



SPAR Lancashire School Games

World Health Day 2021

Building a fairer, healthier world

World Health Day is a global awareness day that is celebrated every year on April 7th (Click to find out more).

To celebrate World Health Day why not try some of these activities during your Easter Holiday. We've included some physical activity, healthy eating and mindfulness resources which will all contribute towards a positive physical and mental wellbeing #lancsgames21

Healthy Eating

Just as cars need fuel to run properly, our bodies need healthy food to function at their best. Try making some of these healthy recipes

[SPAR quick and easy healthy meals](#)

[Healthy Meal Ideas from West Lancs School Sport Partnership](#)

Home Workouts

Here are some of the #lancsgames21 workouts

[Brian Rose Workout](#)

[Shaun Gash inclusive workout](#)

[Danusia Francis workout](#)

Healthy Mind & Body

Yoga and Mindfulness are fantastic ways of keeping your mind and body healthy. Try some of these workouts and activities.

[Early Years \(Click here\)](#)

[KS1 Yoga & Mindfulness Activities](#)

[KS2 Yoga & Mindfulness Activities](#)

[Secondary School Yoga & Mindfulness Activities](#)

[Home Yoga with Annie Clark](#)

[Mindful Breathing Exercise](#)

[Yogi Group yoga](#)

Be Active

Go on a nature walk with your family or friend? Walking is a great way to exercise and socialise at the same time. [Here are some fun ways you can appreciate and learn about nature as you exercise \(Click Here\).](#)

Fun PE resources to get you moving, click the school below based on the age of your child.

[Primary Schools](#)

[Secondary Schools](#)

[Special Schools \(SEND\)](#)

#Lancsgames21 Photography challenge

Over Easter we are asking you to go and explore your local area, and take a photo of your favourite place. With signs of spring we want you to take part in this eggcellent photo challenge.

We want you to take a picture with an Easter Egg in the photo and post on our SPAR Lancashire School games; Twitter, Facebook or Instagram pages using the #lancsgames21 and #eastereggchallenge. We will give out some great prizes for our favourite photos. More information can be found on the page below.





SPAR Lancashire School Games Easter Photo Challenge!

Take a photo of your outdoor space in Lancashire

All over Lancashire, we have areas of outstanding natural beauty; with signs of spring appearing pick your favourite spot or somewhere that inspires you.

Take a photo with an Easter egg in the photo and let us know where it is by eggcellent challenge using the [#lancsgames21](#) [#eastereggchallenge](#)

Competition Date - this competition is open from the 29th March to 11th April 2021.

Age Group Categories - we will select a Year 1-2 Winner, Year 3-6 Winner and Secondary School Winner.

How to enter - Please share your photos to:

Twitter @LancSchoolGames



Facebook @LancSchoolGames



Instagram- @lancshireschoolgames



Use the hashtag [#LancsGames21](#) [#eastereggchallenge](#)

However you enter please let us know your school name, and year group on your post!

What's up for grabs?

Winners per age group will receive an 'Instax Mini Camera worth £75'.

Good luck!

