

SPAR Lancashire School Games 2021

Week 2

'Slalom Carry' Heroes Challenge

You will need: Something to carry and something to mark out your slalom. If you have no ball you can use a towel or perhaps a teddy. You will need 4 items to run in and out of, such as cones, shoes, cushions, tins etc.

Video Demonstration

How to:

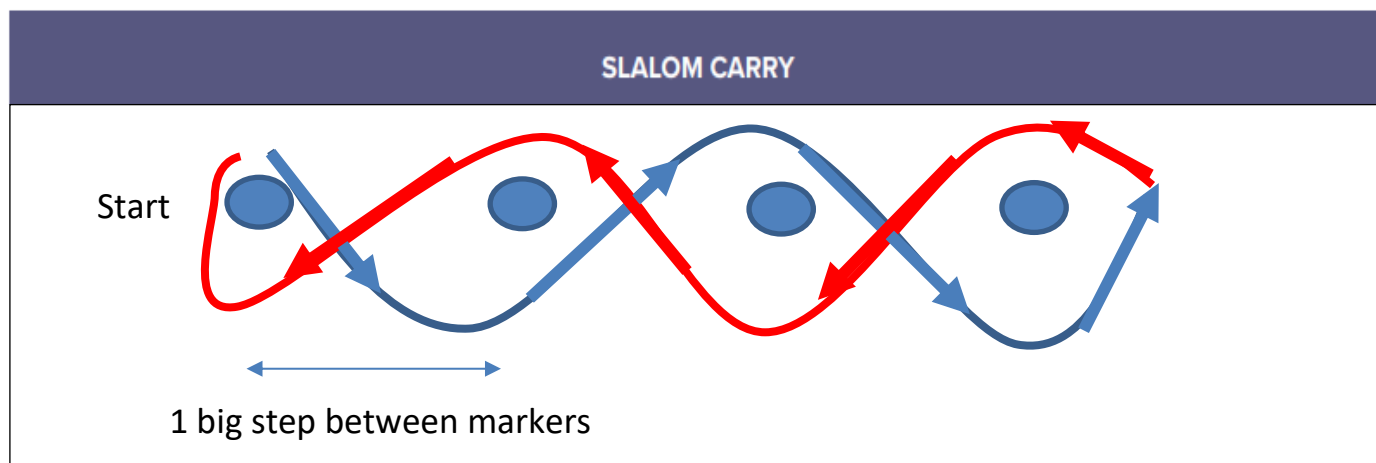


Locomotion

- Carry your ball or object either in one or two hands whilst running in and out of the markers, turning when you get to the end and coming back in and out in a slalom.

Scoring

- You have 30 seconds to score as many points as you can. When you get to one end that counts as one point, so



Share your videos and photos with us:

Twitter- [@Rossendalessp](https://twitter.com/Rossendalessp) and [@LancSchoolGames](https://twitter.com/LancSchoolGames)

Facebook- [@Rossendalessp](https://facebook.com/Rossendalessp) and [@LancSchoolGames](https://facebook.com/LancSchoolGames)

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. 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.