



SPAR Lancashire School Games - Holiday Activities (HAF)

Summer activities for Secondary Schools & Teenagers

As part of the Holiday activities and food programme for Lancashire we have compiled some resources created as part of the SPAR Lancashire School Games and resources from the best national providers to be active during the summer.

Click on the links below to access each activity or resource

SPAR Lancashire School Games Activities

[Danusia Francis Home Workout](#) - Team Jamaica & British born Gymnast Danusia Francis has set you a great home workout to take part in over the summer. Give it a go!

[Devon Cain Home Workout](#) - A gymnast at Preston City Gymnastic club, Devon has been keeping her Mum's colleagues active during lockdown by delivering home workouts.

[Abby Chamberlain \(Wyre Netball Club\)](#) - Netball Coach of the Year 2020, Abby and Wyre Netball Club have set some great activities for all to try.

[Project Fit Preston Workout](#) - Dedicated to empowering women and girls from all backgrounds to be active, Charlene has created a workout for you to try.

[Learn to Skip with Pro Boxer Brian Rose](#) - Professional boxer Brian Rose tutorial and skipping workout

[Yoga with the Mandala Centre Preston](#) - Manage your mindfulness and wellbeing with this yoga activity.

[Home workout with paraplegic athlete Shaun Gash](#) - Try this home workout from local paraplegic athlete Shaun Gash here.

[Circuit training with Pro Box Brian Rose](#) - Professional boxer Brian Rose has set you a workout you can try from home.

[Yoga with the Yogi Group](#) - Try another yoga workout from local provider the Yogi Group here.

[Parkour with Tyler](#) - Try some home based parkour activities and moves here. Be careful and safe!

[Penwortham Boxing Club](#) - Try this home boxing workout with ex pro and lead coach, Paul Morris.

Best of the Rest -National resources

See the links below to access some great activities to do at home and with the family.

[This Girl Can](#) - Use the this girl can activity finder to find activities to do at home, or outdoors, and individually or with the family.

[Youth Sport Trust - Activity Recovery Hub](#) - Find a database full of activities, games, workouts and challenges for all ages.

[Les Mills - Born to Move](#) - Try some of the free workout videos on this page

[Wheel power Workouts](#) - Inclusive workouts for all young people

[Pop sugar fitness](#) - A variety of workouts for young people and adults.

SPAR Lancashire School Games Challenges

Test and challenge yourself here with these challenge

[Catch the Drop - Lancs SGO Challenge](#)

[World record holder Football freestyler challenge](#)

[Lancsgames21 Special school and SEND challenges](#)

Share your photos & videos taking part in the activities or using the resources by using #lancsgames21 @LancSchoolGames

