

VIRTUAL PENTATHLON

This virtual pentathlon is made up of 5 different events:

- Shuttle Runs
- Standing Long Jump
 - Vertical Jump
- Speed Bounce
- Target Throw

Record your score for each event on the results table.



This challenge is linked to the School Games value of Self Belief

How can you demonstrate Self Belief throughout this challenge?

Be realistic in what you think you can achieve. Set yourself a target to reach for each event. Give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to a member of your household the events
- Teach another member of your household how to take part in each activity and challenge them to a mini competition

HERTFORDSHIRE



VIRTUAL PENTATHLON

ACTIVITY 1: 20 X 5M SHUTTLE RUNS

- Run 20 shuttles between points 5m apart as quickly as possible
- Each way is one shuttle



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Tape measure
- Cones
- Stopwatch

BUT WHAT ELSE CAN I USE?

- 30cm Ruler – 17 x to make 5m
- Jumpers
- Watch or phone timer

HERTFORDSHIRE



MAKE IT EASIER

- Move the cones closer together
- Do 10 shuttle runs

MORE OF A CHALLENGE

- Move the cones further apart
- Do 30 shuttle runs

MAKE IT INCLUSIVE

- Wheel between the 2 points using your wheelchair
- Use your support or someone to help you walk the distance

SCORING

- Record your time to 2 decimal place in the table (e.g 31.57 seconds)

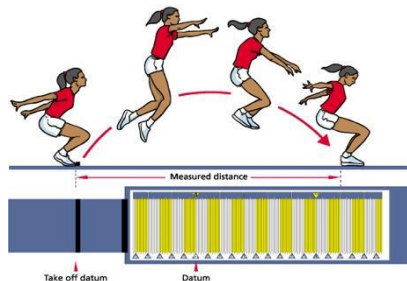
VIDEO

- Link to video can be found [here](#)

VIRTUAL PENTATHLON

ACTIVITY 2: STANDING LONG JUMP

- Start from standing on two feet in line with the 0 on the measuring tape
- Jump as far as possible and land on two feet
- If you fall or step back you should not record the jump – have another go!



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Tape measure

BUT WHAT ELSE CAN I USE?

- 30cm Ruler – mark out distance
- Remember 100cm = 1m

HERTFORDSHIRE



MAKE IT EASIER

- Take off from one foot and land on two

MORE OF A CHALLENGE

- Add something to jump over to increase the height of your jump

MAKE IT INCLUSIVE

- If you can't jump you have 2 options:
- As far as you can step in 1 go
- As far as you can go with 1 push in a wheelchair or 3 seconds in an electric wheelchair

SCORING

- Record your jump in meters to 2 decimal places to the back of your foot (e.g. 1.74m)

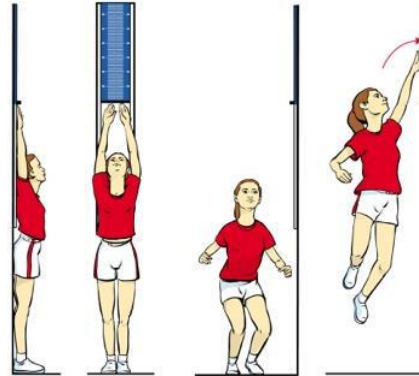
VIDEO

- Link to video can be found [here](#)

VIRTUAL PENTATHLON

ACTIVITY E: VERTICAL JUMP

- Mark height by standing with back and heels against the wall, both arms stretched up and legs straight – stick scale onto wall at this point
- Turn side on and move 20cm away from the wall
- Jump and stick a piece of tape on the scale at the highest point you can manage
- Record the number reached



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Printed Scale
- Tape/post it note

BUT WHAT ELSE CAN I USE?

- Tape measure or 30cm Ruler
- Blue tack or marker pen

MAKE IT EASIER

- Take a step in before jumping

MORE OF A CHALLENGE

- Complete three jumps in a row without stopping and see if you can hit the same point each time

MAKE IT INCLUSIVE

- Wheelchair users measure their stretch from their head to the tip of their fingers
- Measure from the bottom of the jump – lift feet as high as possible

SCORING

- Record the height of your jump to the nearest cm (e.g 36cm)

VIDEO

- Link to video can be found [here](#)

HERTFORDSHIRE



YOUTH
SPORT
TRUST

VIRTUAL PENTATHLON

ACTIVITY 4 : SPEED BOUNCE

- Jump over the wedge as many times as possible in 20 seconds
- Speed bounce must be a 2 footed jump – both feet leave the ground simultaneously and land simultaneously



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Wedge
- Stopwatch

BUT WHAT ELSE CAN I USE?

- Rolled up towel or kitchen roll
- Watch or phone timer

MAKE IT EASIER

- Remove the wedge and step or jump over the flat line on the floor

MORE OF A CHALLENGE

- Increase the size of wedge

MAKE IT INCLUSIVE

- Wheel backward and forward over a line – wheels must clear it!
- Hold on to the back of a chair for stability

SCORING

- Record the number of bounces you complete (e.g 34)

VIDEO

- Link to video can be found [here](#)

HERTFORDSHIRE

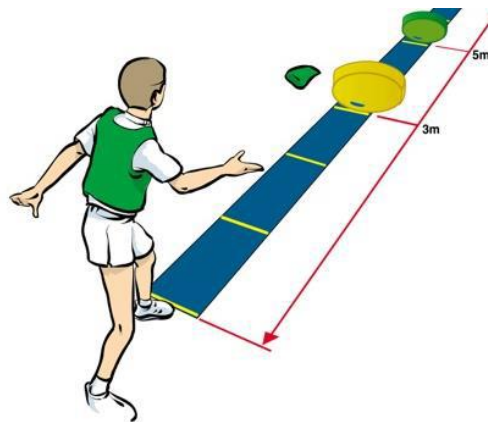


YOUTH
SPORT
TRUST

VIRTUAL PENTATHLON

ACTIVITY 5: TARGET THROW

- Stand behind a line and throw 3 items into a target 3m away.
- Move the target to 5m and repeat the process
- 4 points if your item lands in the target
- 2 points if your item bounces out of the target or hits the floor before landing in the target



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Tape measure
- Target
- Bean Bags

BUT WHAT ELSE CAN I USE?

- 30cm Ruler (100cm = 1m)
- Washing Basket, Dogs Bed or bin
- Ball of socks

HERTFORDSHIRE



MAKE IT EASIER

- Use a high sided target e.g washing basket or larger target

MORE OF A CHALLENGE

- Change the target to a flat object on the ground such as a hoola hoop
- Use a smaller diameter target

MAKE IT INCLUSIVE

- Adapt the target distance or size
- Roll the objects rather than throw

SCORING

- 4 points for a direct hit
- 2 points for a bounce in or out
- Record your score out of a maximum of 24

VIDEO

- Link to video can be found [here](#)

VIRTUAL PENTATHLON RESULTS

SCHOOL NAME:

CHILDS FIRST NAME:

YEAR GROUP:

EVENT	RESULT
1. SHUTTLE RUNS	
2. STANDING LONG JUMP	
3. VERTICAL JUMP	
4. SPEED BOUNCE	
5. TARGET THROW	

HERTFORDSHIRE



**YOUTH
SPORT
TRUST**