

SPAR Lancashire School Games 2021

Week 4

'Counter Balance Pick Up Heroes Challenge

You will need: A ball (use rolled up socks as alternative) Also someone to act as a receiver from the pass.

Scoring: You can keep your score over the next 5 weeks, as we'll be releasing 5 rugby based challenges for you to try. Use the scoresheet on the next page to record your best score.

Video Demonstration

How to:



ACTIVITY

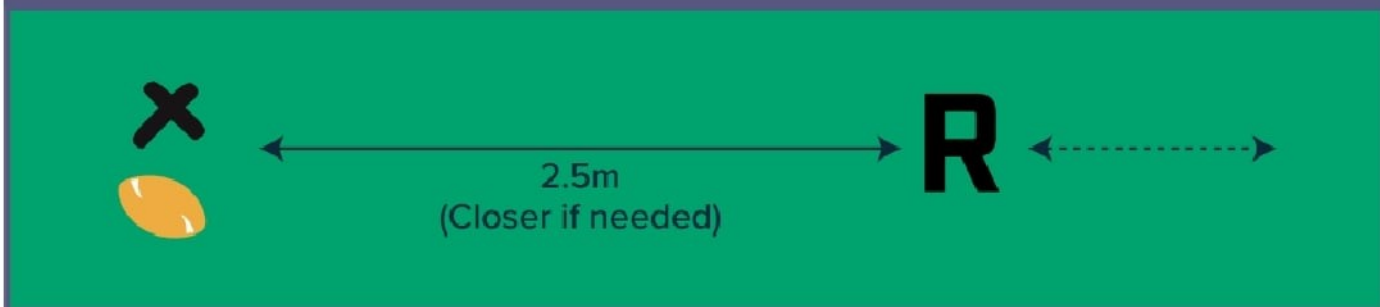
COUNTER BALANCE PICK-UP

STABILITY

- Pupils pick the ball up, pass to a target and maintain balance using only their standing foot. What is the maximum distance they can complete the pass to a receiver? After each successful attempt, the receiver takes one step back. Start at 2.5m (closer if needed for differentiation). Pupils can choose to pass to their L or R.

SCORING | Record the maximum distance achieved as the result.

COUNTER-BALANCE PICK UP



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RUGBY CHALLENGE