

# KJS Virtual Pentathlon

Take part in the events to earn points towards the House Cup, **extra points** awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places, completion of all events or beating the Teacher!



## Run 1km

*Challenge yourself and see if you can get a personal best...*

- **Equipment:** fitness tracker/phone, an adult.
- **Instructions:**
  1. Use/download Strava, Map my run/suitable phone app that tracks your distance and time.
  2. Ask your adult to supervise you (run with you or cycle next to you) for 1km and start and stop the clock.
  3. Screen shot the run and upload it onto the entry form.
  4. If you cannot screen shot the run, just enter the distance and time on the questionnaire.



## Seated throw

*Give it your best shot....*

- **Equipment:** Chair, 1 kg weight (for example a bag of flour or sugar wrapped in a bag, ankle weights).
- **Instructions:**
  1. Watch the Year 6 demonstration on the school website/Seesaw.
  2. Place the chair sideways in the garden/open space.
  3. Sit on the chair, holding the object in your dominant hand.
  4. Point the non-dominant hand in the direction that you want the object to go.
  5. Pull back the arm of the dominant hand, push through at shoulder height and release the object.
  6. Ask your adult to measure the distance from the chair to where the object lands (first hits the ground) and enter the distance on the questionnaire.



## Standing Long Jump

*..... Jump as far as you can....*

- **Equipment:** tape measure, flat dry surface.
- **Instructions:**
  1. Watch the Year 6 demonstration on the school website/Seesaw.
  2. Extend the tape measure on the ground.
  3. Start from a standing position in line with the 0 on the tape measure.
  4. Jump with two feet together, you must land with two feet together.
  5. If you fall back the jump is a no jump and you must try again.
  6. Ask your adult to measure the distance you have jumped and enter it on the questionnaire.



## Vertical Jump

*Reach for the stars....*

- **Equipment:** ruler/tape measure, a flat wall that is higher than you can reach at your peak jump, a pencil/piece of chalk. To avoid marking the wall tack a piece of paper on the wall above your outstretched arm.
- **Instructions:**
  1. Watch the Year 6 demonstration on the school website/Seesaw.
  2. Stand against the wall with the side you can reach higher with.
  3. Reach as high as you can and ask your adult to mark the wall at the top of your outstretched hand.
  4. From a standing position, bend your knees and jump as high as you can, your adult should mark the wall at the highest point of your jump.
  5. Ask your adult to measure the distance between the 2 marks and enter it on the questionnaire.



## Cycle 3km

*To complete all 5 events...*

- **Equipment:** bike, fitness tracker/phone, an adult.
- **Instructions:**
  1. Use/download Strava, Map my run/suitable phone app that tracks your distance and time.
  2. Ask your adult to supervise you (run with you or cycle next to you) for 3km and start and stop the clock.
  3. Screen shot the ride and upload it onto the entry form.
  4. If you cannot screen shot the run, just enter the distance and time on the questionnaire.