

# Lancashire School Games Stay at Home Programme

## Activity Timetable Year 3 - 6

### Week 10: 6<sup>th</sup> July -12<sup>th</sup> July 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 10: 6th July-12th July 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 10 - Timetable

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

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="#">Workout 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="#">Stay at Home Heroes Challenge!</a>	<a href="#">Stay at Home Heroes Challenge!</a>	<a href="#">Stay at Home Heroes Challenge!</a>	<a href="#">Stay at Home Heroes Challenge!</a>	<a href="#">Stay at Home Heroes Challenge!</a> <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>

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- Joy of Moving



## 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

## 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

# Spar Lancashire School Games

## Learn!

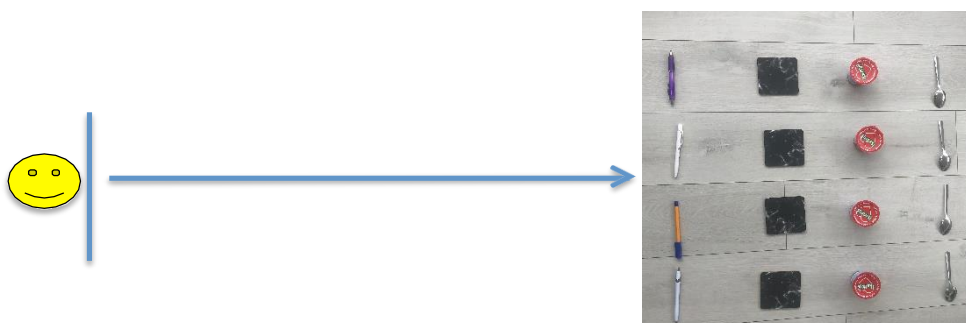
### Week 10 - Physical Tetris

**Equipment:** - household objects to use as markers, i.e. pens, coasters, sweets, fruit, chocolate bars, tins, spoons, toys etc.

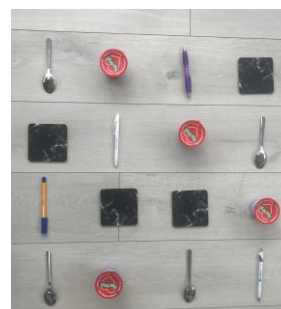
**Aim:** To develop problem solving thinking skills.

#### Video Demonstration

**Tasks 1 - Set up Physical Tetris a distance away from the start point.**



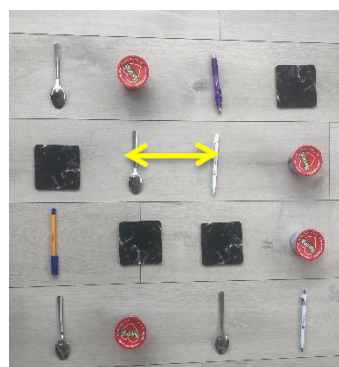
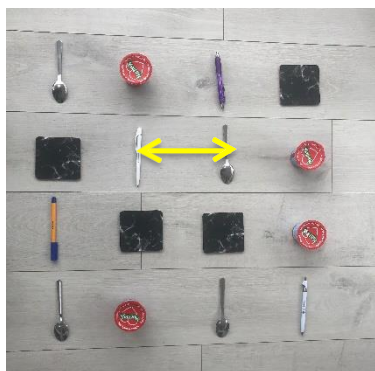
- Choose 4 different household items so that you have 4 of each item and set them up in 4 rows of each item with the bottom line facing the player. (see above)
- If you are playing on your own then mix up the items or ask your parent/carer to mix up the items. Record your time to complete the game.



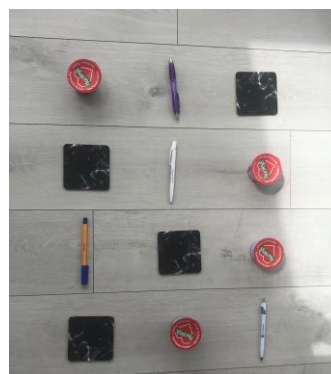
- If you are playing against another player mix up each others items. Winner is the first to clear all their items.

## Task 2 - To play the game

- The aim of the game is to collect all 16 items. However, you can only collect 4 of the same item when they are at the bottom line only.
- To move the items to the bottom line you run to the items from the start line and then you can only move two items. The items can be moved vertically or horizontally only and one line at a time. Moving items diagonally is NOT allowed.
- Once you have moved the items run back to the start line and return to move another two.



- Once you have a bottom line of the same item. Take the items back to the start and return to continue moving the items until you have another line of the same object to take back.



## PLAN

Before you start the game look at the mixed up objects and plan your first few moves to get the first line complete.

(Q) Which item will take the least amount of goes to get the first 4 to the bottom line?

(Q) Which objects will you move first? Why?

## PLAY - Physical Tetris REVIEW

(Q) What was your strategy for moving the objects?

(Q) What could you do next time to improve your time to complete the game or beat your opponent?

### Easier

- Shorter distance to the tetris objects.
- Work with a partner, take turns in running to the objects

### Harder

- Move the start line further away from the tetris objects.
- Play against a partner. Have two tetris set ups and mix up your opponents objects before playing.

**TASK 3 - Challenge - To use different movement patterns when playing the game.**

Play as the first game but each time you get back to the start roll a dice.

Travel back to the objects based on the number rolled:

1. Walk
2. hop
3. jump
4. skip
5. side gallop
6. run

(Q) Can you make your own movement patterns for the dice numbers?

## 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 - @lancashireschoolgames](#)

# Spar Lancashire School Games

## Stay at Home Heroes Challenge Week 10

As it's the last Stay at Home Programme brochure this week, we've decided to do things a little different.

This week we're providing you with all the Heroes challenges from the past 9 week's and some additional challenges from local football freestyler and world record holder John Farnworth. Have a go at some, or all of the challenges! You can access the challenges via the links below, Good Luck!

**Stay at Home Heroes Challenges: Week 1 - 9 (Click the sport to access the challenge resource)**

Week 1 - [Long & Triple Jump](#)

Week 2 - [Orienteering](#)

Week 3 - [Climbing](#)

Week 4 - [Tri Golf](#)

Week 5 - [Netball](#)

Week 6 - [Net/Wall Games](#)

Week 7 - [Cricket](#)

Week 8 - [Rounders/Dance](#)

Week 9 - [Athletics](#)



SPAR  
Lancashire  
School Games

**Spar Lancashire School Games**  
**Stay at Home Heroes Challenge**

**John Farnworth challenges on the next page**

**John Farnworth- Football Freestyle Challenges (Click the challenges below to access a video demonstration of the challenge)**

1. [4 Step Touch Challenge](#)
2. [Laces to Next Door Challenge](#)
3. [Keep Your spirits up Challenge](#)

**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 \(click here\)](#)

**Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.**

# 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!**