



VIRTUAL
GAMES

WEEK 3 HANDBALL CHALLENGE

This challenge has been set by **Bower Park Academy in Havering**
Watch the challenge video on the LYG website from 9am on Monday 19th October [here](#)

Challenge Description:

How long does it take you to hit 4 targets with a ball?



Scoring:

Record how long it takes to complete the task and submit your time to us!

Adapt for Space and Equipment:

You can use any type of ball and the targets can be made from any equipment you have (hoops, cones, wall markings, boxes) be as creative as you like! This challenge can be done indoors or outdoors.

Adapt for Ability and Inclusivity:

To make this challenge slightly easier, make your targets bigger or move closer to your targets when throwing. To make it slightly harder, try moving further away or receiving the ball whilst on the move. This challenge can be done running, standing still, or sitting down.

Coaching Tips:

Concentrate on the target you are aiming to hit and take your time to ensure your throw is accurate. It is good to build momentum between your throws, but to remain patient and focused throughout.

Benefits From Challenge:

This challenge will help improve agility, accuracy, and hand-eye co-ordination.

Remember to submit your scores before Friday 23rd October at 12.00pm via the London Youth Games website or by emailing your group scoresheet to info@londonyouthgames.org. Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG