

## SIMPLE

to set up and take part in all the modified and well known Sportshall events

## MINIMAL

equipment required

## EASY

to score and record results - share progress with friends/family across the UK

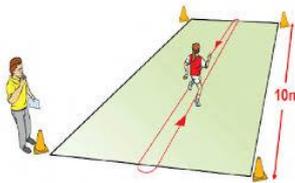
### IMPORTANT

We encourage everyone in the household to take part in the Home Pentathlon (where possible) but all activity must take place under adult supervision, ensuring;

- All surfaces are clear, dry and free from debris.
- Sufficient space is cleared around all activity – ensure there are no obstacles around activity.

[VIEW INSTRUCTION VIDEOS](#)

### 20 x 5m 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

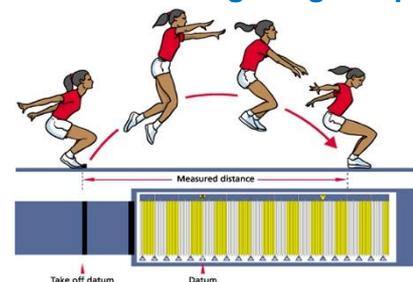
**PLEASE USE A FLAT / DRY SURFACE**

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!

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### Standing Long Jump



#HomePentathlon

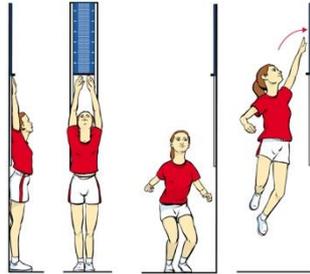
STAY AT HOME

TAKE PART AT HOME

SHARE YOUR RESULTS



## 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.

**If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved.**

## 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.

**All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.**

## 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

**Tennis Balls, Rolled up socks or small soft toys can be used. A washing basket, paper bin, cardboard box or dog basket are example target items.**

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