



**The School Games Pentathlon is the ideal Personal Best Challenge and a national virtual competition aimed to connect young people across the Country in a common goal and it has now been expanded to include Key Stage 1.**

The School Games Pentathlon is designed to:

- Support the teaching of key athletic skills
- Encourage reward and celebrate success and individual progress
- Engage whole classes, year groups and schools
- Monitor and encourage improvement in fitness levels
- Enable intra-school, inter-school and virtual competition

### **COVID-19 and Safety Guidance**

The School Games Pentathlon should be completed in accordance with your schools COVID-19 PE policy. This guidance has been developed in consultation with a panel of teachers and deliverers and schools may interpret the Government guidance [HERE](#) slightly differently the School Games Pentathlon should be accessible to all. Throughout the guidance we have recommended a series of solutions to mitigate the risks involved but it is always the deliverers responsibility to assess the risk of the facility in relation to both the activities and COVID-19.

Some key tenets to apply throughout:

In relation to COVID-19:

- Clean all common touchpoint surfaces frequently and meticulously (if possible before each use).
- Avoid unnecessary object sharing where possible (certainly a thorough cleaning after each bubble is required).
- As an alternative to thorough and meticulous cleaning, equipment can be left unused for a period of 48 hours (72 hours for plastics) before a different bubble uses it.
- Avoid waiting students/officials facing those completing high exertion activities (such as Speed Bounce).

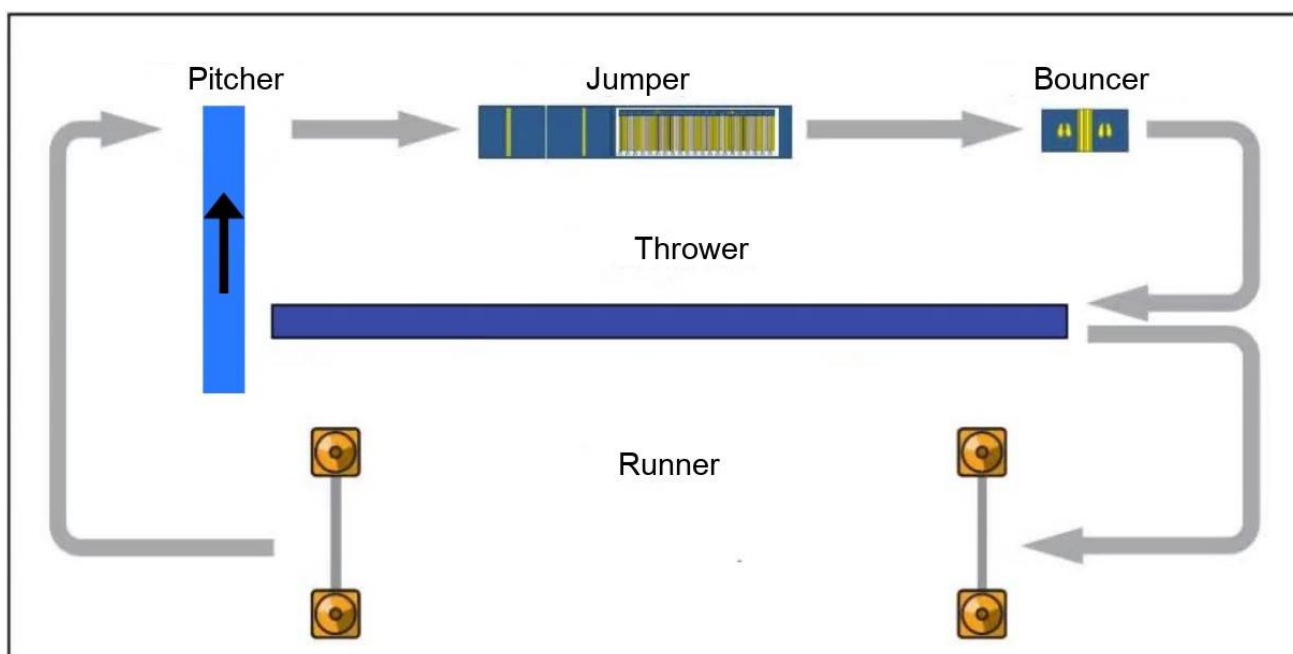
Standard activity safety guidance:

- Ensure all surfaces are suitable, dry and free from debris.
- Wherever possible throw towards a wall and always jump away from a wall.
- Ensure adequate run off/room around activities.

## Follow stages 1 - 5 to deliver these sessions in your school.

These stages are designed for schools who wish to engage all their athletes on one day. It is also possible to use the same programme template with different groups over a series of days or even to complete an event a day with all of the athletes (Bouncer on Monday etc) ensuring thorough cleaning between each bubble. The notes have been put together to facilitate peer led officiated sessions but if you have enough adults you may wish to deliver the session with adult officials.

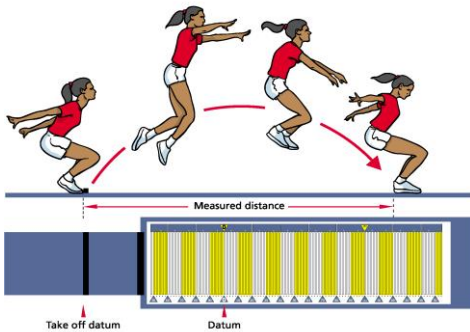
- Prior to the day:  
Arrange the session timings (suggested 1 hour per class/bubble) and recruit at least 5 adults to act as officials.  
Print off the required number of scoresheets (five per session) from the Awards Spreadsheet.
- Set up your 5 events either in a Sports hall, school hall or outside on a field (if the weather is suitable) as displayed by the example diagram. Consider the order of events to allow for recovery between activities as each will test a different aspect of fitness. A sample equipment list is provided below.



- Split the students into 5 equal groups, providing each group with a clipboard, pencil, stopwatch and scoresheet. Assign each group to their first event.  
During the rotation monitor the officiating to ensure the correct rules are used.
- Once the second session is up and running instruct an adult or leader on how to enter the scoresheets of the first session on to the scoring programme. A separate spreadsheet should be set up for each bubble/class.
- Once all sessions have been completed and the scores have been entered onto the spreadsheets the Virtual Competition Team Score will be created. This score is an accumulation of the Top 25 Boys AND Top 25 Girls point scores for Primary Schools. This score should then be forwarded to your local School Games Organiser who will manage a local leaderboard.

# Jumper

This two-footed jump from a standing position is a test of co-ordination and leg strength.



## Guidance Notes

- Following each jump, the judge places a finger level with the spot they consider to be the shortest mark
- Where a mat has two take off datum lines, an athlete may start from either mark.

## Safety and COVID-19

- Land away from walls.
- Clean and dry the mat after each bubble.
- Encourage the next athlete to stand on the back of the mat to avoid slipping.

## Rules

- The athlete must stand with both feet behind the take off datum line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- The athlete should jump as far as possible from a standing position, with a two footed take off.
- The athlete must land on the mat with both feet. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.
- The athlete is permitted 3 consecutive trials.

# Bouncer

Speed Bounce is an exciting test of speed, rhythm and coordination.



## Guidance Notes

- At least two officials should count the "good" bounces. They should then liaise and agree on the number completed. It is **not** a fault if the wedge is clipped or brushed!
- Judges and or other athletes should place a foot on the corner of the mat to prevent it slipping.

## Safety and COVID-19

- Officials and other athletes to put their foot on the edge of the mat to avoid slipping whilst facing away from the athlete.
- Ensure leaders/officials are not face to face with athletes.

## Rules

- Bouncer is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible in 20 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped, provided an explanation and permitted a fresh trial after an adequate rest period.
- The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

# Thrower

A standing throw where the participant pushes a Football (ideally Size 4) from the chest.



## Guidance Notes

- It is recommended that two judges are used, one to watch the throw and one to watch and record the landing.
- It is appropriate to use a waiting athlete to roll the ball back.

## Safety and COVID-19

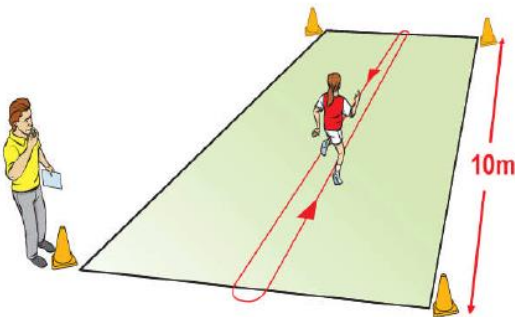
- Indoors - wherever possible throw towards a wall.
- Ball to be cleaned regularly.

## Rules

- The athlete holds the ball to their chest and pushes with both hands. The chest must face forward with no trunk rotation.
- Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.
- Once thrown, the ball doesn't have to land on the mat.
- The distance is measured from the throwing line to where the ball lands marked down to the nearest 25cm.
- The athlete is permitted 3 consecutive trials.

# Runner (4 x 10m)

An event that develops the ability to accelerate, decelerate and change direction.



## Guidance Notes

- One judge may be used to time this event. The same judge must watch the turning lines for faults.
- An adequate run off area should be provided at each end of the course.

## Safety and COVID-19

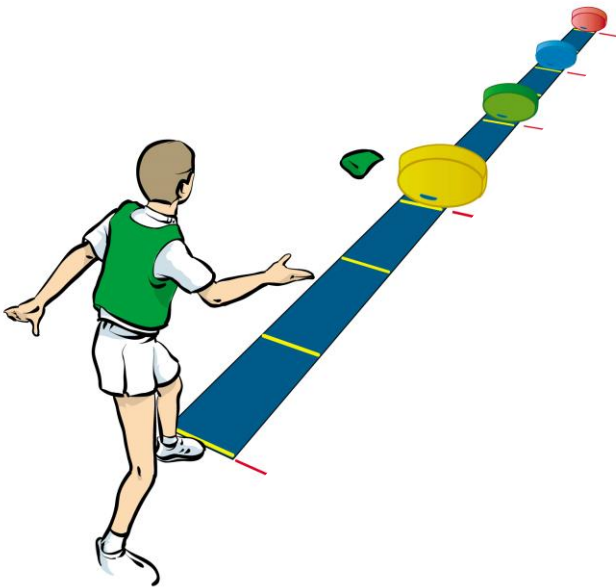
- Ensure running surface is suitable, free from debris with adequate runoff.

## Rules

- The athlete begins from a standing position behind the start line.
- On the whistle the athlete runs 10 metres to the set of cones opposite.
- The athlete must place one foot over the return line before turning and running in the opposite direction.
- After completing the 10 metre distance 4 times the clock is stopped when they re-cross the start line.
- Alternatively a 8 x 5m distance can be completed where indoor space prohibits a 10m course distance..
- The time is taken to the tenth of a second.
- 0.2 second must be added if the athlete turns short of the line.

# Pitcher

A test of hand to eye coordination and throwing accuracy.



## Guidance Notes

- Two judges are recommended, one to watch the throw and one to watch and record the landing.
- To speed the event up, ask waiting athletes to collect the bean bags once the competing athlete has finished.

## Safety and COVID-19

- Ensure beanbags are cleaned regularly (pyramid PVC beanbags available from Eveque).

## Rules

- The targets are to be placed at a distance of 2m, 2.5m, 3m and 3.5m from the throwing line.
- The athlete stands behind the throwing line and throws three matching bean bags into the nearest target.
- They continue this for each of the targets.
- 1 points are scored if the bean bag lands directly in the same coloured target or if the bean bags lands in the target but then bounces out.
- No points are scored if a bean bag lands in a different coloured target.
- The maximum points an athlete can score is 12 (3 points per target).
- An athlete can throw the bean bags under arm or over arm.

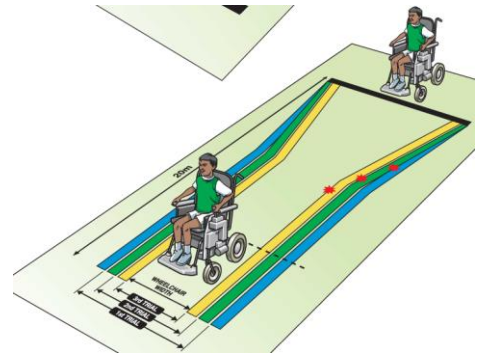
## School Games Pentathlon Equipment List (use either Primary equipment or the Sportshall Infants equivalent):

- Standing Long Jump Mat (Jumper)
- Speed Bounce Mat and Wedge (Bouncer)
- Graduated Measuring Mat (Thrower)
- Football (size 4) (Thrower)
- Tape Measure (Runner)
- 4 x Cones (Runner)
- Target Throw set (Pitcher)
- 5 x Stopwatch (1 per Group)
- 5 x Clipboards (1 per Group)

## Disability Group Adaptations

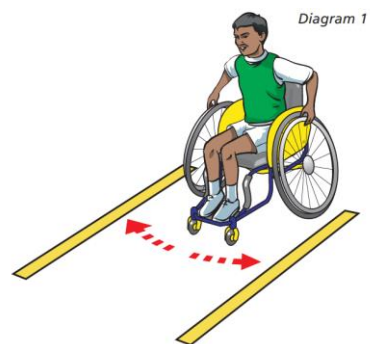
### Jumper

- Ambulant Athletes with restricted mobility (group 3) may wish to jump from the zero on the scale.
- Wheelchair users (Groups 1 and 2) work within a 4 metre tapered sleeping policemen course. At zero (the starting position) the sleeping policemen are spaced 1.20 metres apart. At 4 metres the sleeping policemen are spaced 0.5 metres apart.
- Manual Wheelchair users must push once and see how far they achieve before bumping into the sleeping policemen. The distance recorded is from zero to where the sleeping policemen is touched.
- Electric Wheelchair users must see how far they achieve before bumping into the sleeping policemen. The distance recorded is from zero to where the sleeping policemen is touched.



### Bouncer

- Athletes with restricted mobility (Group 3) should utilize a 10cm wedge.
- Wheelchair athletes (Groups 1 and 2) must see how many times in 20 seconds they can alternately touch sleeping policemen placed 10cm either side (or in front and behind) of the wheels. Each touch counts as one.
- Visually impaired athletes may benefit from a black and white striped wedge tip.



### Thrower

- Athletes in Group 1 (Powerchair users) can use a Size 4 Football as standard.
- A one handed push/roll is permitted.

### Runner

- Visually impaired athletes can use a guide runner.

More suggestions around adaptations can be found [HERE](#) in the Sportshall Parallel Resource Cards.