Lancashire County Council

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1 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 Week 3 (4th May) brochures for the **Spar Lancashire School Games Stay at Home Programme**. Below are also the links for the timetables which will be updated on Sunday evening. The brochures attached have all the correct links in for next week.

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

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

New for this week:

Year 1 & 2; a learn and challenge for the week based around the fundamental movement skill of Hopping.

Year 3- 6; a learn exercise based on OAA and a Heroes climbing challenge linked to the OAA learn.

I hope you enjoy week 3.

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 3: 4th May - 10th 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 3: 4th May- 10th 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 3 - Timetable

The timetable below has links to 4 different areas.

Move, Challenge, Play, and Learn Plus a link to the Lancashire School Games Stay at Home Heroes Challenge

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Move it Monday	Move! Travel Tuesday	Move! Wellness Wednesday	Move! Treasure Hunt 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!
Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge

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- Champion

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 3: Hopping

Aim: To master the fundamental movement skill of hopping, to hop with speed and efficiency

To see the skill in action:

Task 1: Practice the skill, try it on both legs

Task 2: Practice makes perfect – play the following game with a parent, carer or sibling

Video Demonstration

Skill/ Skills	Activity	How to Play	Equipment
Hopping	Hopping Rabbits 	• Line up 5 soft toys at the start marker • Take 10 big steps forward to set your finish marker • Take one toy at a time to the finish marker- hopping all the way there • Run back to collect the next toy • How long did it take? • Try again on the opposite leg	5 x Small soft toys Start and finish markers – use any household object

Points to help improve hopping:

Bend your leg to push off

Take off and land on the same foot, landing on ball of foot

Push off from your toes during take off

Look ahead, use your arms for balance

Leg drive with non-hopping foot

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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Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn 3 - Hopping

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

Bunny Hop Bop!

Can you hop like a rabbit? How quick can you hop?

You will need:

A stopwatch/phone timing device

Start and finish markers – any household object will do

- Place a starting marker on the floor
- Take 10 big steps forward and place a finish marker on the floor
- How quick can you hop to the finish marker and back?
- Ready Steady Go!
- On your right leg hop to the finish marker
- Change legs (left leg) and hop back
- How long did it take?
- See if you beat your first time?
- See if you beat a parent, carer or sibling?

Video Demonstration

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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!

Lancashire School Games Stay at Home Programme

Activity Timetable Year 3 - 6

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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

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?

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Week 3 - Timetable

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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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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

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 3: Outdoor Adventurous Activity (OAA) - Communication

Equipment: Paper, pencil, ruler, colours

Aim: of this week's *Learn* task is: To guide a blindfolded parent/carer to land safely on a chair/sofa through effective communication.

Video Demonstration

Task 1 - Air Traffic Controller

- The parent/carer is the plane and the child is the air traffic controller. (ATC)
- The ATC guides the plane around the room using verbal commands (walk, stop, turn left etc.) Parent/carer as plane keep eyes open.
- The parent/carer is blindfolded/close their eyes and be guided by the air traffic controller using verbal commands again (walk, stop, turn right etc.). (Q) Which way round the room will you take them?

Task 2 - Air Traffic Controller (can't speak to communicate with the plane)

- The air traffic controller must not speak words when guiding the plane to land
- The parent and carer must create a way of communicating with each other without speaking words. (See Think about.)
- Change starting position of the plane in the room. The parent/carer is blindfolded/close their eyes and is guided again by the air traffic controller without speaking but with their own creative way of communication.

Think about. . .

1. Instead of using words to guide the plane to land (sofa/chair) what other ways of making a noise could you use (whistle, clap, click fingers etc.)
2. Which of these can you use for walk, turn left/right, stop? (i.e. clap once to walk, whistle to stop)
3. How will you tell the plane how far to move or turn? How will you tell them to sit (land) on the sofa/chair?
4. Try your communication out and see if you need to change or improve it.

Task 3 – Change roles – Parent/carer is Air Traffic Controller and guides the child using their creative way of communicating.

- (Q) How did it feel when you were blindfolded?
- (Q) Did you trust the Air Traffic Controller to keep you safe?

Equipment: blindfold (tie. Tea towel, obstacles.)

Safety: Air traffic controller to set out clear boundaries and intervene if the plane wanders beyond the boundary. Keep them safe and don't let them bang into anything.

= Parent (Plane)

= Child (air traffic controller.

Share your videos and photos.

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Spar Lancashire School Games

Stay at Home Heroes Challenge

Linked to Learn! 3 - Problem Solving

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

Climbing the Walls

Challenge yourself, and your friends, to see who is **'climbing the walls'.**

Video Demonstration

Equipment:

- 12 x household items that are the same such as items of clothing (If you are playing at school use cones/throw down markers in one colour). These are 'hand holds'.
- 12 x different household items such as trainers/shoes (If you are playing at schools use cones/throw down markers in a different colour). These are 'foot holds'.
- 4 markers to mark out each corner of the course.
- Stopwatch/phone.

How to play:

Mark out a course. The course should be approximately 5m x 1.5m (depending upon your space, it can be smaller but no larger). If using a smaller space, remove some of the items and complete the course twice.

Randomly place the items or cones on the course.

Starting at one end of the course, bear crawl the route only allowing your hands to touch the clothes (household object 1) and feet to touch the shoes (or household object 2). **Every hold (object) must be touched at least once.**

Time yourself. Being careful not to incur a penalty:

- 5 second penalty for using the wrong body part on a 'hold'
- 5 second penalty for touching the ground with your hand
- 5 second penalty for every hold NOT used

To make it:

- Easier – position the household objects closer together or add in more items.
- Harder – introduce a third household object that neither your hands nor feet can touch or take out items so they are more spaced out.

Time yourself climbing (crawling) the route and send an entry by **15th June** (please note some areas will have their own deadline, contact your School Games Organiser for details). Post your attempts on social media and use the hashtags when posting on any social media; #LancsGames20 and #climbingchallenge and state your name, district and the school you are from.

Share your videos and photos.

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

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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're from.

Additional Challenge 1- Balance

Centre of balance sequence

1) Starting position standing with shoulder width apart

2) Shifting the centre of balance over one foot

3) Allow the other foot to be lifted easily (and move to the new balance, foot hold position)

Send us your photographs or videos by 15th June (please note some areas will have their own deadline, contact your School Games Organiser for details) we will feature the most creative efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

Simply time how long to can balance on each foot. Your left might be different to your right. Before you start, select your favourite song and press play. Try to balance until your song finishes to get from the start to the finish. Without putting your other foot down on the ground.

To make this harder find a household item that can ask as a balance beam for example a broom handle.

Additional Challenge 2 - Skill

Challenge yourself, and your friends, to see how fast you can tie a figure of 8 knot.

This can be done using a shoe lace/School tie/skipping rope etc.

Firstly figure out how to tie the knot then time yourself and challenge your class mates or friends.

You can try to beat yourself, or family members. If you are at school, you can have a knot tying race.

Then send us your scores and ideally your videos by 15th June (please note some areas will have their own deadline, contact your School Games Organiser for details) we will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

If we are lucky enough to be back at school before then schools are obviously welcome to do their own challenge in school or do it yourself at home. Post your attempts on social media and see if your friends and fellow pupils can beat you and use the hash tag #LancsGames20 and #climbingchallenge

We will have categories from each of; KS1, KS2, KS3, KS4 and adults- including parents and teacher's groups.

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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're from.

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!