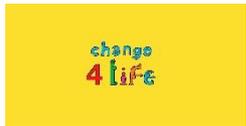




Spar Lancashire School Games

February 1st 2021 Lockdown Resources Year 1-2 (Children's Mental Health Week)



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

- [Get Set 4 PE - A resource area with lots of games, challenges & exercises for all](#)
- [Disney Dance Along](#)
- [Change4life \(indoor activities for kids\)](#)
- [Fantastic Games to play inside and outside the home](#)
- [Go Noodle - A website that will help parents to get their child moving](#)
- [Cosmic Kids - Yoga Through story telling](#)
- [#BBC Supermovers- Videos which help children move whilst they learn](#)
- [Boogie Beebies - Videos that get children up and dancing with Cbeebies presenters](#)
- [Bike skills and Games - Learn 2 Ride with British Cycling](#)
- [Youth Sport Trust Play Activities](#)
- [Train Like a superhero](#)
- [Show your moves with the UK Move Crew](#)
- [WheelpowerWorkouts - 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
- Create a basic circuit of your favourite exercises
- [Have a go at Lancaster & Heysham SGO's Family Adventure activity \(Example- please click to view\)](#)

Mindfulness activities

- [CBBC Yoga](#)
- [5 minute mindfulness activities](#)
- [Animal postures & Pilates for kids](#)
- [Primary School- Childrensmentalhealthweek activities](#)
- [Yogi Group Primary School Yoga](#)
- [Yogi Group Little book of hope](#)

[#childrensmentalhealthweek](#)

(click the # for more info)



5 Ways to Wellbeing Weekly diary

The **Five Ways to Wellbeing** (Connect, Be Active, Take Notice, Keep Learning, Give) are simple and proven actions that help people find balance, build resilience and boost mental health and **wellbeing**.

Using the resources above, home learning provided by your school and with support from your parents, guardians, carers and teachers please list in the table below how you have:

Connected - How have you connected with a friend, family or teacher this week?

Been Active - What Activities have you undertaken this week to be active?

Taken Notice - How have you enjoyed the moment or the environment this week? Have you noticed how someone is feeling and helped?

Kept Learning - Learn a new skill, why not try some of the activities above and learn some new activities or movements to try out?

Given - How have you helped someone else this week?

	Connected	Been Active	Take Notice	Kept Learning	Given
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

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(click the # for more info)