

Lancashire School Games

Activity Timetable Year 1 & 2

Week 1, 20th - 26th April 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
- Learn new skills
- Provide Challenges to do individually or as a family
- Ensuring being active is fun by encouraging play.

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 1- 20th April-26th 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 1 - Timetable

The timetable below has links to 4 different areas.

[Move](#), [Challenge](#), [Play](#), and [Learn](#)!

Monday	Tuesday	Wednesday	Thursday	Friday
Move!	Move!	Move!	Move!	Move!
Learn!	Learn!	Learn!	Learn!	Learn!
Challenge! Video Demonstration	Challenge! Practice	Challenge! Beat your score	Challenge! Practice some more	Challenge! Beat your score
Play!	Play!	Play!	Play!	Play!

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- Achieve



Post your video's and photos on:

We want to see you trying this weeks' 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

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

[CBBC - Home Workout Videos 1](#)

[CBBC - Home Workout Videos 2](#)

[Disney Dance Along](#)

[Go Noodle - Childs App featuring dance along videos to you move!](#)

[Just Dance](#)

[Cosmic Kids Yoga - Through story telling](#)

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

Spar Lancashire School Games

Learn!

Skill 1: Jumping

Aim: To master the fundamental movement skill of jumping and jump as far as possible

To see the skill in action: [Link here](#)

Task 1: Practice the skill. Jump 2 feet to 2 feet.

Task 2: Practice makes perfect, play the following game to help develop this skill



Skill/ Skills	Activity	How to play	Equipment
Jump for Distance	<p>Cross the river</p> <p>1 2 3 4</p>	<ul style="list-style-type: none"> Child starts at marker no.1 Jumps 'over the river' to the other side of the 'bank' Aim - to get to the other side in as fewer jumps as possible Progress to markers 2, 3 and 4 	<p>X 8 objects such as bottles or tins, gradually set further apart</p>

Points to help improve jumping:

- Feet shoulder width apart
- Swing arms back, skiing position
- Push off from toes - toes are last to leave the ground
Heels contact first and knees bend to absorb the shock

Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 1 - Jumping

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

Kangaroo Jump!



Can you jump like a Kangaroo? How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker on 2 feet
- Jump forward landing with 'sticky feet'
- Place a marker where you landed.
- See if you can beat your 1st jump
- See if you can beat your parent, carer or sibling

[Video Demonstration](#) (Click Here)

Post your video's and photo's on:

We want to see you trying this challenge at home, 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!

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](#)

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- Click here for inspiration?](#)