**SPAR Lancashire School Games**

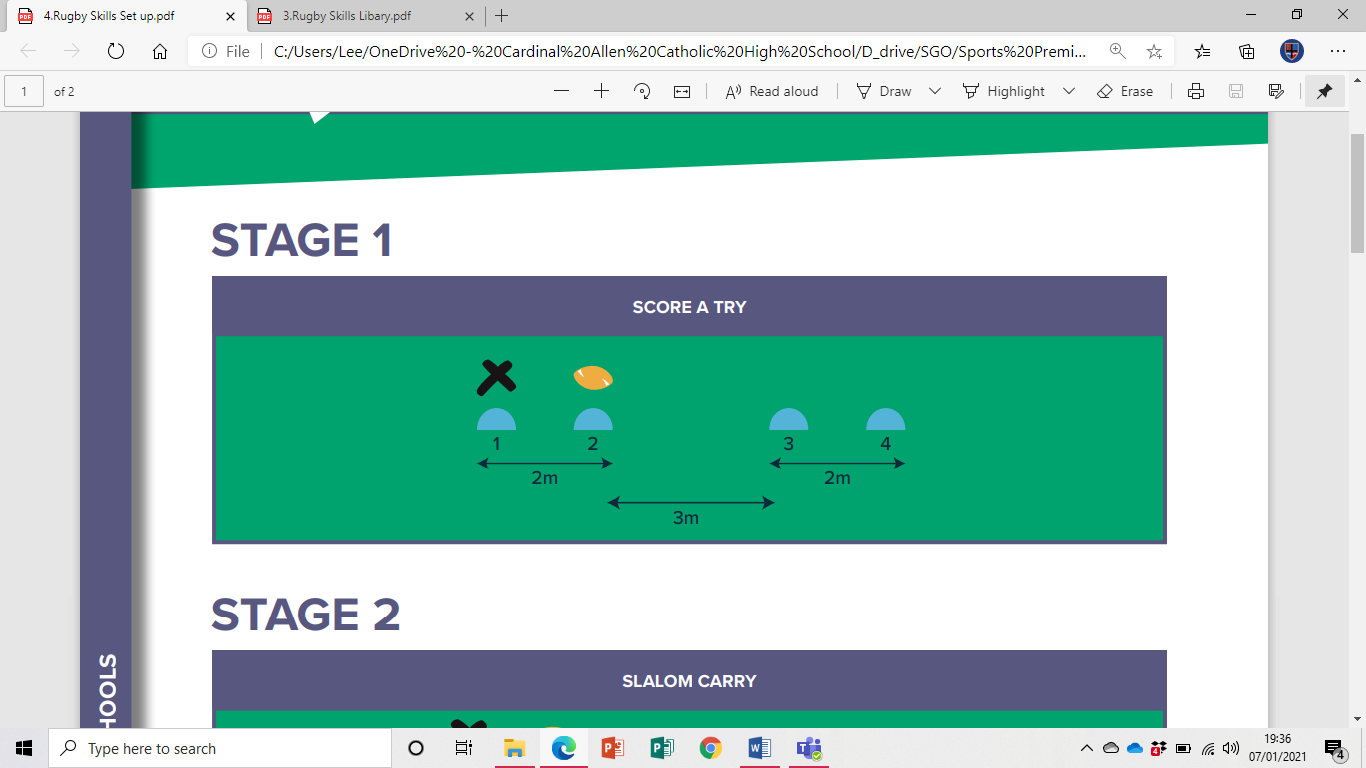
**Week 1**

**‘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**](https://youtu.be/XpAVnMBzL7o)

**How to:**

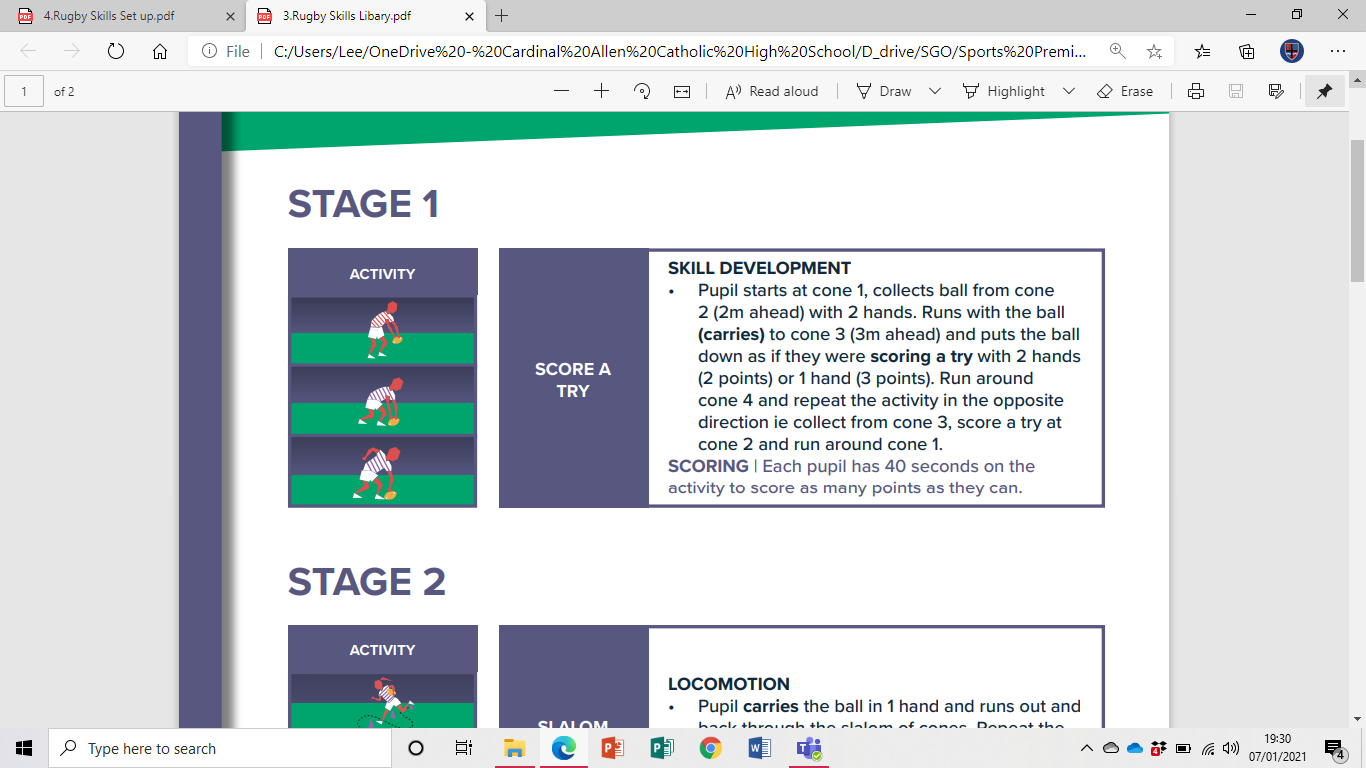
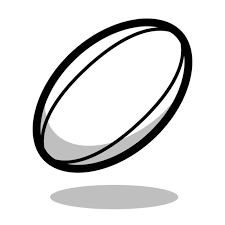


Start

1 2 3 4

1 big step 1 big step

2 big steps



**Skill Development**

* 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.

**Scoring**

* You have 40 seconds to score as many points as you can

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