



Spar Lancashire School Games

June 19th- 25th National School Sport Week &

SPAR Lancashire School Games (22nd June)

To celebrate the importance of Physical Education and school sport this summer, we have created some fun resources to be active, move more and challenge yourself and friends

#Lancsgames21 workouts and activities

- [Learn to Skip with Pro Boxer Brian Rose](#)
- [Yoga with the Mandala Centre Preston](#)
- [Catch the Drop - Lancs SGO Challenge](#)
- [Netball Activities with Wyre Netball Club](#)
- [Up down challenge with Team GB Paralympic athlete, Shelly Woods](#)
- [World record holder Football freestyler challenge](#)
- [Home workout with paraplegic athlete Shaun Gash](#)
- [Workout with Team Jamaica gymnast Danusia Francis](#)
- [Circuit training with Pro Box Brian Rose](#)
- [Lancsgames21 Special school and SEND challenges](#)
- [Yoga with the Yogi Group](#)

You can access more SPAR Lancashire School Games resources and activities through our website, [click here](#)

Resources from other providers

- [Youth Sport Trust - Activity recovery hub](#)
- [NHS Better Health](#)

Take part in the SPAR Lancashire School Games 2021 on the 22nd June by accessing any of the resources above. Let's make it the biggest sports day in the country and encourage children and young people to move on the 22nd June and throughout the National school sport week.

We will give out prizes to schools who take part in the activities and show us how they are getting involved using the #lancsgames21

[#lancsgames21](#)