



# SPAR Lancashire School Games

## Stay at Home Heroes - Hockey

Challenge yourself, and your friends, to see who can **'keep a ball up with a hockey stick the longest'**. The school with the most entries wins the Lancashire School Games Prizes and the individuals who can keep it in the air the longest.

### How to;

Using the flat part of your hockey stick, see for how long (NOT how many time but for how long) you can hit your ball up in the air without it hitting the floor. Start the clock when you start and stop the clock when the ball hits the floor. Your time is your score. Can you beat it? Can your family and friends beat it? Can you add in any tricks or innovations? If you don't have a hockey stick, try with a flat object or your hand.

To make it;

- Easier – use a bigger/bouncier ball
- Harder – add in some tricks, use smaller ball, be creative
- Inclusive – try it seated using a balloon rather than a ball

Take a picture or even better a video by **8<sup>th</sup> May** and post your attempts on social media @wyreandfyldesgo (Twitter) and/or wyreandfyldessp (Facebook) and see if your friends and fellow students can beat you and use the hash tag **#LancsGames20**

We will feature some of the efforts on social media in our Spar Lancashire School Games celebration day materials on 30<sup>th</sup> June!!

Send your entries to [l.cadwallader@cardinalallen.co.uk](mailto:l.cadwallader@cardinalallen.co.uk) giving your name, age group and school.

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

