



Athletics

Sportshall Pentathlon October 2020

REQUIREMENTS

- Score / result recording sheet
- Activity rules and guidance sheet
- **RETURN ALL YOUR SCHOOLS SCORES BY FRIDAY 23rd OCTOBER 2020**

EVENT FORMAT

- Complete all 5 events, recording your best attempt for each
- This can be delivered across a term, not just in 1 PE lesson
- All 5 results will be combined to create an individual pentathlon score
- The best 3 Girls and best 3 Boys scores will be announced once all results are returned
- If a school enters a minimum of 9 girls and 9 boys then a combined school team score will be determined

OTHER INFORMATION

- The Sportshall Programme provides an exciting and highly popular introduction to athletics competition and offers a chance to attempt multiple events. Additional information can be found on <https://www.sportshall.org/awards-homepage>
- We have chosen the 5 events that we believe can be delivered easily, without multiple contact points. They could also be delivered outdoors dependent on the weather conditions
- Keep attempting the events to improve your skill and set a new personal best
- This event can be scored easily and also delivered as Intra House Team competition within your school
- **Your schools policy and procedures on Covid-19 should always be followed! We understand that adjustments may need to be made to deliver this event and still follow rules, but please let us know if a drastic change has been made as this could affect scoring.**

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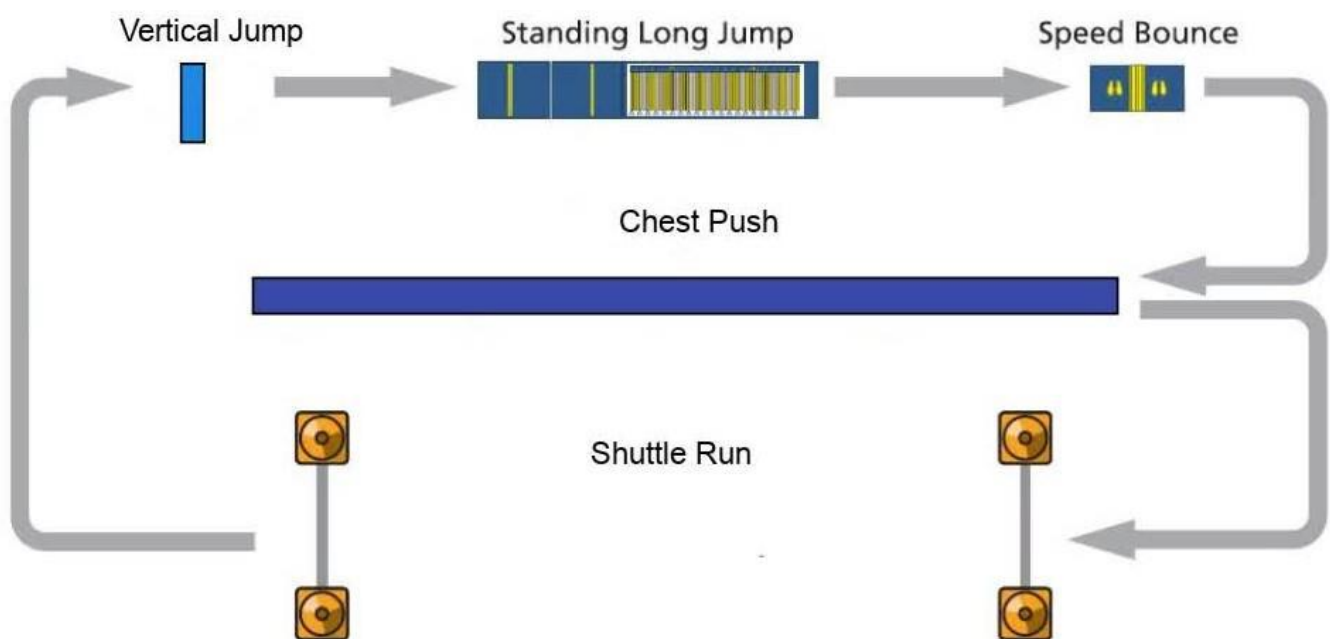
Tel: 07775 653297 email: agilitassports@gmail.com

web: www.agilitassports.com

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Set Up

- Arrange the session timings (suggested 1 hour per class/bubble) –Secondary pupils can be provided with the appropriate guidance notes at the start of their activity.
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.
- If prior training has not been provided, introduce the rules of each event. Split the students into 5 equal



groups, providing each group with a stopwatch and scoresheet. 1 Child should have their own pen/pencil and record all the results.

Assign each group to their first event asking them to officiate for the others in their group. During the rotation ensure the correct rules are used.

- Once all sessions have been completed and the scores have been entered onto the spreadsheets the Virtual Competition Team Score will be created. This should then be sent to your local School Games Organiser, Rupert Gibson at agilitassports@gmail.com who will manage a local leader board.

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Events

Standing Long Jump

- The athlete must stand with both feet behind the take-off 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.

Speed Bounce

- Speed Bounce 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.

Chest push

- 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.

Shuttle Run

- 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 10 times the clock is stopped when they re-cross the start line.
- Alternatively a 20 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.

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Vertical jump

- The athlete stands with their back, head and heels touching the wall.
- Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.
- Younger athletes can find it difficult to push the slide up and the judge may assist by raising the slide first and then bringing it down to meet the athlete's fingertips. The practice of "straightening" an athlete's arms cannot be permitted. The following practice is recommended:
- The judge should encourage the athlete to stretch to their full extent and then, to stretch again. Usually the second stretch will set the slide a little higher.
- If the judge is not satisfied that the athlete has achieved a full stretch, the athlete should be advised of this and given a further opportunity to set the slide.
- The athlete is given 3 consecutive trials.
- The athlete must dip their fingertips in powder and stand sideways on to the wall with the jumping arm closest to the wall. They then jump from a standing position and touch the scale at the highest possible point.
- An athlete may bend their knees and swing their arms in preparation for the event but their feet must not leave the ground until they take their jump.
- Measurement should be taken to the nearest centimetre below the highest point of the chalk mark on the scale.

Equipment / alternatives

- ✓ Standing Long Jump Mat (Standing Long Jump) *or meter sticks/ measuring tape*
- ✓ Speed Bounce Mat and Wedge (Speed Bounce) *or 3 cones*
- ✓ Graduated Measuring Mat (Chest Push) *or meter sticks/ measuring tape / Marker cones*
- ✓ 1kg / 2kg Med Ball (Chest Push) *or size 5 Basketball*
- ✓ Tape Measure (Shuttle Run)
- ✓ 4 x Cones (Shuttle Run)
- ✓ Vertical Jump Board (Vertical Jump) *or measure with chalk/ sticky note*
- ✓ 5 x Stopwatch (1 per Group)
- ✓ 5 x Clipboards