

HOME PENTATHLON



ACTIVITY 1 – 20x5m Shuttle Runs



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.

Each participant runs 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

PLEASE USE A FLAT / DRY SURFACE

ACTIVITY 3 – Speed Bounce



The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.

ACTIVITY 5 – Target Throw



The participant stands behind a line and throws three items into the target placed at 3m. The target is then moved to 5m and the process is repeated. 4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target. **Tennis balls, rolled up socks or small soft toys can be used.**

A washing basket, paper bin, cardboard box or dog basket are example target items.

ACTIVITY 2 – Standing Long Jump



The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet. The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back, the jump should not be recorded – have another go!

PLEASE USE A FLAT / DRY SURFACE

ACTIVITY 4 – Vertical Jump



The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. Mark on the wall where the top of the fingers reaches when fully stretched. Turn side of, move 20cm away from the wall and touch the wall at the highest point. Mark where the fingers touch and measure the difference between the fingertips when stretched up and the jump height achieved.

Don't forget to tweet your efforts and include us in your tweet @StHelensSG



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