

SPAR Lancashire School Games 2021

Week 3 (26th January 2021)

'Colour/Number Reaction' Heroes Challenge

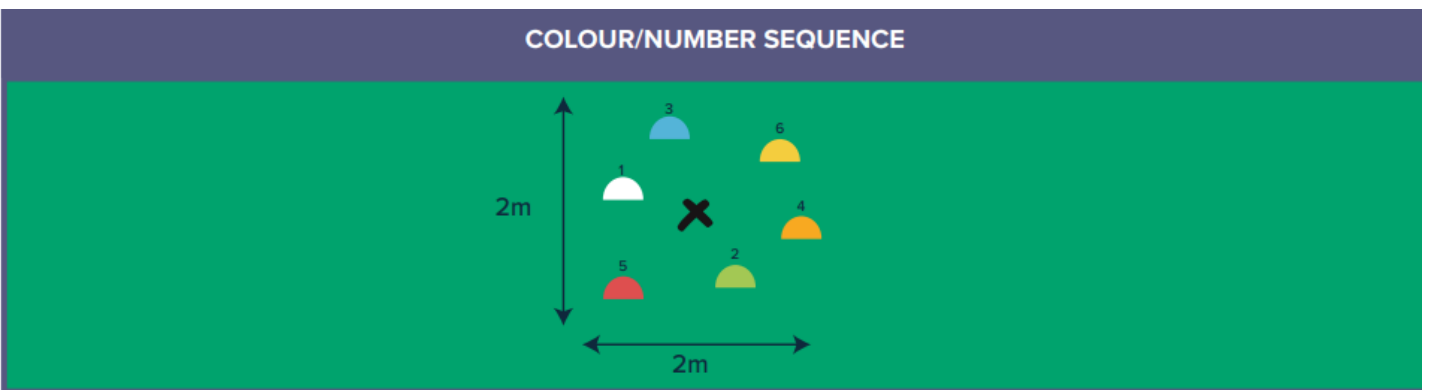
You will need: 6 cones. If you have no cones use 6 household objects, (toys, socks, tins will be fine). Please make sure you can identify the difference between the 6 items.

Scoring: You can keep your score over the next 5 weeks, as we'll be releasing 5 rugby based challenges for you to try. You can submit your scores to your teacher if you like (see scoring on next page). If not, no worries, just have fun taking part.

Video Demonstration

How to:

<p>ACTIVITY</p>	<p>COLOUR/ NUMBER REACTION (SEQUENCE)</p>	<p>LOCOMOTION</p> <ul style="list-style-type: none"> Scatter 6 coloured or numbered cones around the pupil in a 2 x 2m area. Call out a sequence before the activity starts and the player has to lift and replace the cones in the correct sequence. Prepare 3, 5, 7 & 9 cone sequences. All pupils start with a 3 cone sequence. If the pupil is successful they can choose to attempt the next one up. <p>SCORING Points awarded according to the number of correct sequences they complete.</p>
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RUGBY CHALLENGE

SCORE SHEET

Challenge	Best Attempt
Week 1 – Score a Try	
Week 2 – Slalom Carry	
Week 3 – Colour/Number Sequence	
Week 4 – Counter Balance Pick Up	
Week 5 – Kick to Target	
Total	

**PLEASE SUBMIT YOUR SCORE TO YOUR SCHOOL TEACHER BY 5PM
ON FRIDAY 12th FEBRUARY 2021**

Videos and photos posted on social media with the #LancsGames21 will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from. By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.