

SPORTSHALL ATHLETICS PENTATHLON CHALLENGE

PUPIL GUIDANCE SHEET

You need to complete all 5 events and record your best score for each – distance/time/score. Have as many practice attempts as you need.

Event 1: 20 x 5m shuttle run

Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane.

Run the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time. Record in seconds

PLEASE USE A FLAT / DRY SURFACE

Event 2: Standing long jump

Start from a standing position on 2 feet in line with "0" on a tape measure and jump as far as possible landing on two feet. Try to land balanced – if you fall or step backwards do not record the score and have another go. If you fall forwards you can record where you landed first. Make sure you measure to the BACK of your heel. Record in metres and centimetres

PLEASE USE A FLAT / DRY SURFACE

Event 3: vertical jump

Stand with your back and heels touching a wall. Stretch both arms upwards but keep feet flat on the ground. Both arms should be stretched upwards and legs straight. You can use the printed scale stuck to the wall or make a mark (not with pen in your lounge!!! Chalk on an outside wall is ideal)

Turn side on, move 20cm away from the wall, jump and touch the scale as high as you can or make another mark where you jump to. You need to record the difference in centimetres between how far you can stretch up to how high you can jump. Record in centimetres

Event 4: speed bounce

You need to jump from 2 feet to 2 feet across a wedge – use any soft item such as rolled up towels as a wedge- as many times as possible within 20 seconds. Both feet should leave the ground and land at the same time

Record total number of times you cross the wedge

Event 5: Target Throw

Stand behind a line and throw three items into a target placed at 3m. Move the target to 5m away and the throw the 3 items again

Score 4 points if the item lands in the target and 2 points if the item bounces out of the target or if the item touches the floor before the target

You can use soft balls, rolled up socks or small soft toys to throw and a washing basket, paper bin, cardboard box or dog basket as example target items.

Record total number of points after all 6 throws