for Active Play & Games](#)
- [Wheelpower Workouts \(Activities for young people in wheelchairs\)](#)
- [Get Set 4 PE - A resource area with lots of games, challenges & exercises for all](#)

Throughout the week - Live Activities

- [PE With Joe Wicks, 9am on Monday, Wednesday & Friday's](#)
- [Youth Sport Trust After School Club, 5pm on Tuesday & Thursday's](#)

Other Suggested Games and Activities

- Put on a favourite song and dance along
- [Have a go at Lancaster & Heysham SGO's Family Adventure activity \(Example- please click to view\)](#)
- Create a basic circuit of your favourite exercises
- Make up obstacle courses

Mindfulness activities

- [CBBC Yoga](#)
- [5 minute mindfulness activities](#)
- [Animal postures & Pilates for kids](#)
- [Primary School- Childrensmentalhealthweek activities](#)
- [Yogi Group Primary School Yoga](#)
- [Yogi Group Little book of hope](#)



[#childrensmentalhealthweek](#)

(click the # for more info)





5 Ways to Wellbeing Weekly diary

The **Five Ways to Wellbeing** (Connect, Be Active, Take Notice, Keep Learning, Give) are simple and proven actions that help people find balance, build resilience and boost mental health and **wellbeing**.

Using the resources above, home learning provided by your school and with support from your parents, guardians, carers and teachers please list in the table below how you have:

Connected - How have you connected with a friend, family or teacher this week?

Been Active - What Activities have you undertaken this week to be active?

Taken Notice - How have you enjoyed the moment or the environment this week? Have you noticed how someone is feeling and helped?

Kept Learning - Learn a new skill, why not try some of the activities above and learn some new activities or movements to try out?

Given - How have you helped someone else this week?

	Connected	Been Active	Take Notice	Kept Learning	Given
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					