

(01257) 516100

glenn.swindlehurst@lancashire.gov.uk

15 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 below and attached the timetables for Week 5 of the Spar Lancashire School Games Stay at Home Programme (18th May-24th May 2020). Please continue to use in school, circulate to parents and carers.

Year 1 & 2 Online timetable

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

Year 3-6 Online timetable

<https://lancshireschoolgames.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 catching), Year 1 & 2 will have access to a Dance 'Create' resource which will allow young people to be creative by creating a sequence of based on the Lancashire Scheme of work dance lesson plans.
- New Spar Lancashire School Games Heroes Challenge
- Early Years Resource Page - We have just released an Early Years (0-5) resource page with some skill videos, so children at this young age can still develop their skills.

<https://lancshireschoolgames.co.uk/early-years-foundation-stage-resources/>

I hope you enjoy week 5.

Yours sincerely



Glenn Swindlehurst



Lancashire School Games

Activity Timetable Year 1 & 2

Week 5: 18th May - 24th 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 5: 18th May- 24th 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 5 - Timetable

The timetable below has links to 4 different areas.

[Move](#), [Challenge](#), [Play](#), and [Learn](#). Plus, another 'Create' activity for you to try this week. This week it focuses on Dance, so get creative.

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Move it Monday	Move! Travel Tuesday	Move! Wellness Wednesday	Move! Challenge 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! Dance Activity	Create! Dance Activity	Create! Dance Activity	Create! Dance 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- Effort

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 - @lancshireschoolgames](#)

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 5: Catching & Receiving


Aim: To develop the skill of receiving and catching

[Video Demonstration](#)

Task 1: Complete the below activity throwing with one hand and catching with 2 hands

Task 2: Complete it again but try catching with 1 hand.

Practice makes perfect - play the following game with parent, carer, sibling

Skill/Skills	Activities	How to Play	Equipment
Catching	<p>Singles Catching</p> 	<ol style="list-style-type: none"> 1. On your own, find a suitable space and practice throwing a ball above your head and catching again. 2. Palms always face the direction the ball is coming from. 3. Throw the ball out in front of you and watch it into your hands. Make sure little fingers are overlapping. 4. The higher you throw, the harder it is. 5. How many times can you do it without dropping? 6. To make it harder, try catching with one hand or changing the size of the ball/object you are using. If it's bigger, you will need to slightly change your hand shape, so it does not bounce out your hands. Expand your fingers and touch little finger ends together. 	<p>Something to throw and catch</p> <p>ball/soft toy/toilet roll/rolled up socks</p>



Points to help improve catching

Always watch the ball

Hands and/or fingers need to be touching to create a “net” under the ball

Hands are different for different sized balls

Once the item is in your hands bring it in to your chest.

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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[Facebook - @LancSchoolGames](#)

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Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 5 - Catching

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

Cobra Catch

How many times can you throw a ball against a wall and catch the rebound in 30 seconds?

You will need:

Tennis ball or larger ball

A stopwatch/phone

How to:



- Find a suitable wall and mark out one big stride away from it.
- Facing the wall, standing next to your marker, see how many times you can under arm throw the ball against the wall and catch the rebound.
- Keep repeating, see how many times you can successfully catch your ball in 30 seconds.
- Doesn't matter if you drop the ball, just keep going.
- 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!

Dance Activities Goldilocks and the 3 bears

Aim: To make a dance sequence with a travel, turn, jump and moment of stillness. [VIDEO DEMONSTRATION](#)

Tasks 1 - Read the story of Goldilocks and the Three Bears

What happens in the story? Discuss the structure -

- The bears go for a walk.
- Goldilocks enters the house and starts to look around.
- She tries the porridge, the chair and then the bed.

Tasks 2 - Can you make a sequence of moves that tell the story?

Section 1 - Finding and entering the house.

- Starting with *how* you enter the house? (*Think about how you would enter the house. Would you open the door quickly or slowly? Would you rush in through the door or take your time?*)

Section 2 - Exploring the house and you are starting to feel hungry

- Once you are in the house move (*Think about how you will move*) and find the porridge.
- Try the big bowl, too hot, (*How will your face show that it is too hot?*)
- Try the middle sized bowl, too cold, (*How will you face show that it is too cold?*)
- Try the small bowl just right! (*How will you face show that it is just right*)

Section 3 - Trying the little bears chair!

- Can you pretend to sit on a chair which is “just right” but then it oh no its breaks!! - (*How can you show that the chair breaks? Fall down?*)

Remember to keep safe when exploring this move

- *How will you get up from the floor and look at the mess?*
- *How will you show how upset you are that you broke the chair?*

Section 4 - Falling asleep and seeing the bears



- Pretend to tip toe upstairs (or tip toe upstairs) to find a bed to fall asleep on (*use the floor, sofa or a bed*) (*How will you show that the bed it uncomfortable? How will you show that it is just right?*)
- When you are comfortable fall asleep

The bears come home and find you asleep.
They wake you up! (*How will you react? Scared? What will you do next?*)

Can you find some music to go with your dance?

Repeat this several times until you can remember the order.
Perform it to someone in your house.

Task 3 - Change the Character - Instead of being Goldilocks be you!

What 3 things might you try? E.g. ice cream, play station game and the sofa.

Can you make up a sequence that has at least one focussed move (Travel, Turn, Jump or Stillness) in each section.

Think about how you will show what you are doing with your body and facial expressions.

Section 1 - Coming into the house after school

Section 2 - Feeling hungry

Section 3 - Playing a game

Section 4 - Chilling on sofa after a hard day!

Example sequence showing the focussed move in that section -

Travel	Jump	Turn	Stillness
Run quickly on tiptoes into the house.	Try some ice cream from the freezer. Too cold Jump up	Switch on the playstation and turn on bottom when you have won to celebrate	Travel to the sofa and flop down still with a smile on your face.

Points to help improve

- Can you add change of levels - high, middle and low?
- Can you change direction in your dance?
- Can you use facial expressions?
- Can you make your moves big and strong?





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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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!

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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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Move! Move it Monday	Move! Travel Tuesday	Move! Wellness Wednesday	Move! Treasure Hunt Thursday	Move! Fitness Friday
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!

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- Effort



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[#alittlebitmoreathome](#)



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!

Week 5 - Invasion Games

Equipment: household objects to use as a marker (i.e. socks, paper, pegs, etc.)

Aim: To develop skills that will help in invasion games

Video Demonstration

Task 1 - To practice the skill of dodging

Dodging is a fundamental movement skill that involves quick, deceptive changes in direction and is a useful skill to develop when playing invasion games.

Compass Points

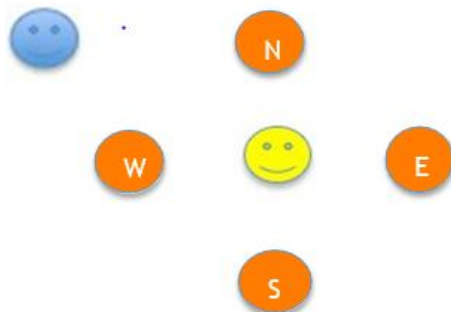
- Set up four markers to represent the 4 points of the compass (North, South, East

West)

- Start in the centre of the 4 markers and when your parent/carer calls out a point on

the compass, run and touch as near to the cone as they can with their foot (*without touching the marker*) and push away using their dodging skill and return to the centre. (See Points to improve)

- Repeat with different compass points.

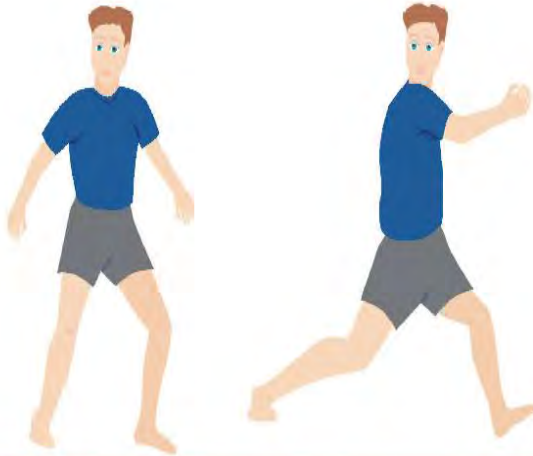


SAFETY – Don't step on the markers to ensure you don't slip.

Challenge - Add in 4 more compass points until you have 8 (i.e. North West, North East, South West and South East)

Play the game again

Mature



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Dodging

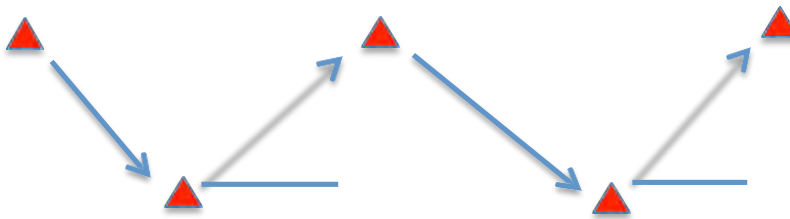
Points to improve . . .

- Head up eyes focused forward.
- Change direction by bending knee to lower body and pushing off the outside foot.
- Change of direction occurs in one step

(Q) Can you dodge well in both directions?

Task 2 - (W) Dodging Drills

- Set up a W shape using your markers



- From the start run quickly to the next marker and push off using your dodging skill to the next one and continue until the end.
- (Q) Can you beat your time?
- (Q) Can you do it backwards?

Task 3 - Shooting

Equipment - ball or large crunched up paper ball or pillowcase filled with socks.

One of the best things when playing invasion games is scoring by shooting into a goal or scoring a try.

Netball - shooting at home in twos:

- Parent/carer is the post and stands with hands up.

- Player pushes ball up into the air to shoot to land in the parent's hands (Parent must not move)
- Score 10 points if the parent doesn't move their hands, 5 points if they move their arms to catch the ball and 0 points if they move their legs or if the ball doesn't end up being caught.

Shooting

Points to improve . . .

- Two hands on the ball, one underneath and one on side
- Feet square on to target
- Bend knees and push with feet and arms to push ball in air.
- Aim high above target and follow through with fingers pointing at target on release

Easier

- Decrease the distance between shooter and catcher
- Use a different target i.e. floor target or large box

Harder

- Increase the distance between shooter and catcher

Handball - Shooting

Equipment - ball or large scrunched up paper ball, jumpers or tea towels to make a goal.

Set up your goal and practice shooting with a one handed shot past the goalkeeper (parent)

(Q) Where should you aim for?

Challenge: Set up a dodging - shooting circuit

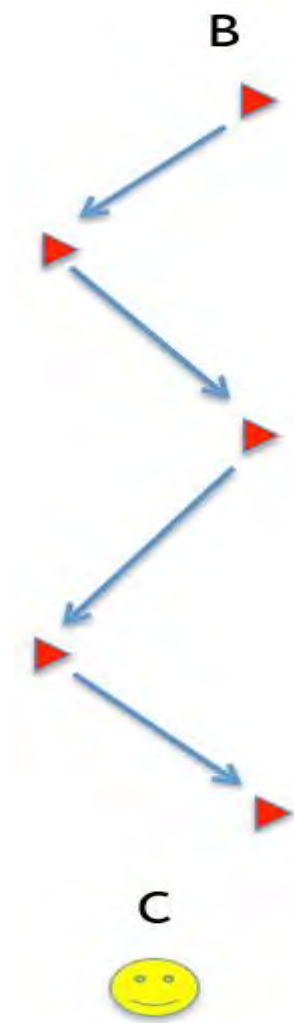
Dodging - Shooting Circuit

A - Shoot the ball into hands until you get 10 points B -

Run and complete the W-dodging circuit.

C - Catch the ball from parent/carer to shoot with a one handed shot into the goal past the parent/carer

(Q) How quick can you complete the circuit?



Share your videos and photos.

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Spar Lancashire School Games

Games

Stay at Home Heroes Challenge

Linked to Learn! 5 - Invasion Games

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

Netball

Challenge yourself, and your friends, to see who can **'Tap the balloon and drive'**.

Equipment needed:

1 of the following; Balloon, Ball, rolled up socks, scrunched up paper

Video Demonstration

How to play:

If you have some balloons then great, if not any ball will do (or alternative - see above). With one hand on the balloon attempt to keep it in the air whilst moving to various obstacles. Taking the balloon from the middle and taping it with control, so to keep it close as the video demonstration.

To make it;

- Easier - go closer with your obstacles or even try and use a bigger balloon.
- Harder - go further away and maybe even add more obstacles.
- Inclusive - try it seated or stood still and if you haven't a balloon to keep up then use any type of ball but allow it to bounce once before tapping.

How many taps of the balloon can you do in 60 seconds?





See how far can you get your obstacles without losing control of the balloon?
Measure your distance in metres and centimetres using a tape measure. How many obstacles can you add?

Share your videos and photos.

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Twitter- @LancSchoolGames

Facebook- @LancSchoolGames

Instagram- @lancashireschoolgames

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your School Games Organiser contact details [\(click here for details\)](#)

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 \(click here\)](#)

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!!

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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](#)

[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!