

SPAR Lancashire School Games 2021

Week 5 (9th February 2021)


'Kick to a Target' Heroes Challenge

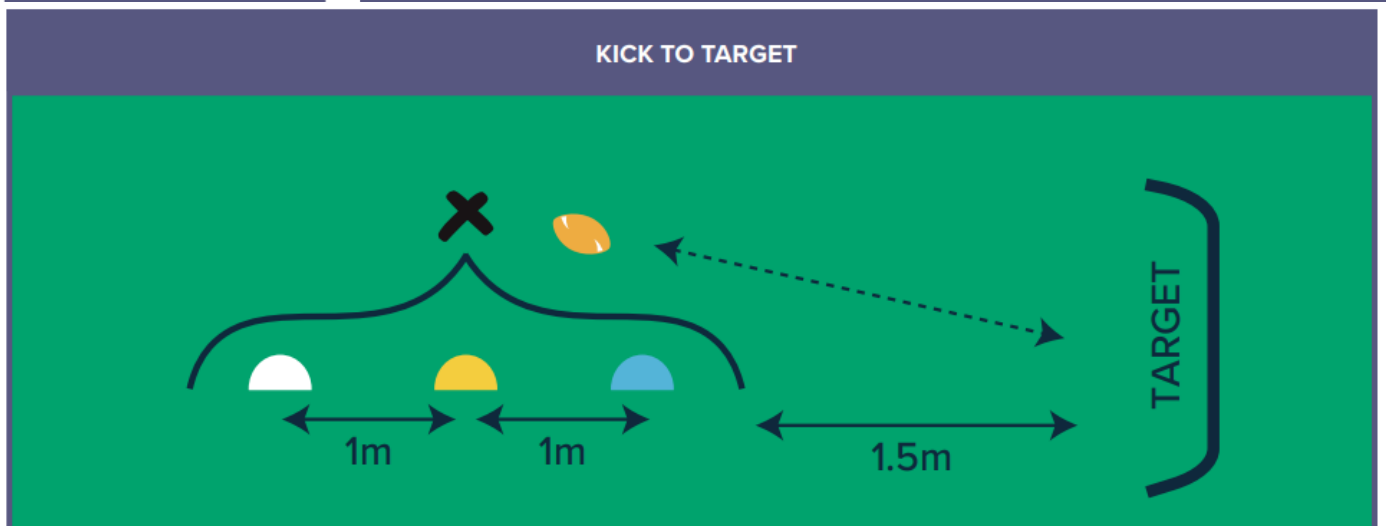
You will need: A ball (use rolled up socks as alternative) 2 cones to be a target (use a bin, clothing items). Also 3 more items for markers to change distance.

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). If not, no worries, just have fun taking part.

Video Demonstration

How to:

<p>ACTIVITY</p> 	<p>KICKING TO TARGET</p>	<p>SKILL DEVELOPMENT</p> <ul style="list-style-type: none"> Kick the ball from a chosen distance between a target (ie a samba goal, 2 rounders posts, 2 cones). Have 3 different cones available at increasing distances from the kicking target. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (3m) = 2 points, middle cone (4m) = 3 points, furthest cone (5m) = 4 points. <p>SCORING Each pupil has 5 kick attempts. Record the score accordingly for each successful kick between the target.</p>
-----------------------------------------------------------------------------------------------------------	---------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Share your videos and photos with us:

[Instagram- @lancashireschoolgames](https://www.instagram.com/lancashireschoolgames)



[Twitter- @LancSchoolGames](https://twitter.com/LancSchoolGames)



[Facebook- @LancSchoolGames](https://www.facebook.com/LancSchoolGames)





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.