

SPAR Lancashire School Games 2021

Week 1 (12th January 2021)

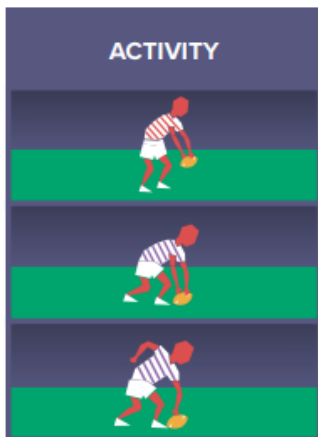
‘Score a Try’ Heroes Challenge

You will need: A ball & markers. You can use items such as soft toys and rolled up socks for both your ball and markers.

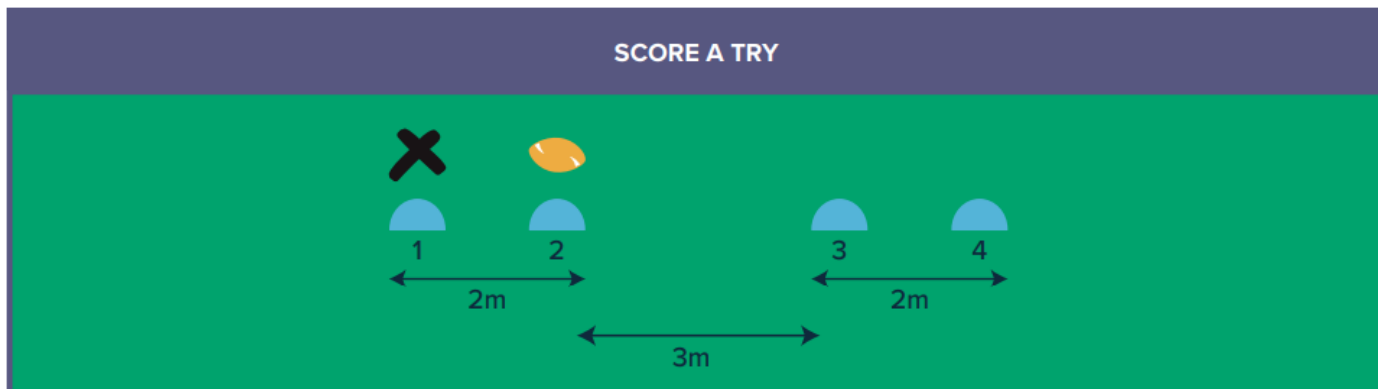
Scoring: You can keep your score over the next 5 weeks, as we’ll be releasing 5 rugby based challenges for you to try. You can submit your scores to your teacher if you like (see scoring on next page). If not, no worries, just have fun taking part.

Video Demonstration

How to:



<p>ACTIVITY</p>	<p>SCORE A TRY</p>	<p>SKILL DEVELOPMENT</p> <ul style="list-style-type: none"> Pupil starts at cone 1, collects ball from cone 2 (2m ahead) with 2 hands. Runs with the ball (carries) to cone 3 (3m ahead) and puts the ball down as if they were scoring a try with 2 hands (2 points) or 1 hand (3 points). Run around cone 4 and repeat the activity in the opposite direction ie collect from cone 3, score a try at cone 2 and run around cone 1. <p>SCORING Each pupil has 40 seconds on the activity to score as many points as they can.</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.