



SPAR Lancashire School Games

Stay at Home Heroes Challenge - Cricket

Challenge yourself, and your friends, to see who can gain the most points in our 'Cricket challenge'.

You will need: A tennis ball, 20 pairs of socks and a target to bowl at

How to;

Make a target/ set of stumps and place an object 12 paces away to mark where to bowl from. Place 20 pairs of socks 2 paces in front of the target/stumps (4 rows of 5 pairs). Player bowls the ball and tries to hit the socks and the target/stumps. If the ball hits a pair of socks they are taken away and the player scores 1 point, if the ball hits the target/stumps they also score a point. How many points can the player score in 90 seconds?

Video Demonstration

To make it;

- Easier – Move the target closer e.g. 10 paces rather than 12 or put more than 20 pairs of socks down
- Harder – Bowl from further away e.g. 14 or 16 paces away.
- Inclusive – use a larger but light ball e.g beach ball, volleyball

Have a go at our Cricket challenges by **20th June** and post your attempts on social media use the hash tags when posting on any social media; @LHschoolsport @lancSchoolGames #LancsGames20 and #CricketChallenge and state your name, district and the school you are from.

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using @LHschoolsport (Lancaster & Heysham School Sport on Facebook or Twitter).

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!!

By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.