

ROUND 3

This netball challenge starts on the 1st June and schools have up until 11th June to submit results for netball challenges. Here are the activities to complete:

Primary Years 3 & 4 - Throw and Catch

Stand 2m away from the wall with any ball. Throw the ball against the wall and catch as it bounces off the wall. The score is how many throw and catches in 60 seconds.

Primary Years 5 & 6 - Throw, clap, catch

Stand 2m away from the wall with any ball. Throw the ball against the wall, clap and catch as it bounces off the wall. The score is how many throw and catches in 60 seconds.

High School - Throw, Spin and Catch

Stand 2m away from the wall with any ball. Throw the ball against the wall, spin around and catch as it bounces off the wall. The score is how many throw and catches in 30 seconds. [Each catch scores 2 points for this event.]

Inclusive - Throw and Catch

Seated or standing, throw the a balloon up in the air and catch it. The score is how many throw and catches in 60 seconds.

Send in your result to your teacher.

Please check out our facebook or twitter pages for instructional videos We would love to see videos of both children and adults taking part in the challenges.

Tag @stride_active on twitter and @strideactive1 on facebook so we can see!