



Lancashire School Games Stay at Home Programme

Activity Timetable Year 3 - 6

Week 2: 27th April - 3rd 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 2: 27th April-3rd 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 2 - Timetable

The timetable below has links to 4 different areas. [Move](#), [Challenge](#), [Play](#) and [Learn](#)! Plus from Week 2 onwards a Lancashire School Games [Stay at Home Heroes Challenge](#)

Monday	Tuesday	Wednesday	Thursday	Friday
Move! Move it Monday	Move! Travel Tuesday	Move! Wellness Wednesday	Move! Dance 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!
Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge	Stay at Home Heroes SGO Challenge

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- Belief





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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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.](#)



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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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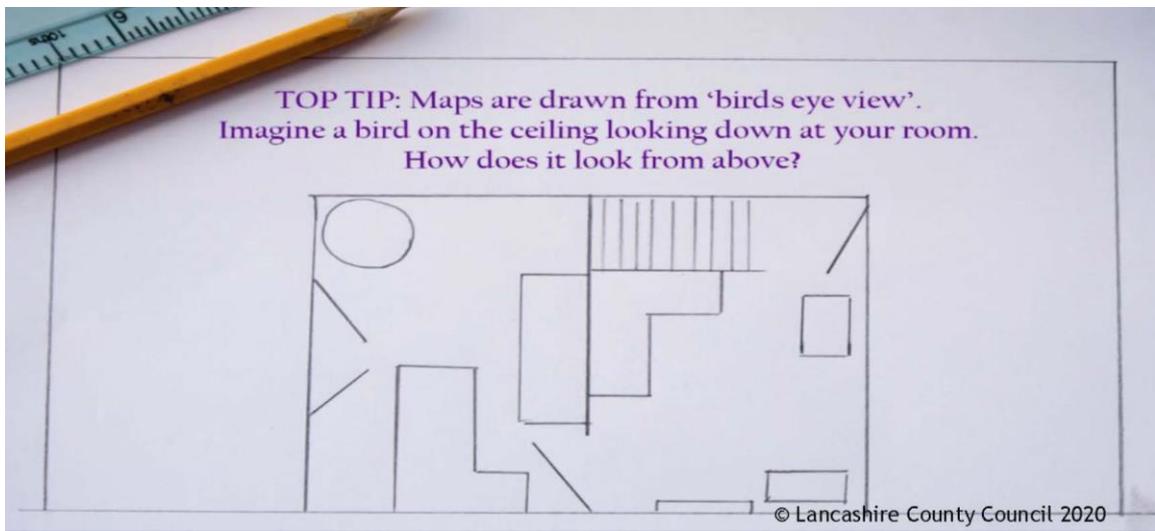
Learn!

Skill 2: Orienteering

Equipment: Paper, pencil, ruler, colours

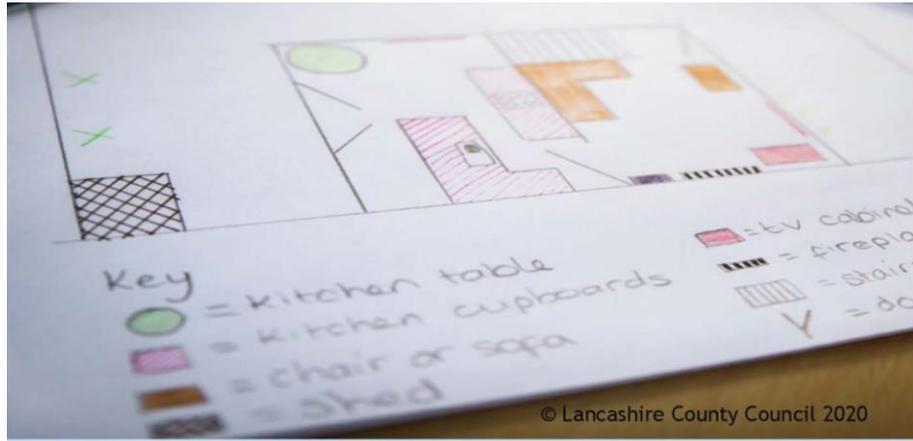
Aim: To make an orienteering map to use at home and to design a course.

Task 1 - Draw the Outline of your map - Draw an outline of the area of the house you want to use. (This can be the whole of one floor, or you can include the outside)



Task 2 - Create a Key for your map

- Choose a colour or pattern to fill in each item you have drawn on your map.
- Add a key to show what all the colours and patterns represent.



Task 3 - Set up the Control points (these are the points the map reader must find)

- Use a circle to show where the map-reader must look and number the control points.
- If you want to show where they start from then draw a triangle on the map.
- Hide something at each control point. This could be a code, word or number.
- Pick someone in your house to try out their map reading skills to see if they can find all the control points.

Video Demonstration

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](#)

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.

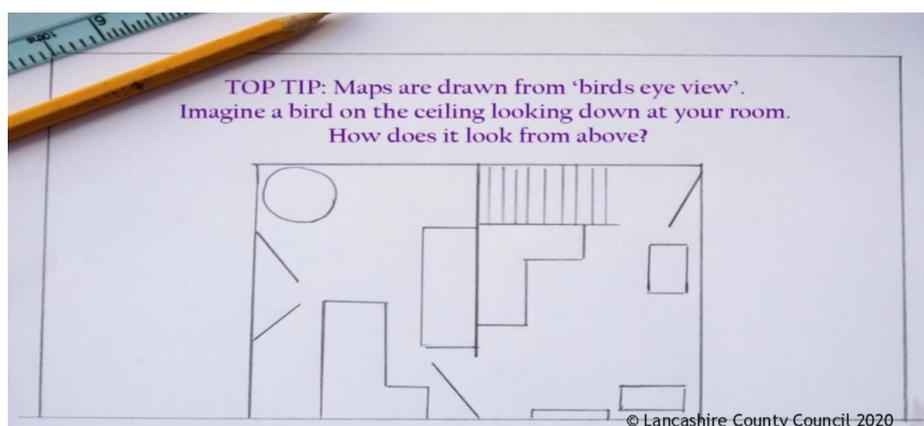
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Year 3 - 6 Challenge!

Linked to Learn 2 - Orienteering

You have been busy learning how to create an orienteering course in your home. Are you ready to take part in our challenge?

1st Challenge: Create an Orienteering Map



- You have been drawing maps of your house this week. Now, we want you to create a big map; it can include the whole of your downstairs and if you have a garden/yard then that too.
- Choose a colour or pattern to fill in each item you have drawn on your map and add a key to show what all of the colours and patterns represent.
- Draw a triangle on your map where you want your map reader to start from.
- On your map, draw small circles in pencil where you want your 'control points' (this is where you want your map reader to look). Use a pencil to write numbers in these circles on your map.
- Decide on a word that you would like your controls to spell out and hide a letter of that word at each of your control points.

- Challenge someone in your house to have a go at your orienteering course. How quickly can they complete it? Can they put your letters together to spell out your word? Can somebody else have a go and beat their time?

Are you ready for your second challenge?

2nd Challenge: Have a go at an Orienteering Course

- Now you have created a map you can rub your control points out (numbers with circles) and someone you live with can create a course for you.
- The person creating the new course must put letters in new places around your house/garden to spell out a new word. They must then draw circles with a number in, on your map where they have hid these new letters.
- You are now ready to have a go at the new course yourself! See how fast you can find the letters and spell out the word. Can someone else in your house have a go and try to beat your time?
- Now that you know how to create an orienteering map you can create as many maps as you like and challenge people in your house or be challenged by them!

Video Demonstration

Share your videos and photos.

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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! With a very special guest this week!