



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 up the longest and with the best trick videos will also win a prize.

How to;

Using the flat part of your hockey stick, see how many times you can hit your ball up in the air without it hitting the floor. Count the number of times you can "keep it up", stop when it hits the floor. Whatever your number is when it hits the floor 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 ball
- Harder – add in some tricks, use smaller ball, be creative
- Inclusive – try it seated

See how many times you can keep the ball up and what tricks you can come up with. Take a picture or even better a video to by **Friday 12 June** and e-mail them to me on dave.rohman@blackpool.gov.uk

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

Send your entries to

dave.rohman@blackpool.gov.uk giving your name, age group and school.

GOOD LUCK

