

PRIMARY SPORTSHALL Events Key: **P** Pentathlon Event **D** Decathlon Event

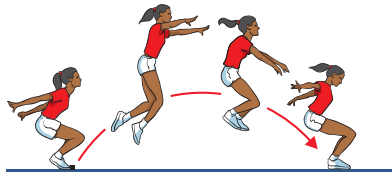
1. BALANCE TEST **P****D**

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 **P****D**

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"



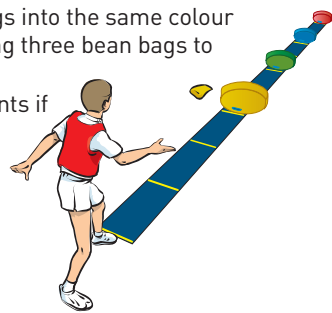
3. SPEED BOUNCE **P****D**

WHAT Bounce over the soft wedge on two feet as many times as you can
MEASURE You have 20 seconds to bounce but any squashed attempts do not count
HOW Use your arms and stay close to the wedge – don't bounce too high!



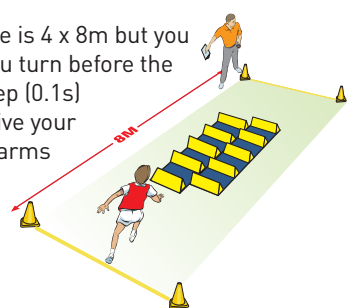
4. TARGET THROW **P****D**

WHAT Throw the bean bags into the same colour trays in sequence, throwing three bean bags to each tray
MEASURE You score 2 points if the right bean bag lands fully in the tray, 1 point if it touches or bounces in
HOW Take your time and try to judge the distances



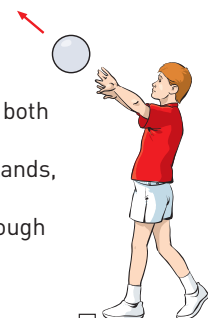
5. HI-STEPPER **P****D**

WHAT Run from the start line through the Hi-Stepper 4 times
MEASURE The distance is 4 x 8m but you get a time penalty if you turn before the line (0.2s) or miss a step (0.1s)
HOW Remember to drive your knees and pump your arms



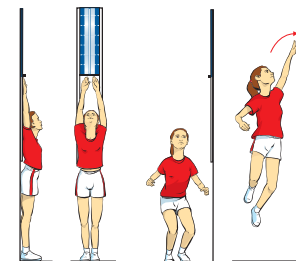
6. CHEST PUSH **D**

WHAT Throw the 1kg ball as far as possible with both hands from the chest
MEASURE You will be measured where the ball lands, to the nearest 25cm
HOW Aim high, about 45 degrees, and follow through with both arms



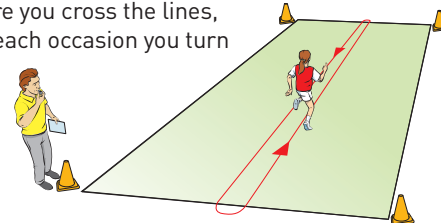
7. VERTICAL JUMP **D**

WHAT Jump and touch the measuring scale as high up as you can
MEASURE Your reach will be measured before your jump
HOW Swing your arms by your sides before you leap to help push your body up



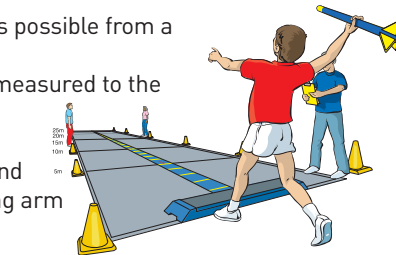
8. SHUTTLE RUN (10x10m) **D**

WHAT Sprint 10 lengths of 10m between cones
MEASURE Judges will make sure you cross the lines, adding a time penalty (0.2s) for each occasion you turn before the line
HOW Concentrate on turning quickly and run in a straight line



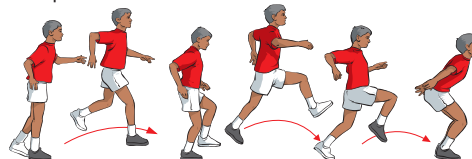
9. FOAM JAVELIN **D**

WHAT Throw the javelin as far as possible from a standing position
MEASURE The distance will be measured to the nearest completed metre
HOW Keep the javelin pointing straight - at a 45 degree angle and follow through with your throwing arm



10. STANDING TRIPLE JUMP **D**

WHAT Jump as far as you can using the "Hop, Step & Jump" combination
MEASURE When you finish 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 assist the first hop



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

PICK ONE EVENT FROM EACH SECTION PLUS ANY TWO OTHERS

Section A Mobility	Section B Jumps	Section C Throws Control/ Judgement
Speed Bounce	Standing Long Jump	Chest Push
Hi-Stepper	Vertical Jump	Soft Javelin
10x10m Shuttle Run	Standing Triple Jump	Target Throw

	BALANCE TEST 4 X 15 SECS	STANDING LONG JUMP	SPEED BOUNCE 20 SECS	TARGET THROW	HI- STEPPER 4 X 8M	CHEST PUSH 1KG	VERTICAL JUMP	SHUTTLE RUN 10 X 10M	FOAM/BULL NOSED JAVELIN	STANDING TRIPLE JUMP	
GIRLS POINTS	If your score goes off the table points will be awarded as follows:					25cm 2 mtrs	1cm 1 cms	0.2 sec 1 secs	1m 2 mtrs	10cm 1 mtrs	BOYS POINTS
70	-	2.40	70	-	12.7	10.50	59	26.0	-	6.85	70
69	-	2.37	69	23	12.8	-	-	26.2	23	6.75	69
68	-	2.34	68	-	12.9	10.25	58	26.4	-	6.65	68
67	-	2.31	67	-	13.0	-	57	26.6	-	6.55	67
66	-	2.28	66	22	13.1	10.00	-	26.8	22	6.45	66
65	60	2.25	65	-	13.2	9.75	56	27.0	-	6.36	65
64	59	2.22	64	-	13.3	9.50	55	27.2	-	6.28	64
63	58	2.19	63	21	13.4	-	-	27.4	21	6.20	63
62	57	2.16	62	-	13.5	9.25	54	27.6	-	6.12	62
61	56	2.13	61	-	13.6	-	53	27.8	-	6.04	61
60	55	2.10	60	20	13.7	9.00	-	28.0	20	5.96	60
59	54	2.07	59	-	13.8	-	52	28.2	-	5.88	59
58	53	2.04	58	-	13.9	8.75	51	28.4	-	5.80	58
57	52	2.01	57	19	14.0	8.50	-	28.6	19	5.72	57
56	51	1.98	56	-	14.1	8.25	50	28.8	-	5.64	56
55	50	1.95	55	-	14.2	8.00	49	29.0	-	5.56	55
54	49	1.92	54	18	14.3	-	48	29.2	18	5.48	54
53	48	1.89	53	-	14.4	7.75	47	29.4	-	5.40	53
52	47	1.86	52	-	14.5	7.50	46	29.6	-	5.34	52
51	46	1.83	51	17	14.6	-	45	29.8	17	5.28	51
50	45	1.80	50	-	14.7	7.25	44	30.0	-	5.22	50
49	44	1.78	49	-	14.8	7.00	43	30.2	-	5.16	49
48	43	1.76	-	16	14.9	-	42	30.4	16	5.10	48
47	42	1.74	48	-	15.0	6.75	41	30.6	-	5.04	47
46	41	1.72	-	-	15.1	6.50	40	30.8	-	4.98	46
45	-	1.70	47	15	15.2	-	-	31.0	15	4.92	45
44	40	1.68	46	-	15.3	6.25	39	31.2	-	4.86	44
43	-	1.66	45	-	15.4	-	38	31.4	-	4.80	43
42	39	1.64	44	14	15.5	6.00	-	31.6	14	4.75	42
41	-	1.62	43	-	15.6	-	37	31.8	-	4.70	41
40	38	1.60	42	-	15.7	5.75	36	32.0	-	4.65	40
39	-	1.59	41	13	15.8	-	-	32.2	13	4.60	39
38	37	1.58	40	-	15.9	5.50	35	32.4	-	4.55	38
37	-	1.57	39	-	16.0	-	34	32.6	-	4.50	37
36	36	1.56	38	12	16.1	5.25	-	32.8	12	4.45	36
35	35	1.55	37	-	16.2	-	33	33.0	-	4.40	35
34	34	1.54	36	-	16.3	-	32	33.2	-	4.35	34
33	33	1.53	35	11	16.4	5.00	-	33.4	11	4.30	33
32	32	1.52	34	-	16.5	-	31	33.6	-	4.25	32
31	31	1.51	33	-	16.6	4.75	30	33.8	-	4.20	31
30	30	1.50	32	10	16.8	-	29	34.0	10	4.15	30
29	29	1.48	31	-	17.0	-	-	34.2	-	4.10	29
28	28	1.46	30	-	17.2	4.50	28	34.4	-	4.05	28
27	27	1.44	29	9	17.4	-	27	34.6	9	4.00	27
26	26	1.42	28	-	17.6	-	26	34.8	-	3.95	26
25	25	1.40	27	-	18.0	4.25	-	35.0	-	3.90	25
24	24	1.38	26	8	18.3	-	25	35.5	8	3.80	24
23	23	1.36	-	-	18.6	-	24	36.0	-	3.70	23
22	22	1.34	25	-	18.9	4.00	23	36.5	-	3.60	22
21	21	1.32	24	7	19.2	-	-	37.0	-	3.50	21
20	20	1.30	23	-	19.6	-	22	37.5	7	3.40	20
19	19	1.25	22	-	20.0	3.75	-	38.0	-	3.30	19
18	18	1.20	-	6	20.5	-	21	38.5	-	3.20	18
17	17	1.15	21	-	21.0	-	-	39.0	-	3.10	17
16	16	1.10	20	-	21.5	3.50	20	39.5	6	3.00	16
15	15	1.05	19	5	22.0	-	19	40.0	-	2.90	15
14	14	1.00	18	-	22.5	-	18	40.5	-	2.80	14
13	13	0.95	17	-	23.0	3.25	17	41.0	-	2.70	13
12	12	0.90	16	4	24.0	-	16	42.0	5	2.60	12
11	11	0.85	15	-	25.0	-	15	43.0	-	2.50	11
10	10	0.80	14	-	26.0	3.00	14	44.0	-	2.40	10
9	9	0.75	13	3	27.0	-	13	45.0	-	2.20	9
8	8	0.70	12	-	28.0	2.75	12	46.0	4	2.00	8
7	7	0.65	11	-	29.0	-	11	48.0	-	1.90	7
6	6	0.60	10	2	30.0	2.50	10	50.0	-	1.80	6
5	5	0.55	9	-	32.0	-	9	52.0	-	1.70	5
4	4	0.50	8	-	34.0	2.00	8	54.0	3	1.50	4
3	3	0.45	6	1	36.0	-	7	56.0	-	1.30	3
2	2	0.40	4	-	38.0	-	6	58.0	-	1.10	2
1	1	0.35	3	-	40.0	1.50	4	60.0	2	1.00	1

LADDER OF SUCCESS

P PENTATHLON		D DECATHLON	
Girls	Boys	Girls	Boys
GOLD		GOLD	
240	250	460	480
SILVER		SILVER	
220	230	420	440
BRONZE		BRONZE	
170	180	350	370
STEP 10		STEP 10	
160	170	315	335
STEP 9		STEP 9	
150	160	270	300
STEP 8		STEP 8	
140	145	240	270
STEP 7		STEP 7	
125	130	210	240
STEP 6		STEP 6	
110	115	180	210
STEP 5		STEP 5	
100	100	150	180
STEP 4		STEP 4	
80	80	120	150
STEP 3		STEP 3	
60	60	80	100
STEP 2		STEP 2	
30	30	40	50
STEP 1		STEP 1	
0	0	0	0