

Home Pentathlon - Virtual Competition

Dear Colleague

Please find below details of the Dorset School Games Home Pentathlon Virtual Competition:

Entry Details:

The event is open during 20th May – 12th June 2020.

This competition offers the flexibility of independence for students working at home and a real team competitive element for working with your children at school. This format will enable you to motivate all your students with whatever their working environment. The goal is to give students a chance to improve their personal bests and give them a chance to compete, whilst giving them back that sense of belonging to a team and their schools.

Format: The event is easy to follow, simple to set up as it is modified from the Indoor Athletics format and requires minimal equipment. Students complete 5 disciplines as listed below.

Inclusion: All activities come with adaptive instructions using STEP. We would love schools and individuals to enter who have additional needs including all special school children.

Safety: We encourage everyone in the household to take part in the Home Pentathlon (where possible) but all activity must take place under adult supervision, ensuring;

- All surfaces are clear, dry and free from debris.
- Sufficient space is cleared around all activity – ensure there are no obstacles around activity.

Events:

Standing Long Jump – (Scale attached)

Speed Bounce (20s)

Shuttle Run (20x5m)

Target Throw (5m)

Vertical Jump

For guidance of how to complete each activity please see the pdf, it provides a link to the guidance document and video links to each event.

Scoring:

As stated on the email, the scoring and results are not the importance of this event, rather the outcomes. But this is a way that we really support students getting back to into school sport. So please encourage all your students to participate from home and in school. For those working at school, please either send us their results via the google docs form: <https://forms.gle/v66rV6Xqokk7n9aKA> **OR** you can use the excel file to centralise your results and send to schoolgames@activedorset.org either is fine as we would appreciate your feedback on what worked best for students in school.

If you have any questions or need any further guidance please don't hesitate to contact your School Games Organiser or Active Dorset.

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Closing date: Friday 12th June 2020

Next Steps for Staff:

- Send the guidance PDF to your students working at home and encourage them to send in their results via the google docs form <https://forms.gle/v66rV6Xqokk7n9aKA>
- Hold competition(s) and record the results for students in school
- Finalise your schools overall results (see webinar clip for guidance on scoring)
- Send your schools results to us via either the google docs link <https://forms.gle/v66rV6Xqokk7n9aKA> **OR** email us the excel file with your schools scores to schoolgames@activedorset.org