

# Staying active at home

Each week we will provide an activity for the students try at home. We will focus on one or more of the following areas.



## Move

### Move

The recommended amount of physical activity for children aged 5-18 is 60 minutes a day.

Move activities will include games or activities that will keep you active for a longer period of time.



## Challenge

Take part in challenges against the clock yourself, or challenge a parent, carer or sibling. Try to beat your own scores and hit your personal best! These activities will provide the whole family with opportunities to work together in a fun, competitive environment.



## Play

### Play

Don't forget the importance of play, playing simple games and using our imagination is important. This area will include games like hide and seek and musical bumps to keep us all active.



## Learn

### Learn

Learning, practicing and developing basic movement skills will help us become better at PE and sport. This section will introduce the fundamental movement skills for all students.



As part of the Lancashire School's Games, local school games organisers have highlighted these key areas as a focus for all movements. The Loyne Specialist School will use these areas to generate a series differentiated activities and games to enable all students to participate in weekly physical activities.

