

SPAR Lancashire School Games 2021

Week 2 (19th January 2021)

‘Short Pass Heroes Challenge

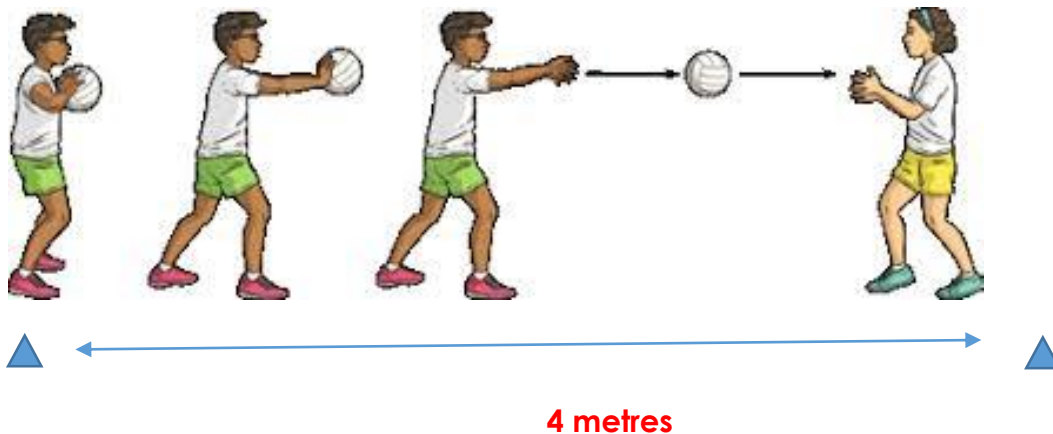
Equipment needed; A ball (use rolled up socks, if you have no ball) and 2 markers (you can use cones or household items) to mark out distance Also use a phone, watch or clock to time 30 seconds.

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 Home Version Video Demonstration](#)

How to;



What to do:

- Put two markers 4m apart
- Players chest pass the ball (or ball alternative) between each other.
- Count the number of passes in 30 seconds
- Both players are credited with the total number of passes (take part with family members if at home).

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](#)

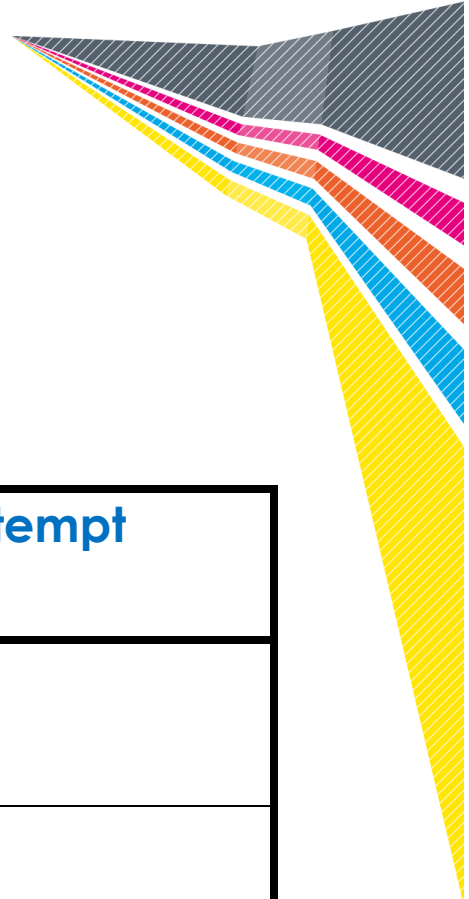


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NETBALL SKILLS CHALLENGE SCORE SHEET

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.