

SPAR Lancashire School Games 2021

Week 4 (2nd February 2021)


'Counter Balance Pick Up Heroes Challenge

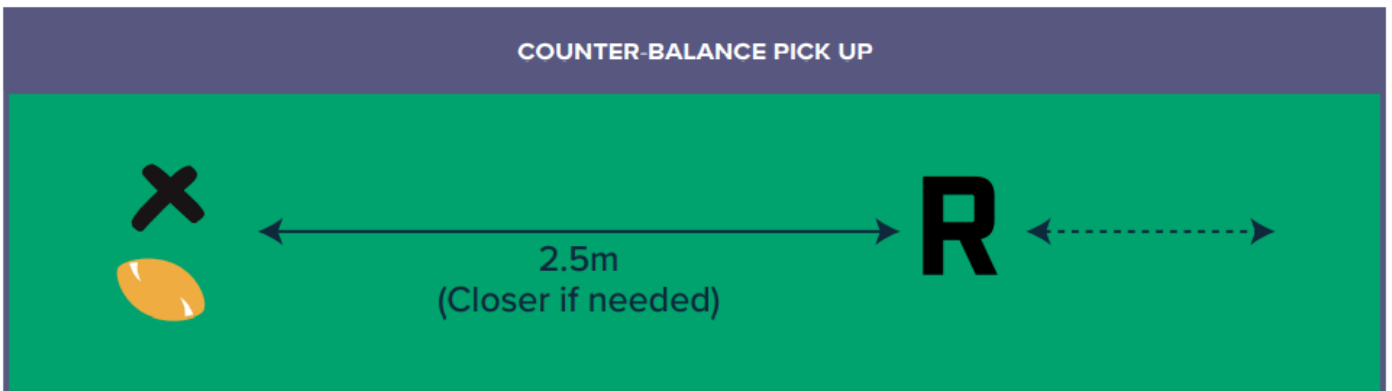
You will need: A ball (use rolled up socks as alternative) Also someone to act as a receiver from the pass.

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>COUNTER BALANCE PICK-UP</p> <p>STABILITY</p> <ul style="list-style-type: none"> Pupils pick the ball up, pass to a target and maintain balance using only their standing foot. What is the maximum distance they can complete the pass to a receiver? After each successful attempt, the receiver takes one step back. Start at 2.5m (closer if needed for differentiation). Pupils can choose to pass to their L or R. <p>SCORING Record the maximum distance achieved as the result.</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.