



# SPORTSHALL PENTATHLON

- EQUIPMENT
- STOPWATCH/TIMER
  - TAPE MEASURE/RULER
  - VERTICAL SCALE (OPTIONAL)
  - CEREAL BOX OR TOWEL
  - 3 PAIRS OF ROLLED UP SOCKS

## Sportshall

[CLICK HERE FOR GUIDANCE NOTES](#)



### CHALLENGE 1

#### SHUTTLE RUN



### CHALLENGE 2

#### STANDING LONG JUMP



### CHALLENGE 3

#### VERTICAL JUMP



### CHALLENGE 4

#### SPEED BOUNCE



### CHALLENGE 5

#### TARGET THROW



PRACTICE &  
SUBMIT YOUR  
BEST SCORES  
TO YOUR  
TEACHER

CLICK THE  
BUTTONS FOR  
DEMOSTRATION  
VIDEOS FOR EACH  
CHALLENGE



INTRODUCTION VIDEO

Virtual  
SCHOOL  
GAMES