



SPAR Lancashire School Games 2021

Week 1 (12th January 2021)

'Jump, Land, Balance' Heroes Challenge

Equipment needed; 1 Hoop & 1 cones (If you don't have these, then be creative by using alternatives markers such as food tins, toys, and create a hoop with soft toys, clothing or pieces of paper).

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.

[Video Demonstration \(Start at 5min 37 seconds till the end of the video\)](#)

How to;



Start

5 metres (reduce if needed)

What to do:

- Place a hoop 5m away from a start cone (shorten the distance if not 5m of space)
- The player starts by the cone and runs towards the hoop. They jump up high, just before the hoop, as if to catch a ball, and land with their first foot in the hoop (their landing foot, or sticky foot) and bring their second foot down quickly to help them balance. They must hold this balanced position for 3 seconds.
- Players have 10 attempts and score a point each time they demonstrate the correct footwork

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](#)



[Facebook- @LancSchoolGames](#)



[Instagram- @lancshireschoolgames](#)





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.

