

SPAR Lancashire School Games

Week 1 (12th January 2021)

'Jump, Land, Balance'

Stay at Home Heroes - Netball Challenge

Challenge yourself to see how many successful balances you can do.

You will need: some pairs of socks or soft toys or clothes for markers or anything else you see fit. A landing mat for example a tea towel!

Video Demonstration

How to:



Start



3-4 big steps



Landing Area

What to do:

- Create a landing area with items listed above (or use a hoop) 3-4 large steps from a start marker (shorten the distance to do this safely)
- From the 'Start', the player runs towards the target area and jumps up high just before the landing area as if to catch a ball. They land with their first foot on the landing mat (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 one point each time they demonstrate the correct footwork. How many points can you get? Can you try on your other foot too?

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