



SPORTSHALL PENTATHLON

KS2&3 Sportshall

Teacher Guidance

Team

Team Size: 6- smaller teams are possible but only **teams of 6** will be counted in the Berkshire Virtual School Games Competition.

Minimum of 2 Boys and 2 Girls.

A school may enter any number of teams.

The Challenges

Challenge One- 5x20m Shuttle Run

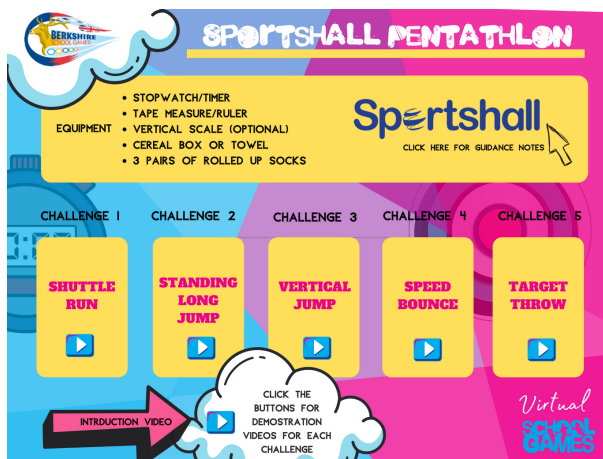
Challenge Two- Standing Long Jump

Challenge Three- Vertical Jump

Challenge Four- Speed Bounce

Challenge Five- Target Throw

Full Guidance Notes can be found [here](#):



Implementation

1. Identify teams of six and inform pupils of their teams.
2. Send out Activity Card to pupils asking them to practice the challenges through the week.
3. You may wish to explain a little more detail about accessing the videos and guidance from the activity card. You might also like to highlight the adaptations available e.g if they do not have a printer.
4. Remind them that it is important quality of sportsmanship to be honest and do their best. Taking part is the most important element.
5. Ask them to submit their best scores to you by **3pm on Friday 8th May** or earlier if you prefer.
6. Ensure they provide the scores in the correct form for each challenge e.g seconds; cm or number. You may find it useful to send a table for them to complete.

Scoresheet

If you wish to compete in the Berkshire Virtual School Games make sure you have **signed up by 8th May**. You only need to sign up once for the whole series of events.

Please download the Sportshall scoresheet from the [GBA website](#) and save it to include your full school name. If you have a commonly used school name e.g. St Mary's please also include your SGO area. The scoresheet allows for 10 teams if you have more than ten teams please use a second scoresheet.

Collate and input the results submitted by your pupils, send your compiled results to **schoolgames@getberkshireactive.org** by **11th May**.

Spirit of the Games

As always we expect all to observe the Spirit of the Games values. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

"I would prefer to fail with honour than win by cheating"- Sophocles

Virtual
SCHOOL
GAMES

