



BEDS SCHOOL GAMES PENTATHLON CHALLENGE



NATIONAL SCHOOL SPORTS WEEK AT HOME

#NSSWTOGETHER #STAYHOMESTAYACTIVE



As part of National School Sports Week, Beds School Games is running a virtual Pentathlon Challenge for schools and individuals to take part in.

There are 5 challenges, 1 for each day of NSSW. Please get your pupils to participate, either in lessons or at home. The challenges are for all ages, including adults, so we are also encouraging staff and parents to get involved if they can! Challenge your family members to see who can get the highest score - can you beat the score of your teacher, parent or carer?

We suggest you hold a school competition for your own pupils (in school and home learning) and parents, and submit your best boys and girls scores in the following age categories to your SGO:



- 👤 Year 1/2
- 👤 Year 3/4
- 👤 Year 5/6
- 👤 Year 7/8
- 👤 Staff
- 👤 Parent/Family



Give it a go and see what score you can achieve. You can have more than 1 attempt! We can then identify winners for each partnership area and ultimately County Champions as well. Submitting your best staff and parents' scores as well will add to the fun!

Follow the information below and record your scores! Submit your scores from 9am on Monday 22nd June until 12pm on Friday 26th June 2020 to be in with a chance of featuring on the leaderboard. Results will be announced during the afternoon of Friday 26th June.



Submit your entries via the contact emails below or tweet us your photos and videos using #NSSWinBeds!



- 👤 Bedford SSP – Kelly Rolfe (krolfe@sharnbrook.beds.sch.uk) @BedfordSSPs
- 👤 Dunstable & Houghton Regis SSP – Will Wheeler (sgo@tithefarmprimary.co.uk) @houghtonsgo
- 👤 East Beds SSP – Paul Blunt (paul.blunt@renhold.beds.sch.uk) @EastBedsSSP
- 👤 Leighton-Linslade SSP – Stewart Seymour (seymours@vandyke.cbeds.co.uk) @LLSSP
- 👤 Luton SSP – Vicki Dockerill (vdockerill@denbighhigh.co.uk) @LutonSchGames
- 👤 Redborne SSP – Andy Cavill (andy.cavill@redborne.com) @RedborneSSP
- 👤 TeamBeds&Luton – Gill Morrow (schoolgames@teambedsandluton.co.uk) @BedsSchoolGames @teamBEDS



MONDAY – FOOT TAP CHALLENGE:

Task: Stand with the ball near your feet. Tap the ball with each foot alternately whilst circling around it.

Equipment needed: a ball

Scoring: How many taps can you achieve in 20 seconds?

More challenging: smaller ball

Less challenging: larger ball



TUESDAY – WALL CATCH CHALLENGE:

Task: Stand a short distance from the wall. Throw the ball against the wall and catch it again. Repeat for 20 seconds.



Equipment needed: a ball and a wall

Scoring: How many successful catches can you achieve in 20 seconds?

More challenging: smaller ball; stand further away; use only one hand

Less challenging: larger ball; stand closer; use both hands

WEDNESDAY – TARGET THROW CHALLENGE:

Task: Place the container on the ground and stand approx. 5 steps away and place your marker. Using an underarm throw, try to throw your bean-bag/rolled up sock into the container. Run and collect it, return to your marker and throw again. Repeat as many times as you can in 20 seconds.

Equipment needed: bean-bag or rolled up sock; bucket or similar container; a marker/object

Scoring: How many times did you successfully throw the bean-bag/rolled up sock into the container in 20 seconds?

More challenging: place your marker further away; use an overarm throw

Less challenging: place your marker closer



THURSDAY – MOUNTAIN CLIMBER'S CHALLENGE:

Task: Start in the front support position (press-up position/plank). Bring 1 knee to your chest and return it to the starting position; then bring the other knee up to your chest and return. Repeat as quickly as you can for 20 seconds.

Equipment needed: None

Scoring: How many times can you bring a knee up to your chest in 20 seconds?

More challenging: bring your other knee up whilst the first one is still returning to the starting position (like you are running)

Less challenging: lean with your hands on something stable so you are in a more vertical position



FRIDAY – ROUND THE WORLD CHALLENGE:

Task: Pass the ball from hand to hand around your waist as quickly as you can. Repeat for 20 seconds. If you drop the ball just pick it up and keep going.



Equipment needed: a ball

Scoring: How many times can you pass the ball around your body in 20 seconds?

More challenging: a larger ball is more difficult to hold in your hand

Less challenging: a smaller ball is easier to hold in your hand

GO★☆☆LUCK!

