Summer Pentathlon

Summer Sports Year 6 event

Intro for parents / guardians.

The School Games is a government led programme designed to help schools and parents to get all young people active for at least 60 minutes a day by creating bespoke fun experiences.

We hope to inspire young people and help them to develop a life-long love for physical activity. It's more important than ever to help children be more active and healthy and the School Games is a great way to do it.

Every child in Lincolnshire South East is invited to take part in this Year 6 to Year 7 Transition event. This will see all current year 6's compete in 5 challenges as part of a Pentathlon with the scores being added to a total for their NEW Secondary school. This gives your child the chance to already have represented their new school before they even step through the door!

If you could read the following and help your child complete it we would be very grateful.

If you have any questions or queries please do not hesitate to email us via schoolgameslincolnshirese@gmail.com

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What is it?
This School Games virtual event aims to help keep you active and get ready for the move to your new Secondary School in September, we thought that we would give you the opportunity to represent your new school in the first sporting event of the year! This could mean you will be helping your school win the first event of the Sporting calendar for next year!!

What do I need to do?
Read the tasks to understand what you need to do to complete the Athletics challenges for the summer. There are 5 activities for you to try, it's all about you trying your best and recording the best scores you can!

Have as many attempts as you like and when ready click on this link to take you to the online entry form for your parent/carer to complete:

Google Doc Entry Form

or type **https://forms.gle/gXEoTr5PfbVwtyLs9** into your browser.

Your School Games Organiser will then collate all the results and pass them on to your old primary and new secondary. Your new PE department may then use your info to find you the best clubs to take part in.

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Events Videos
Each of these clickable links or QR codes take you to a YouTube video which shows you how to do the events.

20 x 5m Shuttle Run	Standing Long Jump
https://youtu.be/_JlpNSOp8x8	https://youtu.be/tf7YG9xwscA

Vertical Jump	Speed Bounce
https://youtu.be/20d_MA76CdQ	https://youtu.be/jB1NWH0qpTA

Target Throw
https://youtu.be/_Vu554a26Dg

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Shuttle run

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

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!

Vertical Jump

The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.

Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

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.

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