



SPAR Lancashire School Games

Stay at Home Heroes - Hockey

Challenge yourself, and your friends, to see who can **'keep a ball up with a hockey stick the longest'**. The school with the most entries wins the Lancashire School Games Prizes and the individuals who can keep it up the longest and with the best trick videos will also win a prize.

How to;

Using the flat part of your hockey stick, see how many times you can hit your ball up in the air without it hitting the floor. Count the number of times you can "keep it up", stop when it hits the floor. Whatever your number is when it hits the floor is your score. Can you beat it? Can your family and friends beat it? Can you add in any tricks or innovations? If you don't have a hockey stick, try with a flat object or your hand.

To make it;

- Easier – use a bigger ball
- Harder – add in some tricks, use smaller ball, be creative
- Inclusive – try it seated

See how many times you can keep the ball up and what tricks you can come up with. Take a picture or even better a video by **1st June** and post your attempts on social media @LHschoolsport (Twitter) and/or Lancaster and Heysham school sport (Facebook) and see if your friends and fellow students can beat you and use the hash tag **#LancsGames20**

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

Send your entries to

Timothy.fletcher@bay.staracademies.org giving your name, age group and school.

GOOD LUCK



Challenge 1- Creativity. Individuals or teams.

If you and your friends would like to **Create a Hockey Dribbling course at school or home incorporating household objects** and send us your videos by **15th June** we will feature the most creative efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

Simply create a course that goes around your school/house/yard/garden, make sure that it is safe and appropriate. You can use household items to dribble around and make it as long as you want.

Before you start to dribble, select your favourite song and press play. You have until your song finishes to get from the start to the finish. If you get there early, just go around again. We are looking for innovative courses utilising what you have.

We will pick the best videos from each of; KS1, KS2, KS3, KS4 and combined age groups (these can include parents/teachers/coaches). Use the hash tags when posting on any social media; **#LancsGames20** and **#HockeyChallenge**

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

Twitter- @LancSchoolGames

Facebook- @LancSchoolGames

Instagram- @lancshireschoolgames



Fun Challenge 2- Skill. Individual or Team

Challenge yourself, and your friends, to see who can **score the most points in our Hockey shooting challenge.**

Shooting Stars

How many goals can you score from varying distances?

- You will need a hockey stick, a ball, a recycling box and 3 items for marking. Ideally if you have a tape measure, mark out 3, 6 and 9 metres from the box. If not just use big strides.
- Turn the box on its side and place at the end of your space.
- Take 3 big strides away and place the first marker or 3 metres away.
- Take another 3 big strides from there and place the 2nd marker or 6 metres away.
- Take your final 3 big strides from there and place your last marker – 9 metres away.
- You must take 2 touches to get the ball from each of the markers into the goal. A goal counts by hitting the inside/back of the box (doesn't matter if it rolls out).
- Place your ball on the first marker take a touch then shoot at the box. Retrieve your ball and dribble to the second marker and repeat.
- Do the same for the third making sure you take 2 touches for each one.
- You get 5 points for every goal you score.

You can try to beat yourself, or family members. If you are at school, you can have small teams of 4 and just add your scores together.

Then send us your scores and ideally your videos by **15th June** we will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

If we are lucky enough to be back at school before then schools are obviously welcome to do their own shooting challenge in school or do it yourself at home. Post your attempts on social media and see if your friends and fellow pupils can beat you and use the hash tag **#LancsGames20** and **#HockeyChallenge**

We will have categories from each of; KS1, KS2, KS3, KS4 and adults- including parents and teacher's groups.

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

Twitter- @LancSchoolGames

Facebook- @LancSchoolGames

Instagram- @lancshireschoolgames

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