

# 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**

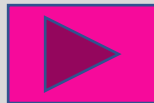
**STANDING  
LONG  
JUMP**



**CHALLENGE**

**3**

**VERTICAL  
JUMP**



**CHALLENGE**

**4**

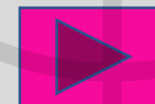
**SPEED  
BOUNCE**



**CHALLENGE**

**5**

**TARGET  
THROW**



**FINAL  
STEP**

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