

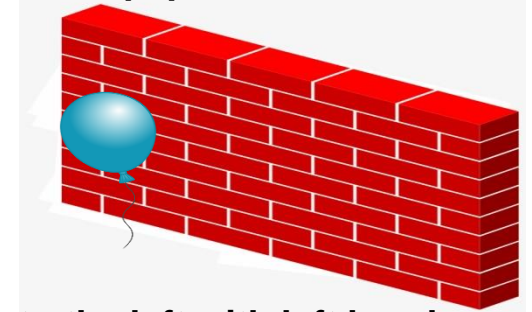
Cambridgeshire and Peterborough Virtual School Games Netball Challenges



Day 1 – Wall Workout

Find a balloon in the back of a drawer and blow it up. Alternatively, you could use a soft ball if you are inside, or a football-type ball if you are outside. You will also need access to a wall that's fairly clear of obstacles!

- ❖ Throw or hit the ball so it makes contact with the wall.
- ❖ How many times can you hit the wall without your ball or balloon falling to the ground?
- ❖ You could place targets on the wall to aim for. You could use chalk or draw some on paper and stick them to your wall with blutac or sellotape.
- ❖ Your targets could have points on so aim for a total.
- ❖ Try throwing and catching the ball or balloon close to the wall. Five catches with your arms above your head, five to the right side with right hand then five to the left with left hand



Make sure it's a safe area by checking for hazards before you complete your activity. Make it a challenge by timing how many you can do in a given time.

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Day 2 – Super Stepper

Speedy accurate footwork is such an important skill in netball. Here you will need something to act as markers such as cones or other objects and a netball sized ball if you have one. If not, any ball will do!

- ❖ Create a pathway using your cones or markers.
- ❖ This could be a zig-zag, circle, wave, or a random pathway of your choice.
- ❖ Move between the markers on your pathway.
- ❖ You could travel forwards, sideways, backwards as quickly as possible
- ❖ At certain markers, practise your footwork, for example, 2 feet to 1 foot, 2 feet to 2 feet, 1 foot to 1 foot
- ❖ Try out as many combinations as you can
- ❖ At the end of the pathway, ask someone to be the feeder and throw you the ball
- ❖ They could give you an instruction of the footwork they'd like you to do to receive the ball



Make sure it's a safe course by checking for hazards before you complete it. Make it a challenge by timing it.

Cambridgeshire and Peterborough Virtual School Games

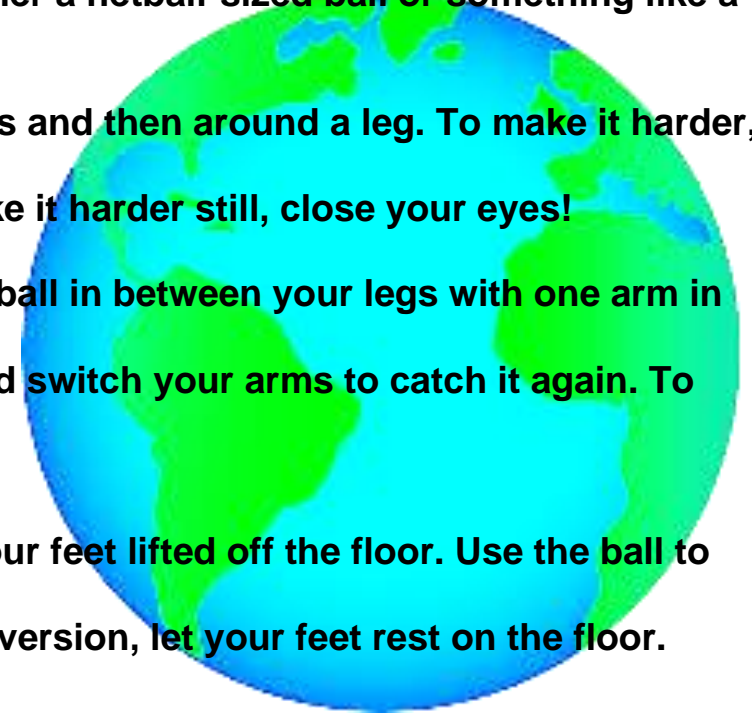
Netball Challenges



Day 3 – Round the World

You can do these series of challenges inside or outside and will need either a netball-sized ball or something like a soft toy. These are from @EnglandNetball

- ❖ **Challenge One:** with ball or object in hands, take it around your hips and then around a leg. To make it harder, stand on one leg and send the ball around the leg in the air. To make it harder still, close your eyes!
- ❖ **Challenge Two:** stand with your legs in a wide stance and hold the ball in between your legs with one arm in front of you and one arm behind. Let go of the ball, let it bounce and switch your arms to catch it again. To make it harder, can you do it without the ball bouncing?
- ❖ **Challenge Three:** sit on the floor with your legs slightly bent and your feet lifted off the floor. Use the ball to weave under your legs alternating as you go. If you need an easier version, let your feet rest on the floor.



Try 10 attempts to start with and build up. You could do sets or as many as you can!

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Day 4 – Wall Sit Skills

Work on your leg strength as well as your hand-eye coordination with this challenge! You will need a netball-sized ball or an object like a soft toy and a solid wall to lean against.

- ❖ Get your ball or object ready by the wall.
- ❖ Sit against the wall, making sure your back is flat against the wall, you are creating 90° angles around your hip and knee joints and your feet are flat on the ground
- ❖ Hold the ball or object in front of you with both hands
- ❖ Challenge yourself to using the ball in different ways
- ❖ Can you pass the ball from side to side?
- ❖ Could someone throw the ball to you to catch and return?



Set yourself a target time. Can you hold the wall sit for a minute or even longer?

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Day 5 – Netball Hoop Challenge

A target based challenge, creating a hoop with your arms to score as many points as you can! You will need a ball, preferably one that is netball sized and will bounce. You could also try using a different sized ball like a tennis ball or another object like a soft toy although it won't bounce!

- ❖ In this activity, you will need to create a large hoop by joining your hands together and holding your arms in a curved shape in front of you.
- ❖ First, bounce the ball in front of you and quickly form your 'hoop'
- ❖ Attempt to get the ball to travel through your 'hoop' as it goes down to the ground.
- ❖ See if you can score as many 'hoops' as you can while the ball keeps bouncing.
- ❖ You could invent a scoring system for the number of hoops scored.
- ❖ If you are playing with an object that doesn't bounce, throw it in the air and see if you can get it through your 'hoop'. How high can you throw it and still score?



Challenge someone else in your household to beat your score!

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Extra Challenge – Bee Netball Values

Our friends at England Netball have set up a fantastic initiative to get children involved in their sport – Bee Netball. As part of this, they have set up their philosophy and key beliefs, which are:

- ❖ Bee Fair
- ❖ Bee Strong
- ❖ Bee Proud
- ❖ Bee Together
- ❖ Bee Yourself
- ❖ Bee Friendly



Come up with your own mascots for each of these beliefs and draw them

Write a description for each of your mascot characters and say why you have chosen the ideas you have