



## Spar Lancashire School Games 2021 Challenges

Below is a list of 5 weeks worth of Netball & Rugby skills based challenges for Children and Young People to have a go at. These challenges can be adapted for at home or in school.

	Netball	Rugby
Week 1	<a href="#"><u>Heroes Jump, Land &amp; Balance Netball Challenge</u></a>	<a href="#"><u>Heroes 'Score a Try' Rugby Challenge</u></a>
Week 2	<a href="#"><u>Heroes 'Short Pass ' Netball Challenge</u></a>	<a href="#"><u>Heroes 'Slalom ' Rugby Challenge</u></a>
Week 3	<a href="#"><u>Heroes 'Fast Feet' Netball Challenge</u></a>	<a href="#"><u>Heroes 'Memory Sequence ' Rugby Challenge</u></a>
Week 4	<a href="#"><u>Heroes 'Long Pass' Netball Challenge</u></a>	<a href="#"><u>Heroes 'Counter Balance Pick Up' Rugby Challenge</u></a>
Week 5	<a href="#"><u>Heroes 'Shoot Out' Netball Challenge</u></a>	<a href="#"><u>'Kick to a target' Rugby Challenge</u></a>

If you want to do some more activity, you can access all of last year's Year 1 & 2, Year 3-6 weekly timetables, and Teenager resources via the links below. These are a great way to Move, Play, Learn and Challenge yourself.

- [Year 1 & 2 Weekly Timetables](#)
- [Year 3 - 6 Weekly Timetables](#)
- [Resources for Teens](#)

## Share your videos and photos.

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

[Twitter- @LancSchoolGames](#)

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