

ATHLETICS PENTATHLON

CLICK HERE FOR [GUIDANCE NOTES](#)

CLICK LINKS

WATCH



INTRO VIDEO

- EQUIPMENT**
- STOPWATCH / TIMER
 - TAPE MEASURE / RULER
 - CEREAL BOX OR TOWEL
 - 3 PAIRS ROLLED UP SOCKS OR 3 BEANBAGS
 - VERTICAL SCALE

- QUALITY NEEDED**
- HONESTY



CLICK THE PINK ARROWS TO ACCESS THE VIDEOS

CHALLENGE

1

**SHUTTLE
RUN**



CHALLENGE

2

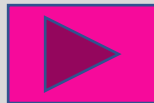
**STANDING
LONG
JUMP**



CHALLENGE

3

**VERTICAL
JUMP**



CHALLENGE

4

**SPEED
BOUNCE**



CHALLENGE

5

**TARGET
THROW**



**FINAL
STEP**

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