



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>  <p>Catch</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:

[Twitter- @LancSchoolGames](#)

[Facebook - @LancSchoolGames](#)

[Instagram - @lancshireschoolgames](#)

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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:

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

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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!