



Lancashire School Games

Activity Timetable Year 1 & 2

Week 2: 27th April - 3rd 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- 3rd 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
Move! Move it Monday	Move! Travel Tuesday	Move! Wellness Wednesday	Move! This Girl Can 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- 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](#)

[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](#)

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"> • Mark out a noughts and crosses grid • Take turns throwing towards the grid, one piece of paper at a time • Aim of the game to achieve 3 in a row 	<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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[Facebook - @LancSchoolGames](#)

[Instagram - @lancashireschoolgames](#)

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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](#)





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](https://facebook.com/LancSchoolGames)

[Instagram - @lancashireschoolgames](https://instagram.com/lancashireschoolgames)

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Spar Lancashire School Games

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!

