



SPAR Lancashire School Games

Stay at Home Heroes - Rugby

Challenge yourself, and your friends, to see who can **'pass the rugby ball accurately'** into a wheelie-bin from the greatest distance. The school with the most entries win the Lancashire School Games Prizes and the individuals with the longest distance and best technique will win a medal.

How to;

If you have a rugby ball great, if not any ball will do, with two hands on the ball attempt a pass into the bin. Taking the ball from your side and swing in front of your body pointing towards target, as the videos.

To make it;

- Easier – go closer and tilt the bin or target towards you
- Harder – go further away and stand side on like a proper rugby pass
- Inclusive – try it seated and increase the size of a target.

See how far from the bin you can get, measuring your distance in metres and centimetres using a tape measure. Take a picture or even better a video and submit by **Friday 1st May** by emailing l.cadwallader@cardinalallen.co.uk or post your attempts on our social media platforms :

Facebook @wyreandfyldessp

Twitter @wyreandfyldesgo use the hash tag #LancsGames20

Here you will find demonstrations of how to carry out the challenges

Make sure when submitting your entry you provide your name, age group and school.

GOOD LUCK

