

# Lancashire School Games

## Activity Timetable Year 1 & 2

### Week 8: 15<sup>th</sup> June - 21<sup>st</sup> June 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 8: 15<sup>th</sup> June- 22<sup>nd</sup> June 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 8 - 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 Dance Activity](#) to further skill development.

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Move!</a> <a href="#">Move it Monday</a>	<a href="#">Move!</a> <a href="#">Let's dance Tuesday</a>	<a href="#">Move!</a> <a href="#">Walking Wednesday</a>	<a href="#">Move!</a> <a href="#">Thinking 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="#">Create Dance Activity!</a> <a href="#">Video Demonstration</a>	<a href="#">Create! Dance Activity</a>	<a href="#">Create! Dance Activity</a>	<a href="#">Create! Dance Activity</a>	<a href="#">Create! Dance Activity</a>

[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- Healthy

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

## 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 8: Rolling

**Equipment:** Ball to roll, 5 objects as targets for the ball to hit (can be completed indoors or outdoors)

**Aim:** To develop the skill of rolling a ball.

**Task 1:** Complete the below activity seeing how close you can roll a ball to the various targets with your dominant hand.

**Task 2:** Complete it again but try with your other hand

#### Video Demonstration

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

Skill/ Skills	Activities	How to Play
Rolling	<p>Ball Rolling</p>	<ol style="list-style-type: none"> <li>1. Stand in the middle of your space and place 5 objects (targets) around you at various distances away from you.</li> <li>2. Using your ball, and correct rolling technique try to roll your ball at one of your targets, try to stop your ball as close to the target as possible.</li> <li>3. Retrieve your ball and go for the next target, always facing the target you are aiming for.</li> <li>4. Keep repeating until you have had a go at all the targets.</li> <li>5. The targets are at various distances away, so you need to think about how much power to put into your roll.</li> </ol>

### Points to help improve rolling

Facing your target, hold your ball in your dominant hand, feet together.

Whichever hand the ball is in, place the opposite foot in front of the other, e.g. Right-handed roll left foot forward & vice versa.

Bend your rolling arm at the elbow and your knees so you get closer to the floor.

Swing your rolling arm back to hip height, then forwards and release the ball when your hand is in line with your front knee, sending the ball rolling along the floor towards your target. The faster you move your arm the quicker and further the ball will travel.

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! 8 - Rolling

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

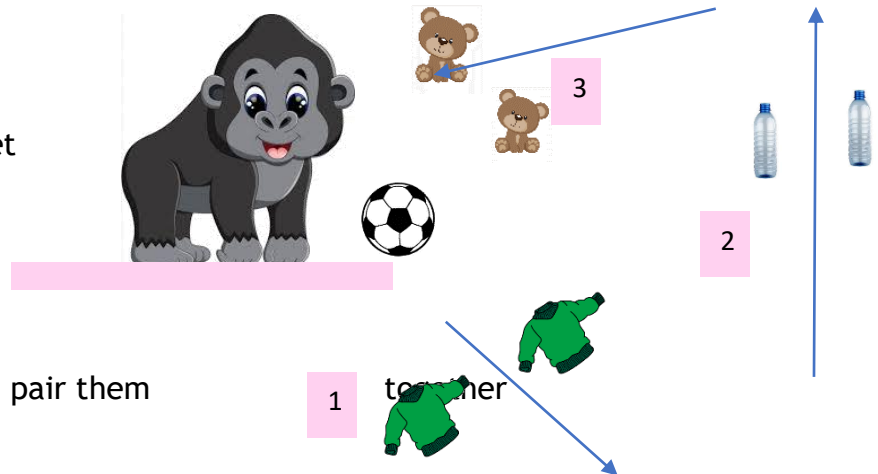
### Gorilla Gateway

How many rolls does it take to get through all the gates?

#### You will need:

Bigger ball

10 + household objects for gates, pair them



#### How to:

- Set up several gates using household items around your space. Pair them together so you know which gateway to go through.
- Use the technique from the learn activity.
- The object is to count how many rolls it takes for you to roll your ball through each gateway, you are not allowed to move with the ball.
- Number your gates 1 to however many you have and make sure they are following on from each other in order.
- Count each roll and whatever number you have after the ball passes through the last gate is your score, the lower the better.

### Video Demonstration

Share your videos and photos with us:

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# Spar Lancashire School Games

## Create!

### Minibeasts Dance in the Garden

**Aim:** To make a dance sequence with a travel, turn, jump and moment of stillness

#### Video Demonstration

**Task 1 - Discuss the different types of minibeasts you might find in a garden**

Could you go on a minibeast hunt?

- Look in the garden
- Go for a walk and look in a park or woodland
- Research online

**Task 2 - Can you make a sequence of moves that show 4 different minibeasts?**

#### Section 1 - Travelling Minibeasts

- Can you travel around the space like a variety of minibeasts
- Could you be a; spider, snail, millipede, ant, fly, ladybird, butterfly, woodlouse, slug, bee, worm, caterpillar or dragonfly
- Think about the different levels these minibeasts would use
- Think about the speed the different minibeasts would travel

#### Section 2 - Jumping Minibeasts

- Now imagine you are a minibeast on a leaf how would you jump to another leaf?
- Could you jump and fly?
- Would you spring and land?
- What shape would you make in the air?
- Would you jump off 1 foot or 2 feet?
- How would the minibeast land?



### Section 3 - In the Garden

- Can you pretend to be hiding under a rock or on a leaf?
- What shape would your minibeast be?
- Could you move to another rock or leaf and hide again?
- Could you explore a flower?
- How would you settle on the flower?

**Remember to keep safe when exploring this move**

### Section 4 - Turning and Stillness

- How would your minibeast turn around?
- Would it be a fast or slow turn?
- Would it be high up or low to the ground?
- What body part would you turn on? Foot, bottom, tummy, side, knees, hands and feet?

### Task 3 - Minibeast Dance

Choose your 2 favourite minibeasts, try to choose two contrasting creatures e.g. butterfly and snail.

Can you make up a sequence that shows your two minibeasts in the garden

- Start hiding under a rock or leaf as minibeast number 1. Then Travel, Turn, Jump and finish by holding a Stillness in the shape of minibeast number 1.
- Repeat with minibeast number 2 - hide, travel, turn, jump and freeze.
- Can you link the 2 sequences together? Think about timing - how long could you be still for at the start of the sequence? how many counts could you travel for 2, 4 or 8?

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

Can you find some music to go with your dance?

Repeat this several times until you can remember the order.

Could you dress in the colours of your minibeast?

Could you make a headdress or mask?

Perform it to someone in your house.

Example sequence showing the focussed move in that section -

Starting Position	Travel	Turn	Jump	Stillness
As a butterfly hide on a leaf, wings together at the back	Fly in a curved pathway for 8 counts	Turn on tiptoes for 4 counts with floaty wings	Jump and fly	Crouch down low and out wings together at the back
As a snail curl up in your shell	Slither along the ground keeping low for 8 counts	Retract into your shell, curl up on your back, hugging your knees and spin around for 2 counts	Jump out into a plank position making yourself long and thin	Curl up back into your shell on your side.

Points to help improve

- Can you change direction in your dance?
- Can you use facial expressions?
- Can you make your moves soft and gentle or big and strong?

## 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 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!**