

# SPAR Lancashire School Games 2021

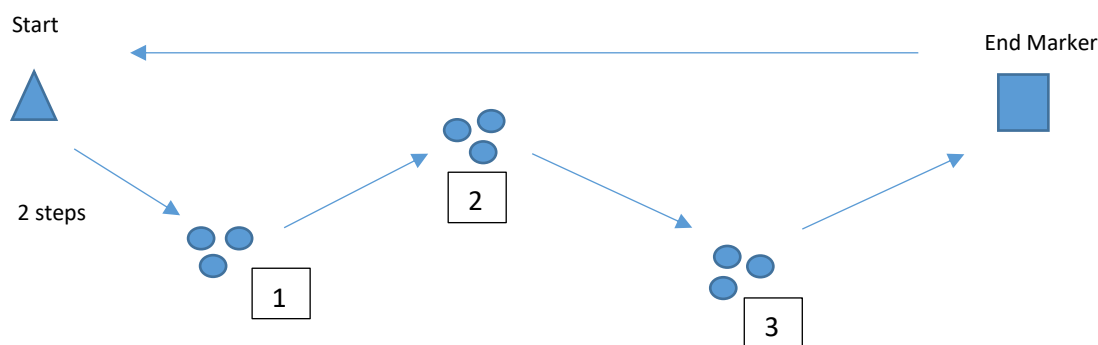
## Week 3

### ‘Fast Feet’ Heroes Challenge

**Equipment needed;** 18 small objects such as rolled up socks, small toys or paper balls  
A phone or watch, 5 household objects to use as markers (start, end, 1,2 and 3)

**Scoring;** How many items have you got at the end marker? You have 30 seconds!

[Click here for video](#)



**How to play:**

- Place down a start marker, 2 large steps away on a diagonal place 6 items down (mark 1), 2 large diagonal steps place 6 more items down (mark 2), another 2 large diagonal steps and place your last 6 items down (mark 3).
- Player starts by the start marker.
- They run the zig-zag to each marker, and collect one item from marker 1, 1 item from marker 2 and 1 item from marker 3. Leave all 3 items at the end marker before sprinting back to the start. You have 30 seconds move as many items as possible to the end marker!
- At the end of the 30 secs the player scores a point for all the items they have left at the end marker!

**Share your videos and photos with us:**

We want to see you trying this challenge at home, please share your videos and photos to;

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## NETBALL SKILLS CHALLENGE