



SPAR Lancashire School Games

Stay at Home Heroes - Rugby

Challenge yourself, and your friends, to see who can 'pass the rugby ball accurately' into a wheelie-bin from the greatest distance. The school with the most entries win the Lancashire School Games Prizes and the individuals with the longest distance and best technique will win a medal.

How to;

If you have a rugby ball great, if not any ball will do, with two hands on the ball attempt a pass into the bin. Taking the ball from your side and swing in front of your body pointing towards target, as the videos.

To make it;

- Easier – go closer and tilt the bin or target towards you
- Harder – go further away and stand side on like a proper rugby pass
- Inclusive – try it seated and increase the size of a target.

See how far from the bin you can get, measuring your distance in metres and centimetres using a tape measure. Take a picture or even better a video to by **Friday 12 June** and e-mail them to me on dave.rohman@blackpool.gov.uk

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

Send your entries to

dave.rohman@blackpool.gov.uk giving your name, age group and school.

GOOD LUCK

