

# NETBALL



## Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



**Honesty** with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to:

[www.yourschoolgames.com/sgo/mk-north/](http://www.yourschoolgames.com/sgo/mk-north/)

## Challenge 1 – Footwork – fast feet

### Equipment –

- 4 Cones or markers.
- a tape measure/ruler to measure the distance between the cones.
- Stopwatch or timer.

Video support - <https://www.youtube.com/watch?v=rN5xOAQYeLQ>



- In a space outdoors, mark out a 1m x 1m square.
- Standing outside the square at the bottom right marker. Run forward along the outside to touch the top marker. Run backwards to the original marker and sidestep towards the left. At the next marker run around it and then forwards to touch the top left marker, then run backwards straight to the same bottom marker. Then sidestep back to the right. Around that marker again to repeat.
- Count one every time you touch a top marker.

### Recording your score -

You have 60 seconds to make as many successful touches as possible. Set up a timer for 60 seconds or ask someone to time you.

# Challenge 2 – Ball catch between legs

## Equipment –

- A netball/football/basketball – size 5
- A stopwatch/timer.

## Video support - <https://www.youtube.com/watch?v=b6tOIEluxD0>

- Stand with legs wider than shoulder width in a crouched position.
- Hold the ball between your legs with one hand and arm across the front of one leg and the other behind the other leg.
- Switch arms and hands to catch the ball again in between your legs without dropping it or letting it bounce first.
- Count one every time the ball is successfully caught.



## Recording your score –

You have 60 seconds to make as many successful consecutive catches as possible. Set up a timer, or ask someone to time you. During the 60 seconds, count how many times you successfully catch the ball without dropping it. If the ball is dropped, you must start counting from the beginning again. After 60 seconds record the number of your best consecutive run of catches.

**SUBMIT YOUR  
SCORE**

Take your final scores from both challenges, and add them together to get your result.

**Footwork + Catches between legs = TOTAL SCORE**

Submit your **TOTAL SCORE** [via the link – <>](#)

Make sure you join us again next week for the next **Virtual School Games** competition...



**Submit your scores by  
1pm on Friday 3 July**

**Participants** – All participants will receive an e-certificate via e-mail on completion of each challenge.

**Individuals** – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive **a £5.00 E-VOUCHER.**

**Schools** – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will receive **£75.00 PE equipment voucher.**

**#STAYINWORKOUT  
#STAYHOMESTAYACTIVE  
FOLLOW. RETWEET. GET INVOLVED.**