Cambridgeshire and Peterborough Virtual School Games

Week 3—Athletics Pentathlon Challenge

	Monday Speed Bounce	Tuesday Feed the Animals	Wednesday Run and Collect	Thursday Throw Golf	Friday Long Jump
Active Challenge	Find something low and soft to jump over such as a piece of rope or empty cereal box. Stand sideways with 2 feet together. How many times can you jump over the obstacle in 30 seconds keeping both feet together? Can you beat your score? https://www.youtube.com/watch?v=3cKdMXvBDnQ&feature=youtu.be	Find 5 big pictures of animals from the internet or magazine. Place them at different distances from you. Find 10 objects to throw. Feed the animals by throwing the objects to land on the pictures. Decide on a scoring system, and try different ways of throwing. https://www.youtube.com/watch?v=uXwiYC5J790&feature=youtu.be	Place 5 items around the house or garden such as socks, balls, toys etc. Start a time and go and collect 1 object then bring it back to where you started. Then go and collect another object and bring it back. Repeat until you have all 5 objects. Stop the timer. Can you beat your time or challenge someone else to beat it?	You need 5 targets e.g. hoops or cardboard placed around the house or garden and 1 item to throw with; a beanbag or cuddly toy. From your starting 'tee', how many throws does it take to reach your first target? From there throw to all targets in turn and add up your score Can you beat your score? https://www.youtube.com/watch?v=c-tn5bTzLk0&feature=youtu.be	Place a marker on the ground such as a piece or paper or a twig and stand behind it. With feet together, jump as far as you can landing on both feet. Place another marker on the ground at the back of your heels. Can you jump further next time? Now it is time to compete in a Pentathlon. Perform all of the 5 activities .
Cross Curricular	Research which male/female athlete has the world record for long jump. Estimate the distance in you house or garden. How many jumps does it take you to go this far?	Find out what colours the Olympic Rings are and what they stand for. Can you design your own version of the Olympic Rings ?	There are several different Pentathlons. Can you find out and list the sports in: Ancient Greek Pentathlon Modern Pentathlon Track Pentathlon Are there any others?	Find out how many throwing events there are in the Olympic Games. Can you list them in alphabetical order?	Design a medal to award yourself and other members of your family for competing in a Pentathlon.

Children are encouraged to submit photos and videos of themselves and their families completing the challenges. Entries must include a school name and can be submitted via any of our social media platforms or emailed to schoolgames@livingsport.co.uk

Twitter and Facebook

@SouthCambsSSP	South Cambs School Sports Partnership
@HuntsSSP	Hunts School Sports Partnership
@CambridgeSSP	Cambridge SSP
@witchfordSSP	Witchford Sports Partnership
@StangroundAcad	Stanground Academy
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