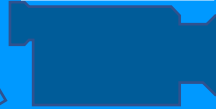


ATHLETICS PENTATHLON

CLICK HERE FOR [GUIDANCE NOTES](#)

CLICK LINKS

WATCH



INTRO VIDEO

- EQUIPMENT**
- STOPWATCH / TIMER
 - TAPE MEASURE / RULER
 - CEREAL BOX OR TOWEL
 - 3 PAIRS ROLLED UP SOCKS OR 3 BEANBAGS
 - VERTICAL SCALE

- QUALITY NEEDED**
- HONESTY



CLICK THE PINK ARROWS TO ACCESS THE VIDEOS

CHALLENGE 1

SHUTTLE RUN

CHALLENGE 2

STANDING LONG JUMP

CHALLENGE 3

VERTICAL JUMP

CHALLENGE 4

SPEED BOUNCE

CHALLENGE 5

TARGET THROW

FINAL STEP

SEND YOUR SCORES TO YOUR TEACHER



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