



Lincolnshire School Games

Virtual Events

Title: Secondary - *Netball Challenge*

You can submit your entries from Monday 1st June 2020 through to Friday 12th 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 see the activity videos](#)

Have you checked our safeguarding advice?

Click or scan here for more information

[#StayHomeStayActive](#)

[#LincsVirtualSchoolGames](#)



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