



# Lincolnshire School Games

## Virtual Events

### Title: Secondary - *Netball Challenge*

You can submit your entries from Monday 1<sup>st</sup> June 2020 through to Friday 12<sup>th</sup> June 2020.

#### Important information

1. This challenge can be done on your own.
2. Watch the videos in the links to show you what to do for each challenge.
3. Try each challenge as many times as you want and submit your best score.
4. Video your attempts as we may need to see them if you are a finalist for your area in these challenges.

#### Equipment needed

1. Ball - Netball, Football, Basketball - Any variation that you have at home to complete this challenge.
2. 2X Cones or any other object that you can use
3. A Clock/Stopwatch
4. A camera/phone to video your attempts

#### **Inclusive! How can you get involved?**

##### **Space**

*Approx. 2m of outdoor space  
Wall*

##### **Task**

*Instead of landing try catching with your outside hand*

##### **Equipment**

*Alternative equipment can be used as "cones" and a different type of ball if you don't have a Netball.*

##### **People**

*A Challenge to be done on your own but you can also challenge your parents or siblings*

To submit your content, click on or scan the QR code below



How?

[Android](#)

[iPhone](#)

Click here to see how to share content via your [Android](#) or [iPhone](#) device

### Keeping young people active

More information on this activity: [Video clips and explanations](#)

All of the information that you need can be found here:

[Click here to view the activity videos](#)



Have you checked our safeguarding advice?

Click or scan here for more information

[#StayHomeStayActive](#)

[#LincsVirtualSchoolGames](#)



YOUTH SPORT TRUST