



SPAR LANCASHIRE SCHOOL GAMES

STAY AT HOME HEROES – NETBALL

Challenge yourself, and your friends, to see who can ‘Tap the balloon and drive’. The school with the most entries win the Lancashire School Games Prizes and the individuals with the most taps and best technique will win a prize...as well as a prize for the school with the best engagement!

How to;

If you have some balloons then great, if not any ball will do. With one hand on the balloon attempt to keep it in the air whilst moving to various obstacles. Taking the balloon from the middle and taping it with control so to keep it close as the videos.

To make it;

- Easier – go closer with your obstacles or even try and use a bigger balloon.
- Harder – go further away and maybe even add more obstacles.
- Inclusive – try it seated or stood still and if you haven't a balloon to keep up then use any type of ball but allow it to bounce once before tapping.

How many taps of the balloon can you do in 60 seconds?

See how far can you get your obstacles without losing control of the balloon? Measure your distance in metres and centimetres using a tape measure. How many obstacles can you add?

Take a picture, or even better a video, by **1st June** or post your attempts on social media **@LHschoolsport @LancsSchoolGames** and see if your friends and fellow students can beat you using 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!!

Ideally post on @LHschoolsport Twitter or Facebook. Alternatively, send your videos to **Dom Holroyd at: dholroyd@activelancashire.org.uk** or a link to your chosen media eg YouTube, Facebook, etc: **Stating your lead contact name, email and phone number and any school/s involved.**

Good luck!