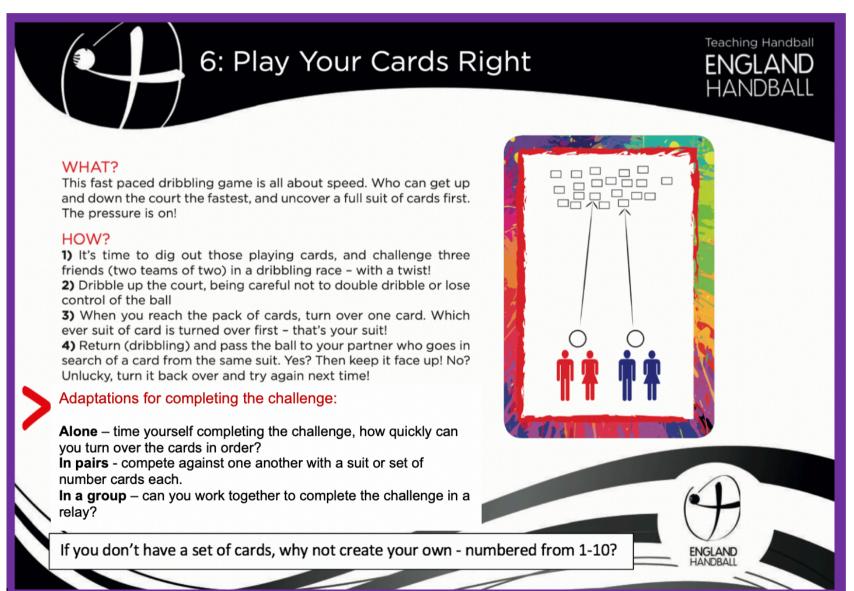
## # STRYNAWORKOUT SCHOOL # STRYNAWORKOUT SCHOOL # STRYNAWORKOUT # STRYNAW

## A-Z School Games Challenge

## H – Handball

Challenge – Play Your Cards Right

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @SolihullNorth







## Did you know:

Handball is a HYBRID sport, combining:

- Football
- Basketball
- Netball
- Water Polo



It is the second largest sport in Europe.

A player cannot hold the ball longer than three seconds.

The sport was featured on a 50p coin in celebration of the London 2012 Olympic Games.

Countless boxing stars have tried out handball as part of their training, including Mike Tyson!



For more fantastic Handball resources here - https://www.englandhandball.com/resources

If you have enjoyed todays challenge why not take a look at the England Handball website to find a local club - <a href="https://www.englandhandball.com/find-a-club">https://www.englandhandball.com/find-a-club</a>

FOLLOW, RETWEET, GET INVOLVED!

