

SPAR Lancashire School Games 2021

Week 4 (2nd February 2021)

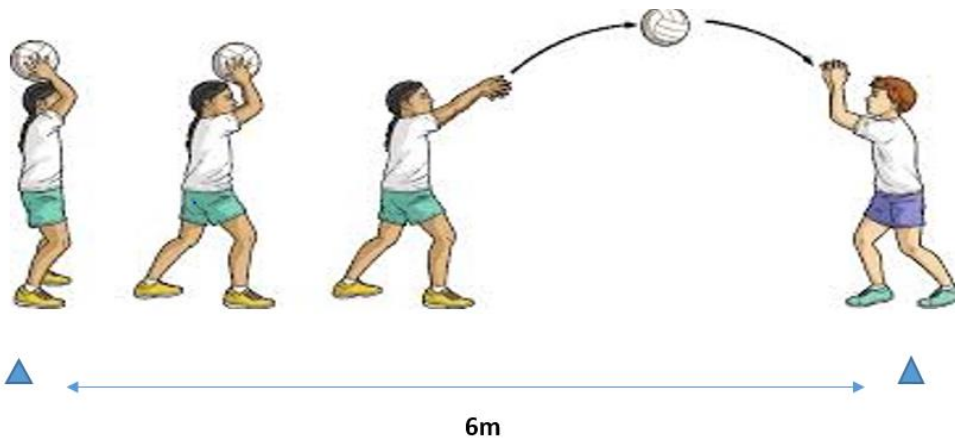
'Long Pass' Heroes Challenge

Equipment needed; 1 ball (Use rolled up socks if no ball), 2 cones (use soft toys, tins if no cones), a stopwatch, clock, or phone to use as a timer. 2 players (throw to a wall if you no partner)

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

In School Video Demonstration

At adapted Home Version Video Demonstration



How to; What to do:

- Mark 2 cones (or alternatives) 6m apart
- Players pass the ball overhead between each other
- Count the number of passes in 30 secs
- Both players are credited with the total number of passes

Share your videos and photos with us:

We want to see you trying this challenge at home, please share your videos and photos to;

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

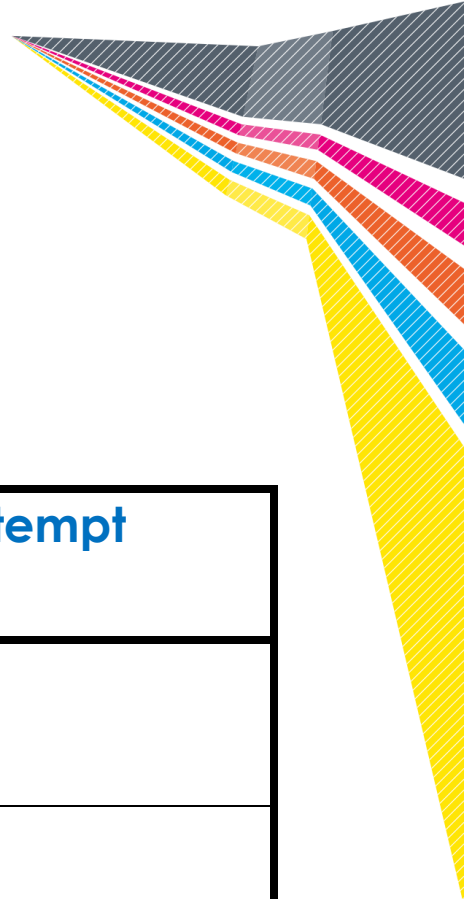


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NETBALL SKILLS CHALLENGE

SCORE SHEET

Challenge	Best Attempt
Week 1 – Jump, Land, Balance	
Week 2 – Short Pass	
Week 3 – Fast Feet	
Week 4 – Long Pass	
Week 5 – Shoot-out	
Total	

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

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.