

Lancashire School Games Stay at Home Programme

Activity Timetable Year 3 - 6

Week 1: 20th - 26th April 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 1: 20th April-26th April 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 1 - Timetable

The timetable below has links to 4 different areas. [Move](#), [Challenge](#), [Play](#) and [Learn](#)!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Move! | Move! | Move! | Move! | Move! |
| 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! |

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- Achieve





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](#)

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!

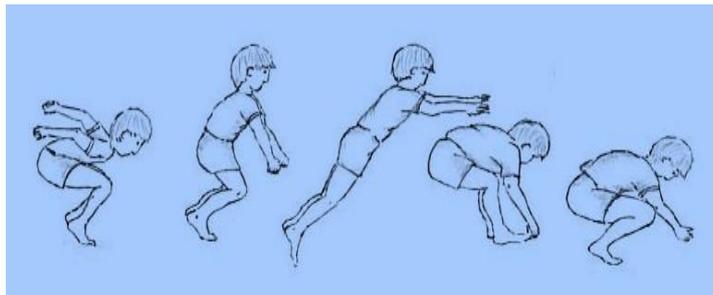
Athletics: Jumping

Equipment: Plastic bottle, tins, socks, tea towel/towel

Aim: To choose two or three different jumps and put them together to travel as far as possible.

Task 1 - Jump the Stream

From a starting point jump from 2 feet to 2 feet (two or three times depending on distance you have) and mark how far you have jumped using piece of equipment. (This is the distance to beat in Task 2 & 3)



Points to help improve jumping 2 feet to 2 feet

- Start in the ski position with arms back behind you in preparation to jump.
- Swing arms forward and take off
- Land on both feet and bend knees

Task 2 - From the same starting point jump from 2 feet to one foot (2-1), one foot to 2 feet (1-2) and 2 feet to 2 feet (2-2). Did you beat the distance from Task 1?

Task 3 - Thinking task - Create a sequence of jumps and leaps to cross the stream

- Can you try jumping from 2-2, 2-1, 1-2, and 1-1?
- Which of the combinations you create gets you past the distance from Task 1?
- Record which combination of 2 or 3 jumps you created gets you the furthest distance.

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[Video Demonstration](#)

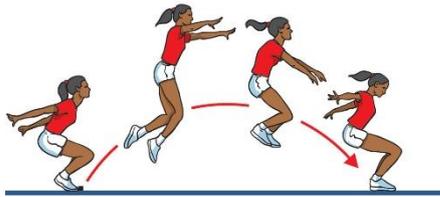
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Year 3 - 6 Challenge!

Linked to Learn 1 - Athletics- 3 Jumps

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

1st Challenge: Standing Long Jump!



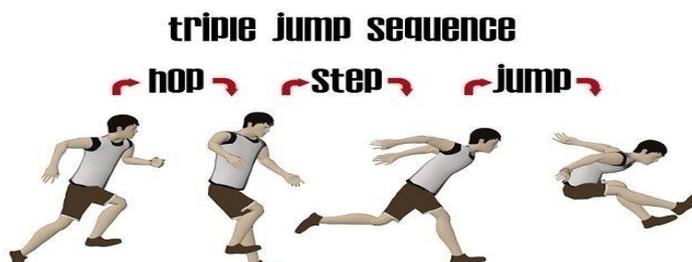
How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker with your feet 'shoulder width apart'
- Bend your legs and swing your arms
- Jump forward landing on both your feet
- Place a marker at the back of your foot where you landed
- See if you can jump further on your next go and achieve your personal best?
- See if you can beat your parent, carer or sibling

Are you ready for your second challenge?

You have been busy practicing your jumping sequences from your 'learn' cards. Triple jump is a sequence of 3 jumps.

2nd Challenge: Standing Triple Jump



Can you learn how to do the triple jump? How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker with your weakest foot forward
- Take off from your front foot and land on the same foot (hop). Practice the hop a few times.
- Next add the step in, so when you land from your hop, now step and land on your opposite foot. Practice the hop-step a few times until you feel confident
- Add the final part, the jump! When you have landed from the step, take off from the same foot and land with both feet together. Practice your hop-step-jump until you feel confident.
- You are now ready for your challenge
- Stand behind your marker and attempt the triple jump trying to get as far as you can.
- Place a marker at the back of your foot where you landed
- See if you can jump further on your next go and achieve your personal best?
- 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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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](#)

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!