

SPAR Lancashire School Games 2021

Week 2 (19th January 2021)

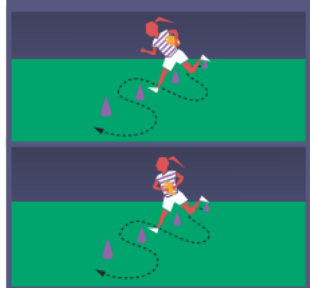
‘Slalom Carry’ Heroes Challenge

You will need: A ball & cones. If you have no ball use a soft toy, rolled up socks and if you have no cones use soft toys, clothing, cereal boxes etc.

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>SLALOM CARRY</p>	<p>LOCOMOTION</p> <ul style="list-style-type: none"> Pupil carries the ball in 1 hand and runs out and back through the slalom of cones. Repeat the same movement through the cones but this time carrying the ball in 2 hands. <p>SCORING Record the time.</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.