

SPAR Lancashire School Games 2021

Week 4

'Counter Balance Pick Up Heroes Challenge

You will need: If you have a rugby ball then that's great, however you can use any ball or an item that you can throw and someone can catch such as a teddy or pillow. Three household items to act as markers. You will need someone to catch your pass.

Video Demonstration

How to:



ACTIVITY

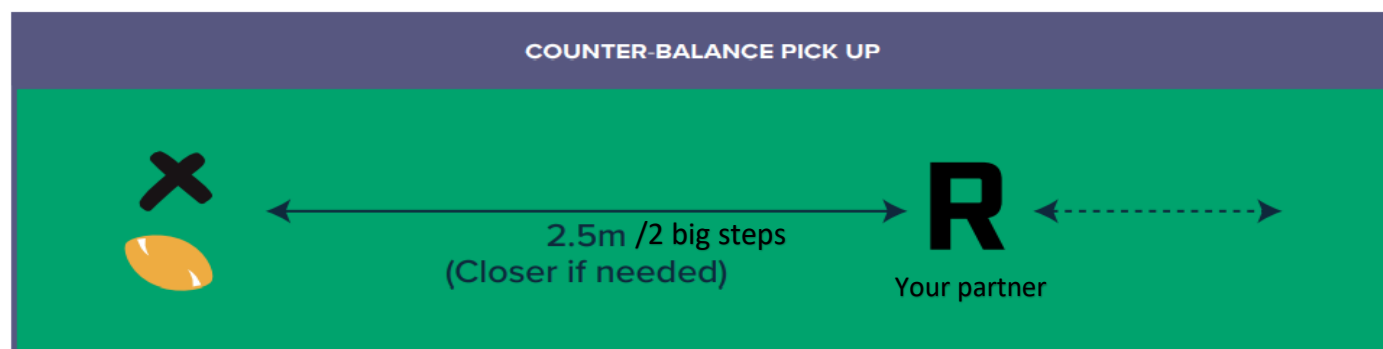
COUNTER BALANCE PICK-UP

Stability

- Stand on one leg and pick up your ball/object, pass the ball to your partner whilst remaining on one leg. If your pass is successful and reaches the receiver, your partner then takes one step back and you have another go. Repeat until you can no longer reach your partner with your pass. Start 2 steps (2.5m) away from your partner.

Scoring

- Once you can no longer reach your partner this is your maximum distance, measure this out in steps and that is your final score.



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