



**#DevonVirtualGames**

## **Sportshall Pentathlon**

**Opens:** 10am, Monday 1<sup>st</sup> June 2020

**Closes:** 5pm, Sunday 21<sup>st</sup> June 2020

### **Overview**

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers - it is the Devon Summer School Games with a twist!

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

The #DevonVirtualGames will run from the 18<sup>th</sup> May 2020 – 13<sup>th</sup> July 2020 with six different events for you to enter. Individuals will be able to submit their entries via an online link. The last additional event will be a set of family-based challenges which will run throughout the summer holidays. Every Monday at 10am throughout June we will post a new competition for you to get involved in. Each competition will be open for a limited amount of time. Please see below.

There will be medals, certificates, and prize categories for each event. All entries will also be included into a prize draw for the chance to win some great prizes. In addition, the school with the highest percentage of their pupils taking part will also win a prize, so make sure you tell your friends from school to get involved too!

You must ensure you are following the [latest government guidance on being active during the coronavirus outbreak](#).

### **Brief Description of the Event:**

The **Sports Hall Athletics Home Pentathlon** comprises 5 sports hall athletics events which you can do at home. Shuttle Run, Standing Long Jump, Vertical Jump, Speed Bounce and Target Throw.

## Before You Start:

You will need the following:


- Someone to help score/photograph/video you
- Paper and pen, to write down your scores
- Stopwatch (or a phone that can record seconds and tenths of a second)
- 'Wedge' (e.g. rolled up towel/kitchen rolls/toilet roll)
- Tape measure (ruler or make your own)
- 3 Balls (rolled up socks/tennis balls/soft toys)
- A 'bin -type' target (bin/washing basket/bucket/cardboard box)

**How to Complete the Events:** Please use the video's for further instructions or take a look at the [Sportshall Home Pentathlon page](#).

**Shuttle Run** – The time taken to complete 20 x 5 metre shuttles. Recorded in seconds and tenths of seconds. Start the clock on go and stop the clock when the runner finishes through the final shuttle. Record the time in seconds and tenths. **Always** round 100ths **up** (e.g. 10.73 = 10.8 seconds, 11.96 = 12.0 seconds).

## VIDEO

### 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**

**Standing Long Jump** – Starting from behind zero cm, (taking off with 2 feet and landing on 2 feet) jump as far as you can, with the closest landing point to your starting line being your recorded score. For example, the back of the foot, or hand if you have fallen backwards. Record your score in centimetres.

## VIDEO

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!

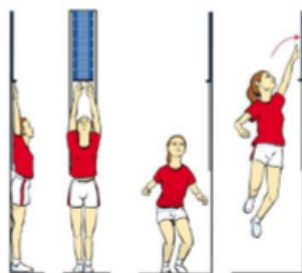
**PLEASE USE A FLAT / DRY SURFACE**



**Vertical Jump** – Stand with your back to the wall with your arms fully extended and make a mark at this height. Then jump up and touch the tape measure/ or printed sheet, as high as you can. The completed jump height is measured in centimetres. Your recorded score should be the difference between your height with arms extended and the height you reached when you jumped and touched the wall.

## VIDEO

### **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 jump 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** – Total number of two footed jumps over your 'wedge' completed in **20 seconds**.

### VIDEO

**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.

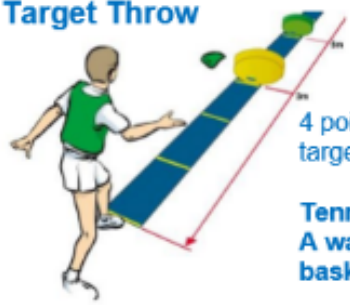
**All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.**

**Target Throw** – Having placed a target (bucket, wastepaper bin, box) 3 meters away, you will throw 3 objects trying to land your objects in the target, after you complete this, the target should be moved 2 metres further away to a total distance of 5 metres from your start line.

You score 4 points if the object lands in the target, 2 points if it lands in the target and bounces out, or if it hits the floor before landing in the target, e.g. skidding or bouncing into the target.

### VIDEO

**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.**

## Enter Your Results Online

Use this template below to keep track of your trial scores but *do not forget to complete the **online form** to submit your best score in the competition.*

*Entries close at **5pm Sunday 21st June 2020.***

Event	Measurement	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	Best Time - Distance or Points
Shuttle Run	Seconds						
Standing Long Jump	Centimetres						
Vertical Jump	Centimetres						
Speed Bounce	Number of completed bounces						
Target Throw	Points						

[Click HERE once you have completed the event and are ready to enter your results](#)

We are asking for the information below to be completed on the link above.

- First Name (s)
- Last Name Initial
- Gender
- Year Group
- Name of School
- Primary, Secondary, Home Education or Special School
- Who is your School Games Organiser?
- Record your best result
  - Shuttle Run
  - Target Throw
  - Vertical Jump
  - Speed Bounce
  - Standing Long Jump
- Can we put Devon on the National Sportshall virtual Leader board?
- Media and Privacy Statement
- Email Address to receive a certificate
- Uploading evidence (Photos or videos) is optional

You must ensure you are following the [latest government guidance on being active during the coronavirus outbreak](#).

## Prizes:

Medals and certificates will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female in each year group. All entries will also be included into a prize draw for the chance to win some great prizes. In addition, the school with the highest percentage of their pupils taking part will also win a prize, so make sure you tell your friends from school to get involved too!

## Social Media

Why not share your favourite walk and achievements with us on social media using the **#DevonVirtualGames**:

- Facebook - @schoolgamesdevon
- Twitter - @Sgdevon
- Instagram - @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [Click here.](#)