



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.

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).

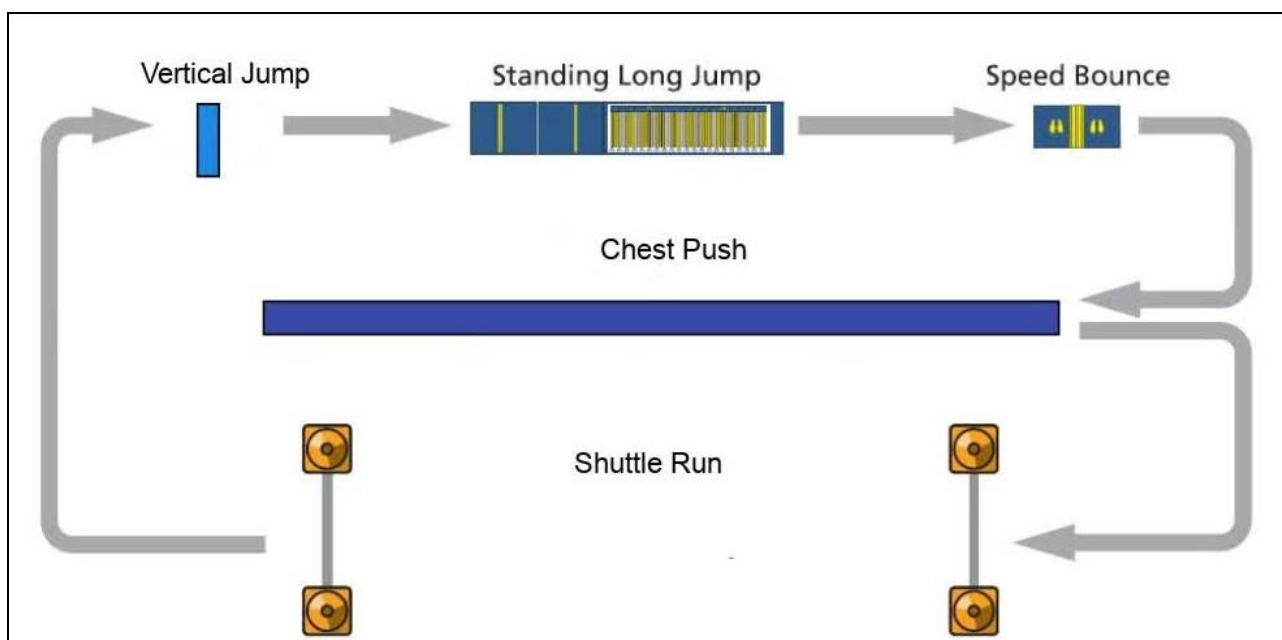
Standard activity safety guidance:

- 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 (Speed Bounce 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.

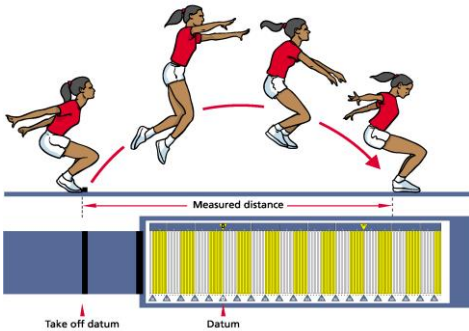
- Prior to the day:
Arrange the session timings (suggested 1 hour per class/bubble) – in Primary Schools you may choose to run officials training for at least 5 students in each bubble beforehand. Secondary pupils can be provided with the appropriate guidance notes at the start of their activity.
Print 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 clipboard, pencil, stopwatch and scoresheet.
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 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 or Top 25 Girls point scores for Secondary Schools or 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, which will feed into the National leaderboard.

Standing Long Jump

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.

Speed Bounce

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

- 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

A standing throw where the participant pushes a 1kg (Primary) and 2kg (Secondary) ball 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

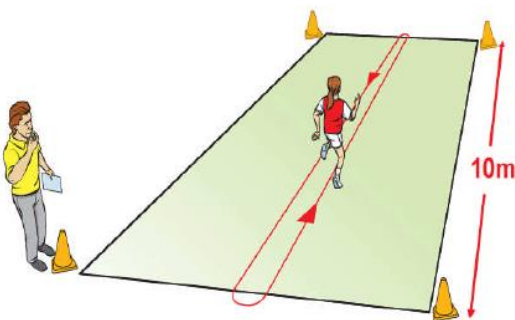
- Indoors - wherever possible throw towards a wall.
- Ball to be cleaned regularly.

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.

10 x 10m Shuttle Run

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

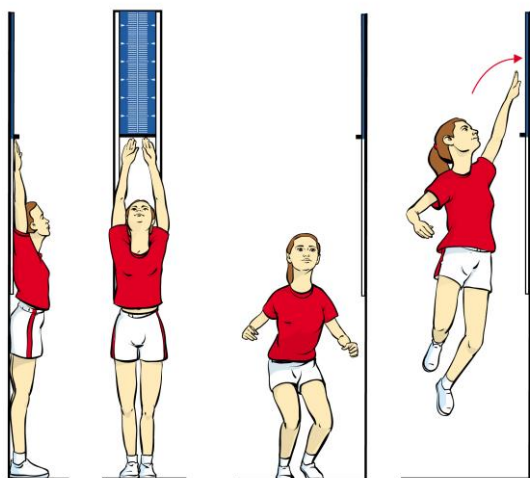
- Ensure running surface is suitable, free from debris with adequate runoff.

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 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.

Vertical Jump

A jump from a standing position in which the participant competes against their own height and weight.



Guidance Notes

- It is recommended that two judges are used, one to watch the take off and one to watch the marking of the scale.
- Talcum powder is most commonly used. However care must be taken to prevent any spillage since the floor may become slippery. Please ensure the surrounding floor area is kept clean and clear.

Safety and COVID-19

- Avoid chalk on the floor as a slip hazard.
- Wipe the scale clean after each bubble.
- Ensure leaders/officials are not face to face with athletes.

Rules

- 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.

School Games Pentathlon Equipment List:

- Standing Long Jump Mat (Standing Long Jump)
- Speed Bounce Mat and Wedge (Speed Bounce)
- Graduated Measuring Mat (Chest Push)
- 1kg / 2kg Med Ball (Chest Push)
- Tape Measure (Shuttle Run)
- 4 x Cones (Shuttle Run)
- Vertical Jump Board (Vertical Jump)
- 5 x Stopwatch (1 per Group)
- 5 x Clipboards (1 per Group)

How to buy Badges and Certificates

The full range of supporting resources including Badges, Certificates, Posters, the Sportshall Handbook, Score Cards, Spreadsheets and Equipment are available [HERE](#) .