

SPAR Lancashire School Games 2021

Week 1

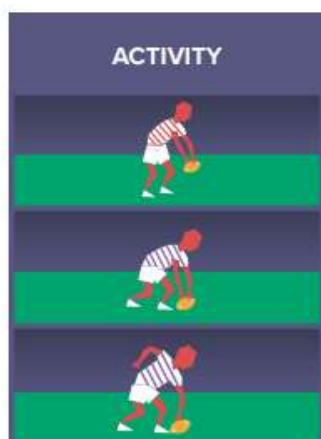
‘Score a Try’ Heroes Challenge

You will need: A ball & markers. You can use items such as soft toys and rolled up socks for both your ball and markers. **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.

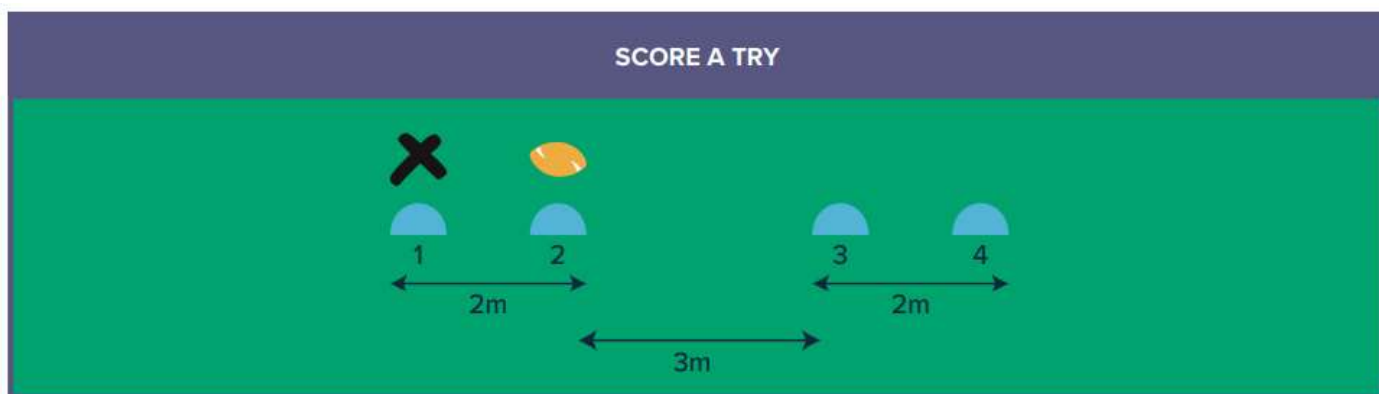
Video Demonstration

<https://www.youtube.com/watch?v=2skZIV8KXD0&feature=youtu.be>

How to:



ACTIVITY	SKILL DEVELOPMENT
SCORE A TRY	Pupil starts at cone 1, collects ball from cone 2 (2m ahead) with 2 hands. Runs with the ball (carries) to cone 3 (3m ahead) and puts the ball down as if they were scoring a try with 2 hands (2 points) or 1 hand (3 points). Run around cone 4 and repeat the activity in the opposite direction ie collect from cone 3, score a try at cone 2 and run around cone 1. SCORING Each pupil has 40 seconds on the activity to score as many points as they can.



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RUGBY CHALLENGE

SCORE SHEET

Challenge	Best Attempt
Week 1 – Score a Try	
Week 2 – Slalom Carry	
Week 3 – Colour/Number Sequence	
Week 4 – Counter Balance Pick Up	
Week 5 – Kick to Target	
Total	

PLEASE record your scores on this sheet. Once you have completed all the challenges in week 5 Whats App your total score for the 5 Challenges to C.Hart – 07742557397 by Friday 19th March

Certificates to all entrants and medals to highest 3 scores in each year group

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.