

SPAR Lancashire School Games

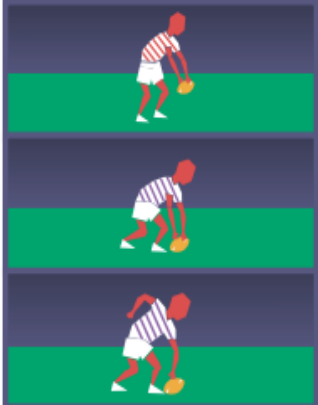
Week 1(12th January 2021)

‘Score a Try’ Challenge - Stay at Home Heroes

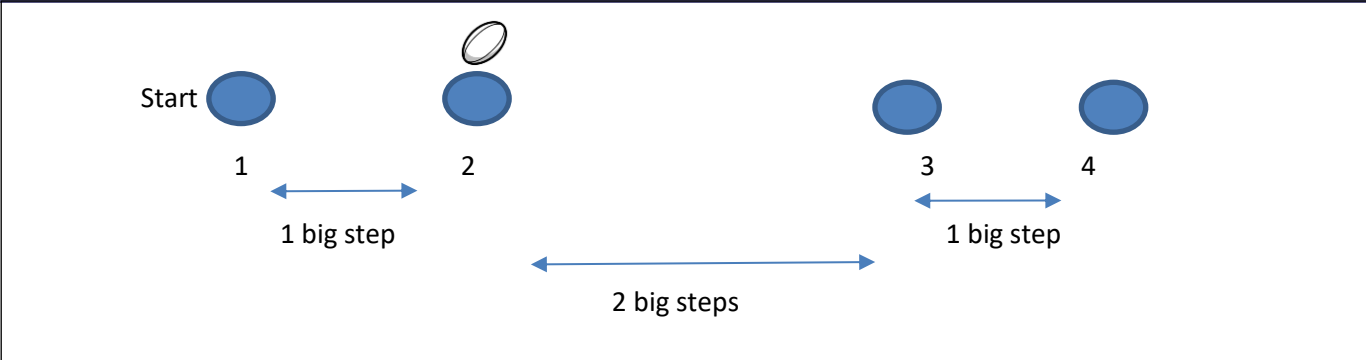
You will need: One ball & four cones (markers). You can use items such as soft toys and rolled up socks for both your ball and trainers for your markers.

Video Demonstration

How to:

<p>ACTIVITY</p> 	<p>SCORE A TRY</p>	<p>Skill Development</p> <ul style="list-style-type: none"> Start at marker 1, collect ball from marker 2 (1 big step ahead). Run with the ball to marker 3 (2big steps ahead) and put the ball down as if you are scoring a try. Run around marker 4 and repeat the activity in the opposite direction i.e. collect the ball from marker 3, score a try at marker 2 and run around marker 1. Every time you score a try you get 1 point. <p>Scoring</p> <ul style="list-style-type: none"> You have 40 seconds to score as many points as you can
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SCORE A TRY



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