British Paralympic Association

Department for Culture Media & Sport

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SPORT ENGLAND

Youth Sport Trust

# MERSEYSIDE VIRTUAL GAMES

SCHOOL GAMES

## PRIMARY PENTATHLON CHALLENGE

CUIQUE OPTIMUM

HALTON BOROUGH COUNCIL

KSSP Knowsley Schools Sports Partnership

LSSP

South Sefton School Sport Partnership

ST HELENS ASSOCIATION FOR PHYSICAL EDUCATION & SPORT S·H·A·P·E·S

EX TERRA LUCEM

ST HELENS BOROUGH COUNCIL
*Sports Development*

WIRRAL SCHOOL GAMES

# RULES

## PENTATHLON CHALLENGE 1

## SPEED BOUNCE - How many bounces can you perform in 20 seconds?

### EQUIPMENT

- Speed Bounce Mat (or home-made 20cms high soft wedge)
- Stopwatch (or mobile phone timer)
- Whistle (or clap your hands)

### RULES

- Stand on the mat with both feet together to one side of the wedge.
- On the whistle (or clap), complete as many bounces as possible in 20 seconds.
- Both feet must touch the same side of the mat together for a bounce to count.
- A bounce is considered void if the wedge is jumped on.
- The test finishes on the whistle (or clap).
- Record your score.

### TIPS

- Count in increments of two ie. 2, 4, 6, 8 etc.

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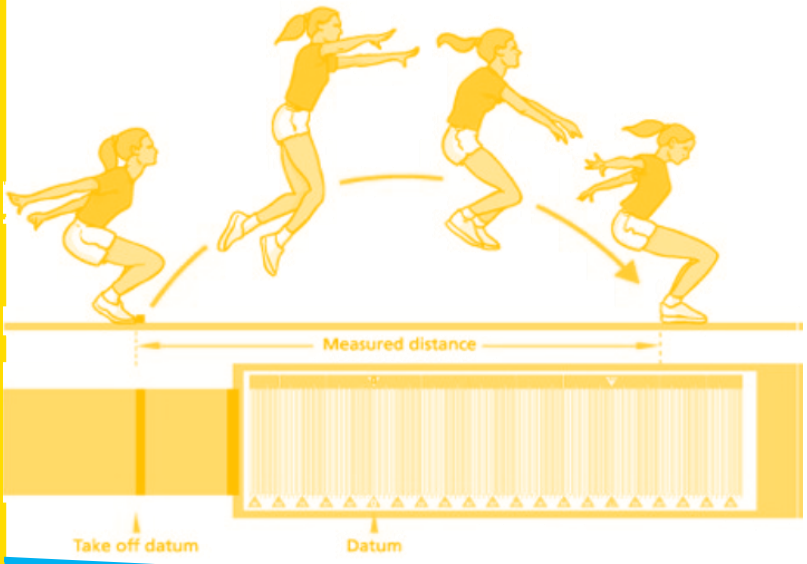
# RULES

## PENTATHLON CHALLENGE 2




## STANDING LONG JUMP – How far can you jump?

### EQUIPMENT

- Metromat of Standing Long Jump (or measuring tape and suitable surface to jump on)

### RULES

- A two-footed take-off from a standing position with both feet behind the take-off line.
- Measurement is taken from the take-off line to the back of the closest heel on landing.
- The participant may step forward after the jump however, any step back or touching of the mat behind the feet is a no jump.
- Have three attempts and record the best score.

### TIPS

- Participants should bend at the knees and swing arms for lift.

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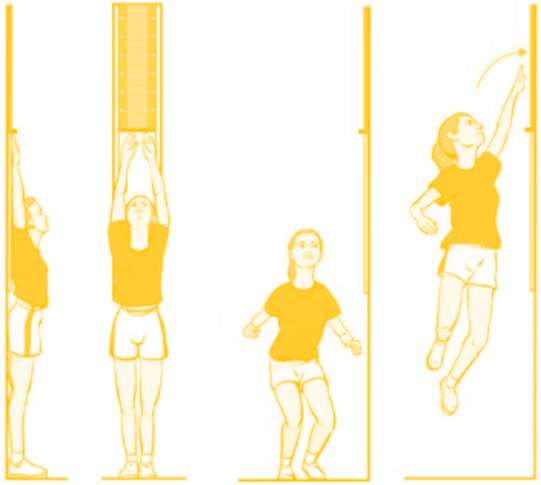
## PENTATHLON CHALLENGE 3



## VERTICAL HIGH JUMP – How high can you jump?

### EQUIPMENT

- Vertical Jump Tip-2-Tip (or home-made measuring scale)

### RULES

- Standing with your back, head and heels touching the wall, push the slider up as far as you can with both hands. If using a home-made scale, get someone to make a mark at the top of your finger-tips when fully stretched.
- Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point you can. If using a home-made scale, take the number reached away from the mark where you started and calculate the difference to get the height jumped.
- Have three attempts and record the best score.

### TIPS

- Bend both knees and swing the arms for lift to take-off.

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# RULES

## PENTATHLON CHALLENGE 4

**CHEST PUSH – How far can you throw?**

### EQUIPMENT

- Measuring tape
- A size 4 netball or equivalent

### RULES

- Hold the ball against the chest and push with both hands.
- Stand behind the throwing line, both feet must remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- Record where the ball lands.
- Have three attempts and record the best score.

### TIPS

- Lean back then forward and fully extend your arms to push as far as you can

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## PENTATHLON CHALLENGE 5

### 10 X 10 METRE SHUTTLE RUN – How fast can you run?

### EQUIPMENT

- Tape measure and cones / markers
- Stop watch (or mobile phone timer)
- Whistle (or clap your hands)

### RULES

- Set up a distance of 10m marked at either end using cones or an alternative mark (pegs, tape, tins) to create the running lane.
- On the whistle (or clap), each participant runs the 10m distance a total of 10 times to complete 100m.
- A handheld stopwatch or smart phone stopwatch can be used to record the time.

### TIPS

- Please use a flat / dry surface

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# RULES

**Merseyside Pentathlon Challenge Individual Results**

**Name:** _____ **Year:** _____

| | 1st Attempt | 2nd Attempt | 3rd Attempt | Best Attempt |
|---|---|---|---|---|
| **20 second speed bounce** | | | | |
| **Long Jump** | | | | |
| **Vertical Jump** | | | | |
| **Target Throw** | | | | |
| **Shuttle Run** | | | | |

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# RULES

**Pentathlon Challenge School Results**

**Name of School:** _____ **PE Co-ordinator:** _____

Please list the number of children that took part in each year group, then please ONLY list the name and the score of the highest scoring boy and girl in each year group.

| Best Scores | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Number of participants** | **Speed bounce** | | **Long Jump** | | **Vertical Jump** | | **Target Throw** | | **Shuttle Run** | |
| | | Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys |
| **Reception** | | | | | | | | | | | |
| **Year 1** | | | | | | | | | | | |
| **Year 2** | | | | | | | | | | | |
| **Year 3** | | | | | | | | | | | |
| **Year 4** | | | | | | | | | | | |
| **Year 5** | | | | | | | | | | | |
| **Year 6** | | | | | | | | | | | |

Medals will be awarded for the top score in each event for each year group across the borough.

The winning child in each event will represent their borough at the Merseyside Virtual Pentathlon Challenge where video evidence will be required.

Please send results to your School Games Organiser by 27th November 2020.

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