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2 July 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.

Attached are the Week 10 Brochures for the Spar Lancashire School Games Stay at Home Programme.

Week 10 Year 1 & 2 Brochure:

Year 1-2 The challenge will focus on bouncing, and I have added another Create card focussing on a gymnastics sequence for young people to try.

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

Year 3 – 6 Brochure

Year 3-6 Learn is physical tetris and the challenge is an amalgamation of the previous 9 weeks and John Farnworth challenges.

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

All information from the 10 weeks will be on the <https://lancashireschoolgames.co.uk/> and is accessible over the summer holidays.

I hope you enjoy week 10.

Yours sincerely



Glenn Swindlehurst



Lancashire School Games

Activity Timetable Year 1 & 2

Week 10: 6th July - 12th July 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 10: 6th July - 12th July 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 10 - Timetable

The timetable below has links to 4 different areas.

[Move](#), [Challenge](#), [Play](#), and [Learn](#). Plus a link to new the Lancashire School Games [Create Gymnastics Activity](#) to further skill development

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Move it Monday	Move! Treasure Hunt Tuesday	Move! Workout Wednesday	Move! Thinking 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 Gymnastics Video Demonstration	Create Gymnastics	Create Gymnastics	Create Gymnastics	Create Gymnastics

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- Joy of Moving





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

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 10: Bouncing

Equipment: Any household items to mark out your 2m square, Hard floor where the ball will bounce, A football sized ball

Aim: To develop your bouncing skills.

Task 1: Complete the below activity seeing if you can bounce the ball using your dominant hand.

Task 2: Complete it again but using your other hand.

Video Demonstration

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

Skill/Skills	Activities	How to Play
Bouncing	<p>2 Metre Bouncing</p>	<ol style="list-style-type: none"> 1. Set up a 2-metre square. 2. Standing in the middle of the square start to bounce the ball with your dominant hand. 3. Bounce it once and catch, if you can do that, do 2 bounces and catch, then 3 and catch, then 4, 5, 6, 7 etc. 4. Try to keep bouncing the ball but staying inside your 2m square. 5. If you lose control or come out of the square, start again on that number. 6. The aim is to get to 10 bounces in a row without catching.



Points to help improve bouncing a ball

Imagine you have a sock puppet on our hand, and when you make them talk you open and close your thumb and fingers. Bouncing a ball is the same, it's the fingers and thumbs that touch the ball not the palm of your hand.

Aim to bounce the top of the ball, out in front of you being careful not to hit your own feet, utilising a mix of your shoulder, arm, wrist and fingers to get success and control

Bounce the ball with enough force so it bounces back up to belly button height

Repetition - keep practicing

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

Year 1 & 2 Challenge!

Linked to Learn! 10 - Bouncing

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

Bumble Bee Bounce

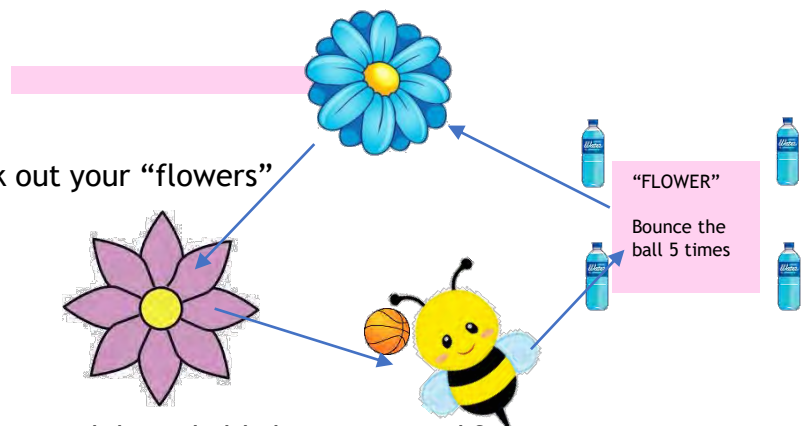
How fast can you bounce a ball from flower to flower, landing on each flower and collecting your pollen?

You will need:

Stopwatch or mobile phone

12 toys or household items to mark out your “flowers”

Ball



How to:

- Set up 3 areas out in your space with household objects, around 2 metres square each, these are your flowers and you are the Bouncing Bumble Bee.
- The Bumble Bee travels to each flower and collects the pollen and moves on.
- The timer starts, and the players sets off bouncing the ball towards the first “flower”. Stop when you get there and bounce the ball 5 times.
- Once done, move on to the next “flower” and repeat.
- Repeat again for the last flower then return to the beginning.
- The clock stops and make a note of the time. Try to beat your time on the next go.
- Don't worry if you stop bouncing just pick the ball up and continue.

Video Demonstration

Share your videos and photos with us:

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

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[Facebook- @LancSchoolGames](#)



[Instagram- @lancshireschoolgames](#)



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Spar Lancashire School Games

Games

Create! Gym Sequence

Aim: To make a gymnastic sequence of three different travels and two balances.

Video Demonstration

Tasks 1 - To practise a bunny hop

Start position



Bunny hop

- Move into the start position.
- Put both hands on the floor in front with flat palms and thumb in line with fingers.
- Kick up with your feet taking your weight on your hands.



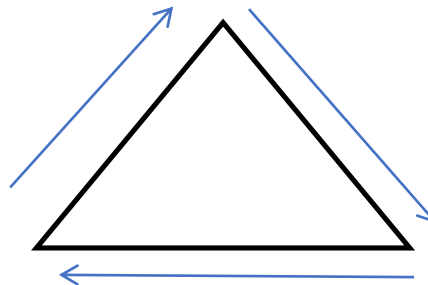
Can you perform three bunny hops moving forward?

Can you perform three bunny hops moving backwards?

Task 2 - To create a sequence of three travelling actions.

The task is travel on hands and feet and make a triangle shape using three different travelling actions?

- Bunny hop
- Caterpillar walk
- Crab walk



Caterpillar walk



Crab walk - Hands facing feet, tummy up, hips raised, walk forward.



(Q) Which travelling action will you start with?

(Q) How will you move to the crab position from the bunny hop or caterpillar?

(Q) How will you move from the bunny hop or caterpillar to the crab position?



Task 3 - To create a sequence of travel, balance, travel, balance, travel.

For this task you need to choose your two favourite balances and your three travelling actions from task 2 to create a longer gymnastic sequence by adding a balance in before changing to the next travelling action.

Example

Starting position	Travel	Balance 1	Travel	Balance 2	Travel
Front Support	Caterpillar walk	Balance on Three points	Turn to crab walk	Balance on bottom	Bunny hop

(Q) Did you keep still for 3 seconds on your balances?

Challenges

Can you add a finishing position?

Can you do your sequence in reverse?

When we practice our balances remember the most important thing is to keep still.

In the challenges your balance must be held completely still for at least 3 seconds. (count 1 gymnast, 2 gymnast, 3 gymnast in your head)

Try to point your fingers and toes to improve your balance

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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

Week 10: 6th July -12th July 2020

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<p>Move!</p> <p>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!</p>
<p>Challenge!</p> <p>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!</p>
<p>Play!</p> <p>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.</p>
<p>Learn!</p> <p>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.</p>

Mission

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Learn! Video Demonstration	Learn!	Learn!	Learn!	Learn!
Stay at Home Heroes Challenge!	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- Joy of Moving



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Spar Lancashire School Games

Year 3-6 Move! Resource

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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

[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!

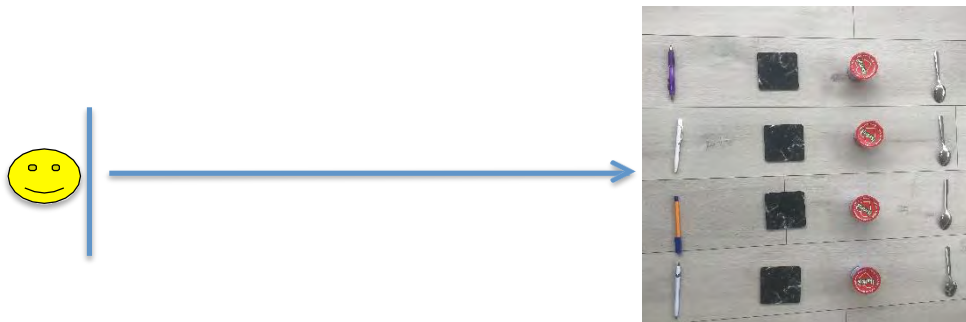
Week 10 - Physical Tetris

Equipment: - household objects to use as markers, i.e. pens, coasters, sweets, fruit, chocolate bars, tins, spoons, toys etc.

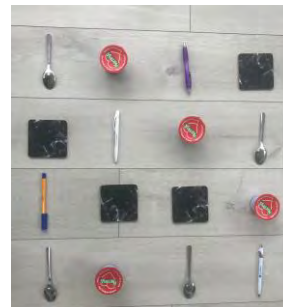
Aim: To develop problem solving thinking skills.

Video Demonstration

Tasks 1 - Set up Physical Tetris a distance away from the start point.



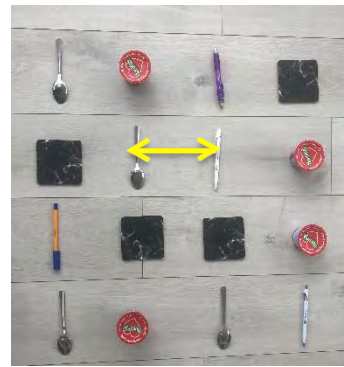
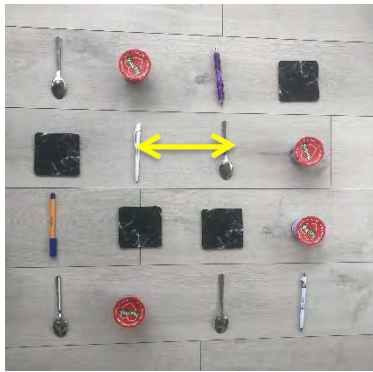
- Choose 4 different household items so that you have 4 of each item and set them up in 4 rows of each item with the bottom line facing the player. (see above)
- If you are playing on your own then mix up the items or ask your parent/carer to mix up the items. Record your time to complete the game.



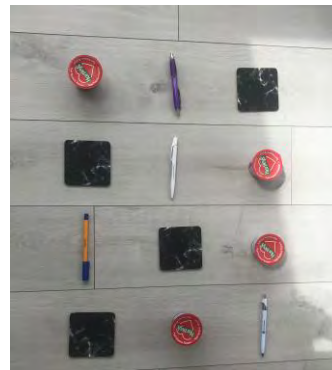
- If you are playing against another player mix up each others items. Winner is the first to clear all their items.

Task 2 - To play the game

- The aim of the game is to collect all 16 items. However, you can only collect 4 of the same item when they are at the bottom line only.
- To move the items to the bottom line you run to the items from the start line and then you can only move two items. The items can be moved vertically or horizontally only and one line at a time. Moving items diagonally is NOT allowed.
- Once you have moved the items run back to the start line and return to move another two.



- Once you have a bottom line of the same item. Take the items back to the start and return to continue moving the items until you have another line of the same object to take back.



PLAN

Before you start the game look at the mixed up objects and plan your first few moves to get the first line complete.

(Q) Which item will take the least amount of goes to get the first 4 to the bottom line?

(Q) Which objects will you move first? Why?

PLAY - Physical Tetris REVIEW

(Q) What was your strategy for moving the objects?

(Q) What could you do next time to improve your time to complete the game or beat your opponent?

Easier

- Shorter distance to the tetris objects.
- Work with a partner, take turns in running to the objects

Harder

- Move the start line further away from the tetris objects.
- Play against a partner. Have two tetris set ups and mix up your opponents objects before playing.

TASK 3 - Challenge - To use different movement patterns when playing the game.

Play as the first game but each time you get back to the start roll a dice.

Travel back to the objects based on the number rolled:

1. Walk
2. hop
3. jump
4. skip
5. side gallop
6. run

(Q) Can you make your own movement patterns for the dice numbers?

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

Stay at Home Heroes Challenge Week 10

As it's the last Stay at Home Programme brochure this week, we've decided to do things a little different.

This week we're providing you with all the Heroes challenges from the past 9 week's and some additional challenges from local football freestyler and world record holder John Farnworth. Have a go at some, or all of the challenges! You can access the challenges via the links below, Good Luck!

Stay at Home Heroes Challenges: Week 1 - 9 (Click the sport to access the challenge resource)

Week 1 - [Long & Triple Jump](#)

Week 2 - [Orienteering](#)

Week 3 - [Climbing](#)

Week 4 - [Tri Golf](#)

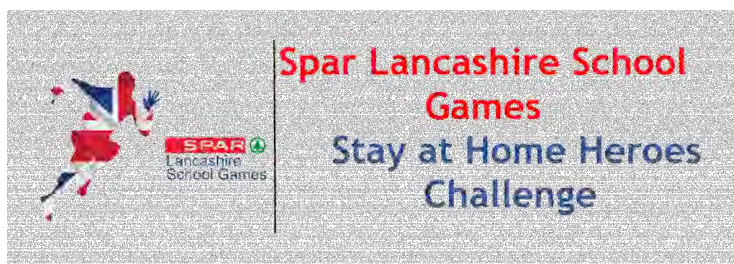
Week 5 - [Netball](#)

Week 6 - [Net/Wall Games](#)

Week 7 - [Cricket](#)

Week 8 - [Rounders/Dance](#)

Week 9 - [Athletics](#)



[John Farnworth challenges on the next page](#)



John Farnworth- Football Freestyle Challenges (Click the challenges below to access a video demonstration of the challenge)

1. [4 Step Touch Challenge](#)
2. [Laces to Next Door Challenge](#)
3. [Keep Your spirits up Challenge](#)

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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[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 \(click here\)](#)

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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!