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24 April 2020

Dear Headteacher

Last week was the launch of 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. This has been well received and added to this week alongside the 4 key themes:

- **Move**
- **Learn**
- **Challenge**
- **Play**

The Timetable links are below, these URL's will remain the same throughout programme and the timetable webpage (below) will be updated on Sunday's ready for the new week. The PDF brochures attached have all the correct links for Week 2.

**Year 1 & 2:**

**Week 2 Timetable-** <https://lancashireschoolgames.co.uk/year-1-2-spar-lancashire-school-games-activity-timetable/>

**Year 3-6:**

**Week Timetable 2-** <https://lancashireschoolgames.co.uk/year-3-6-spar-lancashire-school-games-activity-timetable/>

**Lancashire School Games Day 2020.....STILL TUESDAY 30th JUNE 2020!!!!**

Despite the current landscape within schools, Lancashire School Games Organisers are still working hard to provide innovative competitive opportunities so schools can still compete at a county level in a virtual format whether that be on an individual basis or as a school.

Over the coming weeks a weekly challenge set in each of the 10 sports that would have been featured on the Lancashire School Games day and each Lancashire School Games Organiser is setting a competition and which will feature as part of the Stay in Workout timetable.

I hope you enjoy week 2.

Yours sincerely



Glenn Swindlehurst



# Lancashire School Games

## Activity Timetable Year 1 & 2

Week 2: 27<sup>th</sup> April - 3<sup>rd</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 2: 27th April- 3<sup>rd</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 2 - Timetable

The timetable below has links to 4 different areas.

[Move](#), [Challenge](#), [Play](#), and [Learn](#)! Plus from Week 2 onwards a Lancashire School Games [Stay at Home Heroes Challenge](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Move!</a> <a href="#">Move it Monday</a>	<a href="#">Move!</a> <a href="#">Travel Tuesday</a>	<a href="#">Move!</a> <a href="#">Wellness Wednesday</a>	<a href="#">Move!</a> <a href="#">This Girl Can 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="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>	<a href="#">Stay at Home Heroes SGO Challenge</a>

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- Belief





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](#)

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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!

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 Bebies - Videos that get children up and dancing with Cbeebies presenters](#)
- [CBBC- Andy's Wild Workout series](#)

### 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 2: Under Arm Throw

**Aim:** To master the fundamental movement skill of throwing under arm and to improve accuracy and technique

**Task 1:** Practice the skill with a ball, rolled up socks or scrunched pieces of paper

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

[Video Demonstration](#)

Skill/Skills	Activity	How to Play	Equipment
Under Arm Throw	<p>Noughts and Crosses</p> <pre> x   Δ   ○ ○ ○   Δ   x       ○ ○ ○       ○ ○ ○           </pre>	<ul style="list-style-type: none"> <li>• Mark out a noughts and crosses grid</li> <li>• Take turns throwing towards the grid, one piece of paper at a time</li> <li>• Aim of the game to achieve 3 in a row</li> </ul>	<p>X a noughts and crosses grid - either taped or chalked out</p> <p>x9 pieces of paper in 2 different colours scrunched into balls</p>



### Points to help improve throwing:

Face direction of throw

Step forward with opposite foot to throwing hand

Follow through with arm - fingers pointing towards target

**“Elephants trunk”**

Trajectory of throw like a rainbow

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:

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# Spar Lancashire School Games

## Games

### Year 1 & 2 Challenge!

#### Linked to Learn! 2 - Under Arm Throw

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

#### BIN IT CHALLENGE!!!

How quick can you throw the objects into the bin?



#### You will need:

A small bin or box

10 scrunched up pieces of paper, small balls or rolled up socks

A stopwatch/phone

- Place you bin or box in the centre of your room, yard or garden
- Take 3 big steps back from the bin
- How many objects can you get into the box or bin in 30 seconds?
- See if you can beat your first attempt
- See if you can beat your 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](#)

### 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!** With a very special guest this week!





# Lancashire School Games Stay at Home Programme

## Activity Timetable Year 3 - 6

Week 2: 27<sup>th</sup> April - 3<sup>rd</sup> May 2020

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### Move!

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### 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 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.





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# Spar Lancashire School Games

## Stay at Home Heroes Challenge

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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](#)

### 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

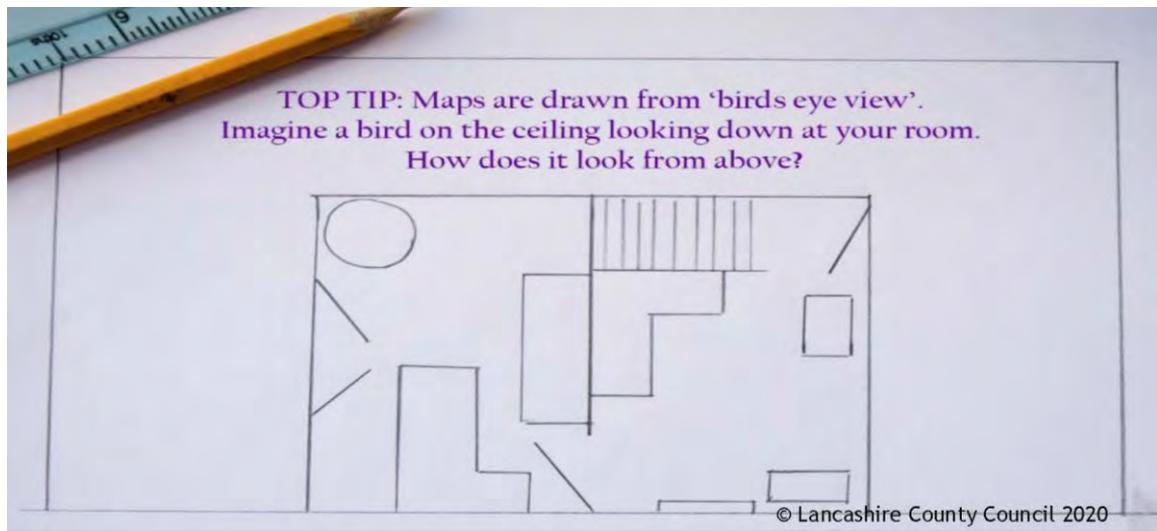
## Learn!

### Skill 2: Orienteering

Equipment: Paper, pencil, ruler, colours

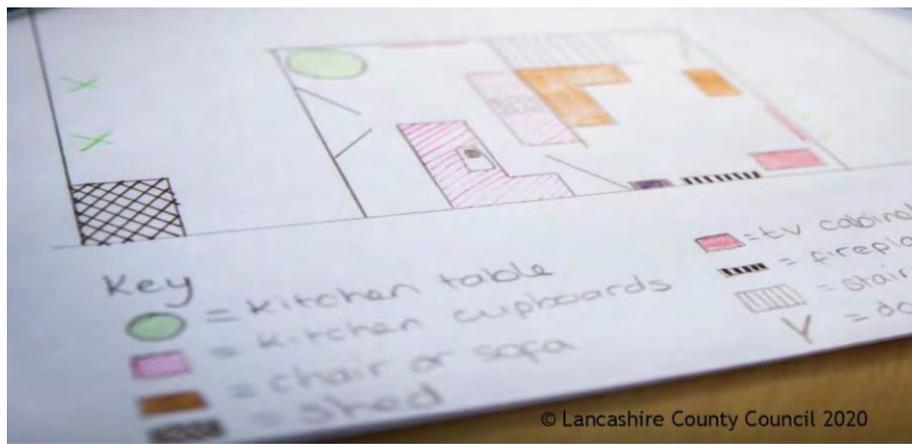
**Aim:** To make an orienteering map to use at home and to design a course.

**Task 1 - Draw the Outline of your map** - Draw an outline of the area of the house you want to use. (This can be the whole of one floor, or you can include the outside)



**Task 2 - Create a Key for your map**

- Choose a colour or pattern to fill in each item you have drawn on your map.
- Add a key to show what all the colours and patterns represent.



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Task 3 - Set up the Control points (these are the points the map reader must find)

- Use a circle to show where the map-reader must look and number the control points.
- If you want to show where they start from then draw a triangle on the map.
- Hide something at each control point. This could be a code, word or number.
- Pick someone in your house to try out their map reading skills to see if they can find all the control points.

## Video Demonstration

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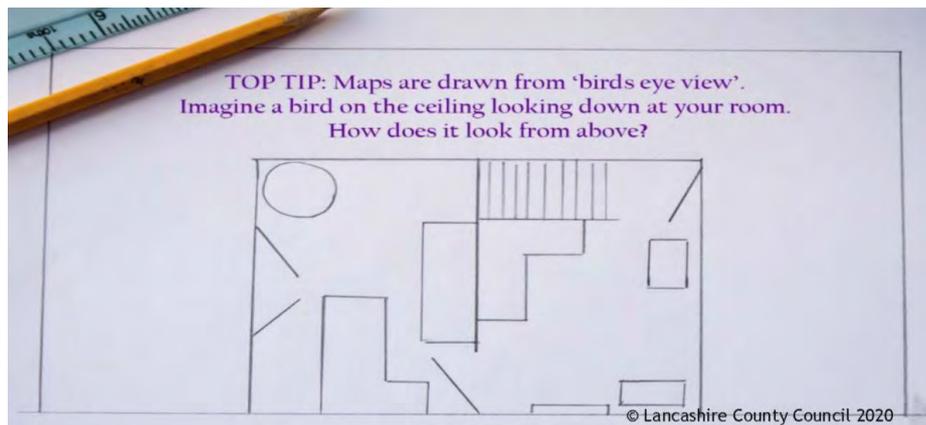
# Spar Lancashire School Games

## Year 3 - 6 Challenge!

### Linked to Learn 2 - Orienteering

You have been busy learning how to create an orienteering course in your home. Are you ready to take part in our challenge?

### 1<sup>st</sup> Challenge: Create an Orienteering Map



- You have been drawing maps of your house this week. Now, we want you to create a big map; it can include the whole of your downstairs and if you have a garden/yard then that too.
- Choose a colour or pattern to fill in each item you have drawn on your map and add a key to show what all of the colours and patterns represent.
- Draw a triangle on your map where you want your map reader to start from.
- On your map, draw small circles in pencil where you want your 'control points' (this is where you want your map reader to look). Use a pencil to write numbers in these circles on your map.
- Decide on a word that you would like your controls to spell out and hide a letter of that word at each of your control points.



- Challenge someone in your house to have a go at your orienteering course. How quickly can they complete it? Can they put your letters together to spell out your word? Can somebody else have a go and beat their time?

Are you ready for your second challenge?

## 2nd Challenge: Have a go at an Orienteering Course

- Now you have created a map you can rub your control points out (numbers with circles) and someone you live with can create a course for you.
- The person creating the new course must put letters in new places around your house/garden to spell out a new word. They must then draw circles with a number in, on your map where they have hid these new letters.
- You are now ready to have a go at the new course yourself! See how fast you can find the letters and spell out the word. Can someone else in your house have a go and try to beat your time?
- Now that you know how to create an orienteering map you can create as many maps as you like and challenge people in your house or be challenged by them!

### Video Demonstration

## Share your videos and photos.

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# Spar Lancashire School Games

## Year 3-6 Play! Resource

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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](#)

### 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!** With a very special guest this week!





# SPAR Lancashire School Games

## Stay at Home Heroes - Rugby

### **Challenge 1- Creativity.** *Individuals or Teams.*

If you and your friends would like to 'pass the rugby ball creatively' on and send us your videos by **15<sup>th</sup> 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 30<sup>th</sup> June!!

Simply pass a rugby ball out of the right of the screen and receive from the left of the screen and cut them together to make one sequence. If we are lucky enough to be back at school before then schools are obviously welcome to do their own passing sequences and record those. If you are able to do one on your own, or with family members, that is also fine. The more creative the better!!

We will pick the videos from each of; KS1, KS2, KS3, KS4 and combined age groups (these can include parents/teachers/coaches). Use the hashtags when posting on any social media; **#LancsGames20 and #RugbyChallenge** and **state your name, district and the school you are from.**

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your **School Games Organiser contact details** See the link for contact information.

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.



# SPAR Lancashire School Games

## Stay at Home Heroes - Rugby

**Challenge 2- Skill. Individual- Prizes for furthest distance & most entries per school.**

Challenge yourself, and your friends, to see who can 'pass the rugby ball accurately' into a wheelie-bin from the greatest distance.

Use a rugby ball (or any other ball that you have) and perform a regulation rugby pass (across your body), eg: Not an American Football overarm throw. See how far from the bin you can get and still get the ball to land in the bin. Measure your distance using a tape measure- borrow your parents and measure in metres and centimetres. Send your scores and ideally your videos by **15<sup>th</sup> 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 30<sup>th</sup> June!!

### Video Demonstration

If we are lucky enough to be back at school before then schools are obviously welcome to do their own passing accuracy 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 #RugbyChallenge and state your name, district and the school you are from.**

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

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your [School Games Organiser contact details](#) See the link for contact information.

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# SPAR Lancashire School Games

## Stay at Home Heroes - Hockey

Challenge yourself, and your friends, to see who can **'keep a ball up with a hockey stick the longest'**.

### How to;

Using the flat part of your hockey stick, see how many times you can hit your ball up in the air without it hitting the floor. Count the number of times you can "keep it up", stop when it hits the floor. Whatever your number is when it hits the floor is your score. Can you beat it? Can your family and friends beat it? Can you add in any tricks or innovations? If you don't have a hockey stick, try with a flat object or your hand.

To make it;

- Easier – use a bigger ball
- Harder – add in some tricks, use smaller ball, be creative
- Inclusive – try it seated

### Video Demonstration

See how many times you can keep the ball up and what tricks you can come up with. Take a picture or even better a video by **15<sup>th</sup> June (please note some areas will have their own deadline, contact your School Games Organiser for details)** and post your attempts on social media use the hash tags when posting on any social media; **#LancsGames20** and **#HockeyChallenge** and state your name, district and the school you are from.

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your [School Games Organiser contact details](#) See the link for contact information.

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*Fun Additional Challenge 1- Creativity. Individuals or teams.*

If you and your friends would like to **Create a Hockey Dribbling course at school or home incorporating household objects** and send us your videos by **15<sup>th</sup> 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 30<sup>th</sup> June!!

Simply create a course that goes around your school/house/yard/garden, make sure that it is safe and appropriate. You can use household items to dribble around and make it as long as you want.

Before you start to dribble, select your favourite song and press play. You have until your song finishes to get from the start to the finish. If you get there early, just go around again. We are looking for innovative courses utilising what you have, if you don't have a hockey stick you could use household items such as a broom or even a cricket bat.

We will pick the videos from each of; KS1, KS2, KS3, KS4 and combined age groups (these can include parents/teachers/coaches). Use the hash tags when posting on any social media; **#LancsGames20** and **#HockeyChallenge**

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## Fun Additional Challenge 2- Skill. Individual or Team

Challenge yourself, and your friends, to see who can **score the most points in our Hockey shooting challenge.**

### **Shooting Stars**

How many goals can you score from varying distances?

- You will need a hockey stick (alternatively a cricket bat or broom/brush, a ball, a recycling box and 3 items for marking. Ideally if you have a tape measure, mark out 3, 6 and 9 metres from the box. If not just use big strides.
- Turn the box on its side and place at the end of your space.
- Take 3 big strides away and place the first marker or 3 metres away.
- Take another 3 big strides from there and place the 2<sup>nd</sup> marker or 6 metres away.
- Take your final 3 big strides from there and place your last marker – 9 metres away.
- You must take 2 touches to get the ball from each of the markers into the goal. A goal counts by hitting the inside/back of the box (doesn't matter if it rolls out).
- Place your ball on the first marker take a touch then shoot at the box. Retrieve your ball and dribble to the second marker and repeat.
- Do the same for the third making sure you take 2 touches for each one.
- You get 5 points for every goal you score.

You can try to beat yourself, or family members. If you are at school, you can have small teams of 4 and just add your scores together.

Then send us your scores and ideally your videos by **15<sup>th</sup> 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 30<sup>th</sup> June!!

If we are lucky enough to be back at school before then schools are obviously welcome to do their own shooting 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 **#HockeyChallenge**

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

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

Twitter- @LancSchoolGames

Facebook- @LancSchoolGames

Instagram- @lancshireschoolgames

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.