



# Spar Lancashire School Games

## January 19<sup>th</sup> 2021 Lockdown Resources

### Year 3 -6



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 & Play':



#### Online Resources available

- [Disney Dance Workouts](#)
- [Change4life \(indoor activities for kids\)](#)
- [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](#)
- [Very Well Family - Ideas for Active Play & Games](#)
- [Wheelpower Workouts \(Activities for young people in wheelchairs\)](#)

#### Throughout the week - Live Activities

- [PE With Joe Wicks, 9am on Monday, Wednesday & Friday's](#)
- [Youth Sport Trust After School Club, 5pm on Tuesday & Thursday's](#)

#### 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

#### Mindfulness activities

- [CBBC Yoga](#)
- [5 minute mindfulness activities](#)
- [Animal postures & Pilates for kids](#)

