AS AN ALTERNATIVE TO THE EVEN TS IN THE RECOMMENDED SPORTSHALL PENTATHLON (MARKED ), WE SUGGEST THE FOLLOWING:

1. BALANCE TEST (5 secs)
   WHAT: Balance on one leg whilst holding the other.
   MEASURE: Complete 2 trials on each leg for a maximum of 15 seconds each.
   HOW: Focus on a static point and use your free arm to help you balance.

2. STANDING LONG JUMP (30cm)
   WHAT: Jump forward and land on two feet as far as you can.
   MEASURE: You will be measured from the start line to the back of your heels.
   HOW: Start by swinging your arms and aim for “height in flight”.

3. SPEED BOUNCE (0.5 secs)
   WHAT: Bounce over the soft wedge as many times as you can.
   MEASURE: You have 20 seconds to bounce but any unspotted attempts do not count.
   HOW: Take your arms and stay close to the wedge - don’t bounce too high!

4. TARGET THROW (20cm)
   WHAT: Throw the bean bags into the same colour triangle (max. two bean bags per throw).
   MEASURE: You score 2 points at the right bean bag or 3 points at the left bag in the circle.
   HOW: Take your time and try to抛准aim.

5. HI-STEPPER (20cm)
   WHAT: Run from the start line through the Hi-Stepper 4 times.
   MEASURE: The distance is 4.8m but you get one penalty if you take your 1st step before the line (0.2m) or miss a step (1.1m).
   HOW: Remember to throw your knees and jump your arms.

AS AN ALTERNATIVE TO THE EVENTS IN THE RECOMMENDED SPORTSHALL PENTATHLON MARKED ( ), WE SUGGEST THE FOLLOWING:

1. CHEST PUSH (10 secs)
   WHAT: Throw the big bag as far as possible from both hands in the chest.
   MEASURE: You will be measured where the ball lands, to the nearest 25cm.
   HOW: Aim high, above 05 degrees, and follow through with both arms.

2. STANDING LONG JUMP
   WHAT: Bounce but any squashed attempts do not count.
   HOW: Start by swinging your arms and aim for “height in flight”.

3. JUMPING TRIPLE JUMP
   WHAT: Jump as far as you can using the “Hop, Step & Jump” combination.
   MEASURE: You will be measured from the back of your heels to the start line.
   HOW: Practise the sequence, stay tall and start with one foot in the air to help you jump.

4. FOAM JAVELIN
   MEASURE: Throw the javelin as far as possible from a 10m distance.
   HOW: When you finish you will be measured from the back of your shoulder to the nearest 25cm.

5. SOFT JAVELIN
   MEASURE: Complete 2 trials on each arm.
   HOW: Practise the sequence, stay tall and start with one foot in the air to help you jump.

6. ASSESSMENT OF TOTAL POINTS: A total of 40 points will be awarded as follows:

   - Boys points: 30 points (9 items) 10 points (5 items)
   - Girls points: 35 points (9 items) 10 points (5 items)

   The points will be awarded as follows:

   1. Balance Test 10 points
   2. Standing Long Jump 10 points
   3. Speed Bounce 10 points
   4. Target Throw 10 points
   5. Hi-Stepper 10 points
   6. Chest Push 10 points
   7. Standing Long Jump 10 points
   8. Soft Javelin 10 points
   9. Standing Triple Jump 10 points
   10. As an alternative to the events in the recommended sportshall pentathlon marked ( ), we suggest the following:

   PICK ONE EVENT FROM EACH SECTION PLUS ANY OTHERS

   Section A: Mobility
   - Speed Bounce
   - Hi-Stepper
   - 10x10m Shuttle Run

   Section B: Jumps
   - Standing Long Jump
   - Vertical Jump
   - Standing Triple Jump

   Section C: Throws
   - Chest Push
   - Soft Javelin
   - Target Throw

   As an alternative to the events in the recommended sportshall pentathlon marked ( ), we suggest the following:

   Primary Sportshall Events
   - Pentathlon Event
   - Decathlon Event

   For more information on the EVEQUE Awards please visit www.eveque.co.uk or www.sportshall.org/awards