

Ludlow Primary School

Virtual Sports Day 2020

OUTLINE OF THE EVENT

Participants will take part in athletics pentathlon.

On the next 5 pages each of the events is detailed to enter you complete the events and enter your scores in the table below and return it to your class teacher

| | |
|---------------------------|--|
| Name | |
| Form | |
| EVENTS | |
| Shuttle Run | |
| Standing Long Jump | |
| Vertical Jump | |
| Speed Bounce | |
| Target Throw (3m) | |
| Target Throw (5m) | |

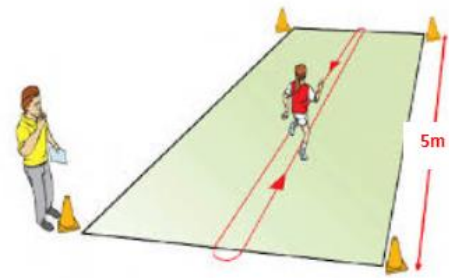
Event 1: Shuttle Run

Complete 20x5m Shuttle Run

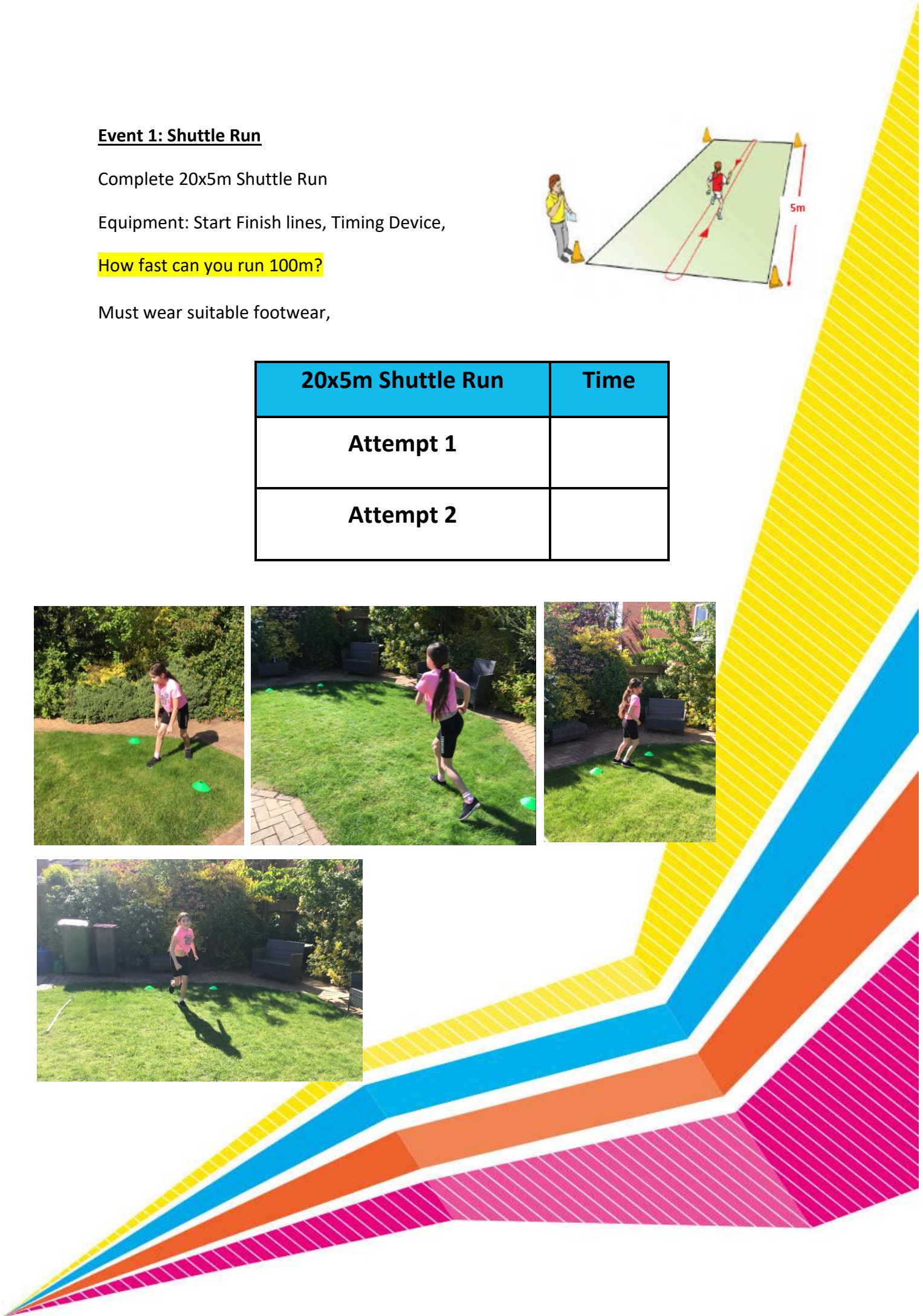
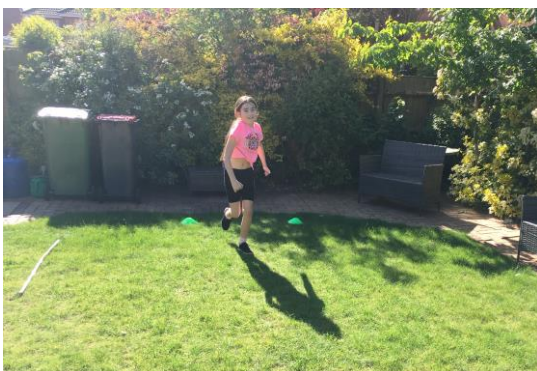
Equipment: Start Finish lines, Timing Device,

How fast can you run 100m?

Must wear suitable footwear,



| 20x5m Shuttle Run | Time |
|-------------------|------|
| Attempt 1 | |
| Attempt 2 | |



Event 2: Standing Long Jump

Equipment: Start line, Measuring Tape,

How far can you jump?

Must wear suitable footwear,

You must jump from a standing start, with both feet on the start line,

Take your measurement from the furthest point back on landing

| Standing Long Jump | Distance |
|---------------------------|-----------------|
| Attempt 1 | |
| Attempt 2 | |
| Attempt 3 | |



Event 3: Vertical Jump

Equipment: Wall, Measuring Tape / Ruler

How High Can You Jump?

Must wear suitable footwear,

Stand with your back and heels touching the wall, stretch both arms upwards with fingers and elbows straight. Mark the starting point. (Mark 1)

Turn sideways and slightly away from the wall. Bend knees and jump, touch the wall as high as you possibly can. (Mark 2)

Measure the distance in CM between the Mark 1 and Mark 2.

| Vertical Jump | Distance |
|----------------------|-----------------|
| Attempt 1 | |
| Attempt 2 | |
| Attempt 3 | |



Event 4: Speed Bounce

Complete as many bounces over the line in 30 seconds

Equipment: Timing Device, Line on the floor

How Many Bounces Can You Do?



Must wear suitable footwear,

Each bounce must be a two footed take-off and landing.

Jump over the line as many times as you can in 30 seconds, count each time your feet touch the floor either side of the line.

| Speed Bounce | Number of Bounces |
|-------------------------------|--------------------------|
| Speed Bounce Attempt 1 | |
| Speed Bounce Attempt 2 | |



Event 5: Target Throw

Equipment: Basket, Line on the floor, Tape Measure, 5 Pairs of Socks

How Accurate Can You Be?

Stand behind the line and throw the paired socks into the basket five throws from 3m and five throws from 5m

5 points if the socks go in the basket, 3 points if you hit the basket and it does not go in.

Record your score in the table

| Target Throw | 1 | 2 | 3 | 4 | 5 | Total |
|--------------|---|---|---|---|---|-------|
| 3 Meter | | | | | | |
| 5 Meter | | | | | | |

