



Spar Lancashire School Games

May 10th - 16th 2021 Mental Health Awareness Week

Below is a short list of resources to support pupils mental and physical wellbeing, to recognise mental health awareness week 2021.

Schools are encouraged to use and share the resources to help pupils be active. [#lancsgames21](#)

SPAR Lancashire School Games Secondary School Resources available to maintain a positive physical and mental wellbeing

[Mandala Centre Preston Yoga](#)

[Secondary School Yoga with Yogi centre](#)

[Learn how to Skip with Pro Boxer Brian Rose](#)

[John Farnworth Football Freestyler Challenge](#)

[Youth Sport Trust Recovery Hub has many resources and activities from clubs, NGB's and other providers to help young people be active and can be accessed here \(click\)](#)

Previous Resources and Virtual events from 2021

You can also access other resources and challenges from the 2021 SPAR Lancashire School Games

[International Women's Day resources](#)

[Easter & World Health Day resources](#)

[Netball & Rugby Skill based challenges](#)