

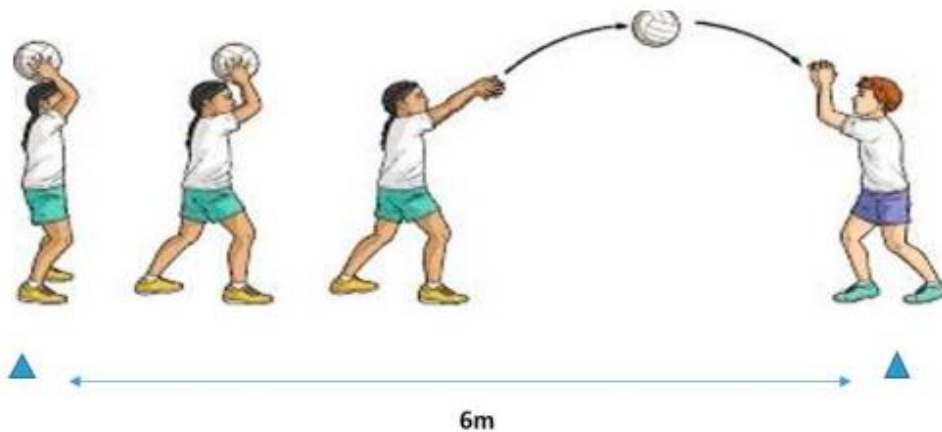
'Long Pass' Heroes Challenge

Equipment needed; 1 ball (Use rolled up socks if no ball), 2 cones (use soft toys, tins if no cones), a stopwatch, clock, or phone to use as a timer. 2 players (throw to a wall if you no partner)

Scoring; You can keep your score over the next 5 weeks, as we'll be releasing 5 Netball based challenges for you to try. You can submit your scores to your teacher if you like (see next page). If not, no worries, just have fun taking part.

[In School Video Demonstration](#)

[At adapted Home Version Video Demonstration](#)




How to; What to do:

- Mark 2 cones (or alternatives) 6m apart
- Players pass the ball overhead between each other
- Count the number of passes in 30 secs
- Both players are credited with the total number of passes

→ ↻ 🔒 <https://www.youtube.com/watch?v=acf79uv5yVs&feature=youtu.be>

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The video player displays a title card with the text "SPAR Lancashire School Games Heroes Netball Long Pass Challenge" in green, enclosed in a blue L-shaped frame. The video progress bar shows 0:04 / 1:01. The player controls include play, pause, volume, settings, and full screen buttons.

SPAR Lancashire School Games 2021 Netball 'Long Pass' challenge (Week 4, 2nd February)

<https://www.youtube.com/watch?v=acf79uv5yVs&feature=youtu.be>