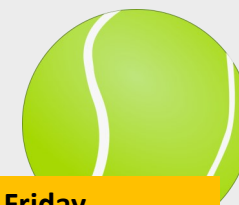


# Cambridgeshire and Peterborough Virtual School Games

## Week 1—Netball



### Monday

#### 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.

1. Get your ball or object ready by the wall.
2. 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
3. Hold the ball or object in front of you with both hands

### Tuesday

#### 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!

1. Create a pathway using your cones or markers.
2. This could be a zig-zag, circle, wave, or a random pathway of your choice.
3. Move between the markers on your pathway.

### Wednesday

#### 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!

1. Throw or hit the ball so it makes contact with the wall.
2. How many times can you hit the wall without your ball or balloon falling to the ground?

### Thursday

#### 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 challenges are from England Netball. Can you complete all three challenges?

### Friday

#### 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!

Challenge

Each day the new challenge will be sent out by the School Games Organisers and pupils are encouraged to submit photos and videos of themselves and their families completing the challenges.

Once you have recorded your entry, submit the video via any of our social media platforms, you'll also need to include your school name.

...or alternatively you can email your entry via email to [schoolgames@livingsport.co.uk](mailto:schoolgames@livingsport.co.uk)

**#StayInWorkOut**

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