

Lancashire School Games Stay at Home Programme

Activity Timetable Year 3 - 6

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 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.

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](#), [Stay at Home Challenge](#), [Play](#) and [Learn](#)

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!
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



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



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Year 3-6 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

[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

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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

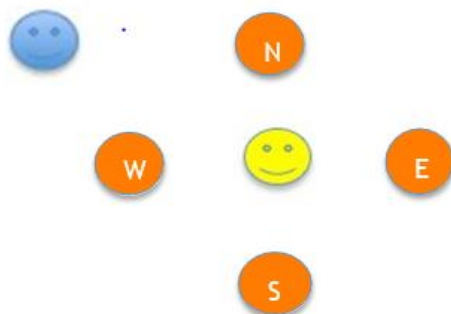
- Set up four markers to represent the 4 points of the compass (North, South, East

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.

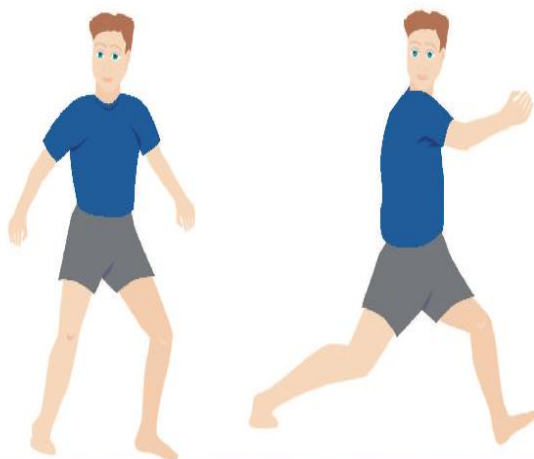


SAFETY – Don't step on the markers to ensure you don't slip.

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

Nature



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Dodging

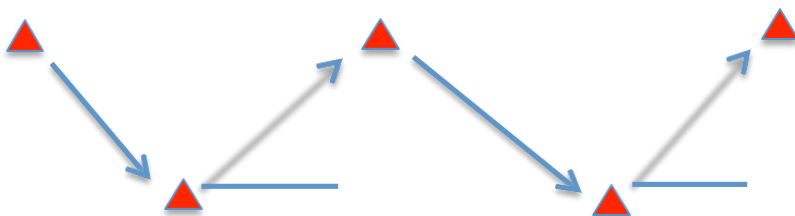
Points to improve . . .

- 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 scrunched 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/carers 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

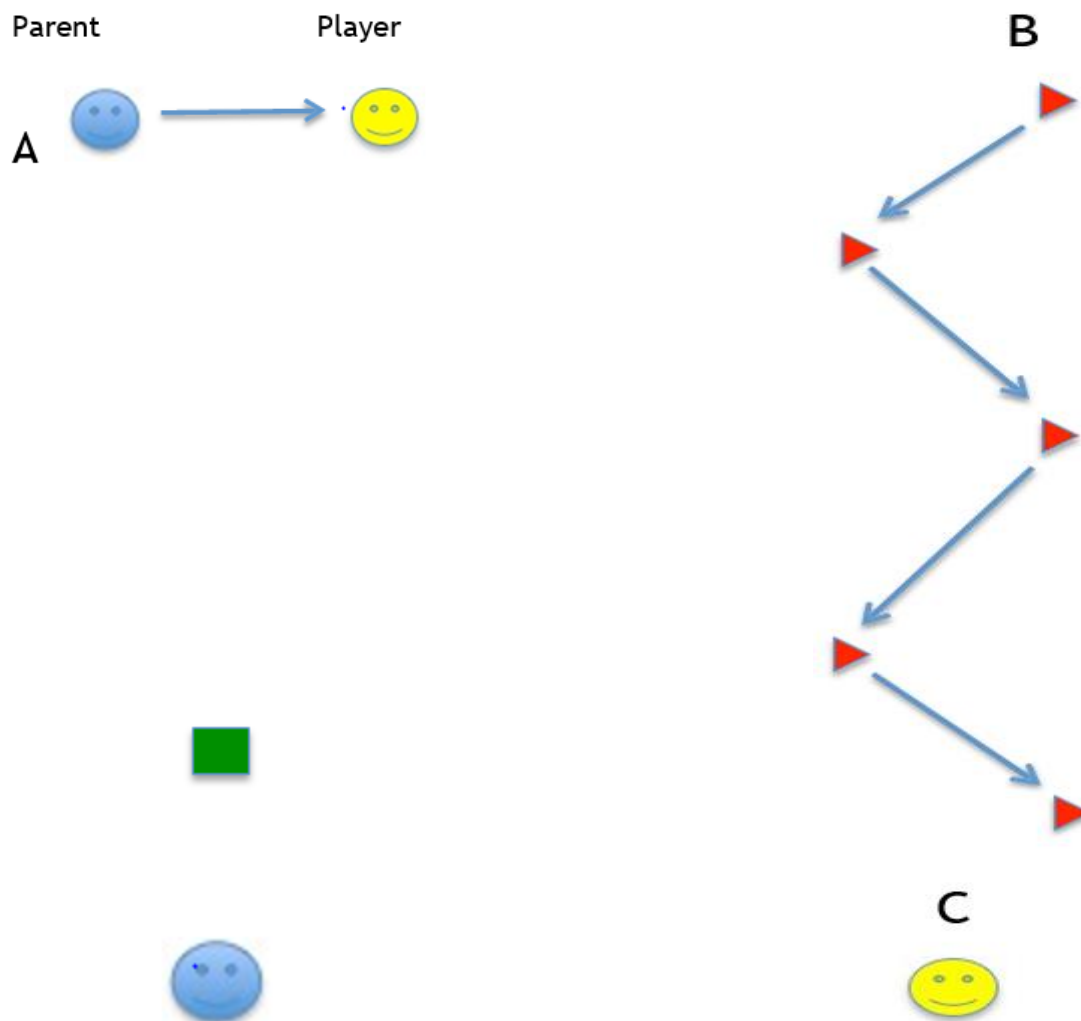
Dodging - Shooting Circuit

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.

We want to see you trying this learn exercise at home, please share your videos and photos to:

[Twitter- @LancSchoolGames](https://twitter.com/LancSchoolGames)

[Facebook - @LancSchoolGames](https://facebook.com/LancSchoolGames)

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

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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.

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

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

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 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!