



# Pentathlon Challenge

## VIRTUAL

### School Games 2020

#### 22<sup>ND</sup> - 26<sup>TH</sup> JUNE

#### #NSSWtogether



Due to the current COVID-19 situation, many school competitions, events and sports days have been cancelled. During National School Sport week from 22<sup>nd</sup> June – 26<sup>th</sup> June 2020, we are challenging pupils across Leighton Linslade School Sports Area to compete in our Pentathlon Skill Challenges against pupils from other schools whether they are attending school, or being home schooled!

### COMPETITION RULES:

Pupils will compete for their school on an individual basis and scores will be compared by year groupings and gender. To determine the Partnership Champions The Leighton Linslade School Games Area Champion's scores will then be compared against other SGO area champions to determine the Beds and Luton County Champion.

Year Groupings are Yr. 3/4, Yr. 5/6 and Yr. 7/8.

We also have a 2 SPECIAL Groupings: School Staff and Adult Parent/Family All competing must attend, work or have a family relative that goes to a school within the Leighton Linslade SGO area (Leighton Buzzard, Linslade, Woburn Sands and surrounding Villages).



### COMPETITION FORMAT:

Follow the activity cards below, each day will focus on a different Pentathlon challenge to complete.

Complete the skill challenges and record your scores. Submit your scores from 9am on Monday 22<sup>nd</sup> June until 4pm on Friday 25<sup>th</sup> June 2020 to be in with a chance of featuring on the leaderboard.

Please see the last page for details on how to submit scores.

*\*Results will be announced throughout Monday 28th June for all Year Groups*

*\* Leighton Linslade School Games Area Winner only*



*Tweet us your photos and videos to show us what you have achieved*

**@LLSSP**

**#StayHomeStayActive #NSSWtogether**



# National School Sports Week

## Monday

### Foot Tap

#### SET UP:

**SCHOOL:** Stand with a ball near your feet. Tap the top of the ball with each foot alternately whilst circling around it

**HOME:** Improvise if no ball with any item that is safe to foot tap around

#### RULES:

The aim of this challenge is to see how many foot taps you can do in your allotted time below

Count your score.

Each participant gets 1 attempt.

Year 7/8 - 30 seconds

Year 5/6 - 25 seconds

Year 3/4 - 20 seconds

## Tuesday

### Target Throw

#### SET UP:

**SCHOOL:** Place a bucket/empty bin or something similar on the floor and stand 5 steps away. Make sure you mark out your start line with a cone or throw down marker.

**HOME:** If you do not have a bucket, improvise and use something else from around your house such as a small bin or saucepan etc. and mark out your start line.

#### RULES:

Throw a tennis ball (or similar e.g. pair of rolled up socks) into the bucket/target. After every attempted throw, run and retrieve your ball, return to the 5 steps distance start line and throw again. Count your score.

#### SCORING:

Each participant gets 10 attempts, with their score out of 10 recorded.

## Wednesday

### Wall Catch

#### SET UP:

**SCHOOL:** Stand a short distance from a wall. Throw the ball against the wall and catch it again repeat for your allotted time below

**HOME:** If you have no wall through ball or a rolled up sock back and forth to a member of your family.

#### RULES:

The aim of the challenge to see how many successful catches you can do in your allotted time below

Each participant gets 1 attempt.

Year 7/8 - 30 seconds

Year 5/6 - 25 seconds

Year 3/4 - 20 seconds

# Thursday

## Mountain Climb

### SET UP:

**SCHOOL:** No Equipment Needed

**HOME:** No Equipment Needed

### RULES:

Start in the front support position (Press-up position/plank) Bring 1 knee to your chest and return it to the starting position; then bring your other knee up to your chest and return. Repeat as many times as you can in your allocated time below

Each participant gets 1 attempt.

Year 7/8 - 30 seconds

Year 5/6 - 25 seconds

Year 3/4 - 20 seconds

# Friday

## Round the World

### SET UP:

**SCHOOL:** Get yourself a football

**HOME:** No ball, us a rolled up piece of clothing or trainer

### RULES:

Pass the ball / item from hand to hand around your waist as quickly as you can. Repeat as many times as you can in your allocated time below

Each participant gets 1 attempt.

Year 7/8 - 30 seconds

Year 5/6 - 25 seconds

Year 3/4 - 20 seconds

# Scoring & Results

Pupils will compete for their school on an individual basis and scores will be compared by the year groupings and gender

Year 3 / 4    Year 5 / 6    Year 7/8

Don't for the **SPECIAL Groupings** : School Staff and Parents/Family members.

Scores are to be emailed to Stewart Seymour via [schoolgames@vandyke.cbeds.co.uk](mailto:schoolgames@vandyke.cbeds.co.uk)

Please ensure you give the following information

**Challenge :** (Activity)

**Name :** (Person participating)

**School:** (Person attends or is representing)

**Grouping :** (School Year Group or STAFF or Parents)

**Score :** (What you achieved on your 1<sup>st</sup> Attempt)

**Any PARTS of Above missing will invalidate the score and will not be included in the competition**

Scores can be submitted from 9am on Monday 22<sup>nd</sup> June until 4pm on Friday 25<sup>th</sup> June.

Please ensure that all children taking part are dressed appropriately and doing activities in a safe space.

Children should be supervised at all times when doing the activity.

Please tweet or email us any pictures of participants doing the challenges

Twitter: @LLSSP

Email: [schoolgames@vandyke.cbeds.co.uk](mailto:schoolgames@vandyke.cbeds.co.uk)