



SPAR Lancashire School Games

Stay at Home Heroes - Netball

Challenge yourself, and your friends, to see who can 'Tap the balloon and drive'.

Video Demonstration

How to;

If you have some balloons then great, if not any ball will do. With one hand on the balloon attempt to keep it in the air whilst moving to various obstacles. Taking the balloon from the middle and tapping it with control so to keep it close as the videos.

To make it;

- Easier – go closer with your obstacles or even try and use a bigger balloon.
- Harder – go further away and maybe even add more obstacles.
- Inclusive – try it seated or stood still and if you haven't a balloon to keep up then use any type of ball but allow it to bounce once before tapping.

How many taps of the balloon can you do in 60 seconds?

See how far can you get your obstacles without losing control of the balloon? Measure your distance in metres and centimetres using a tape measure.

How many obstacles can you add?

Share your attempts

Take a picture or even better a video by 24th May and post your attempts on social media using @LancsSchoolGames and tag in your local SGO ([Contact details here](#)). To see if your friends and fellow students can beat you use the hash tag #LancsGames20

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!!

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.

[Welfare policy \(click here\)](#)