Follow the steps below to get involved:

1. Familiarise your pupils with the challenges in the document below.
2. Pupils to complete all 5 challenges – in school set bubble(s).
3. Input scores into the spreadsheet provided by your SGO.
4. Submit your scores as per the details on the final page.
5. Ensure you complete all data reporting on the spreadsheet and return to your SGO before Monday 16th November.

Yr. 7 & Yr. 8 Pentathlon

Tweet us with your efforts using the #CSWVirtualGames and your area Twitter handle below!

SCHOOL GAMES MISSION

Keeping competitive sport at the heart of schools and provide more young people with the opportunity to compete and achieve their personal best.
**PENTATHLON**

**10 X 10M SHUTTLE RUN**

**Equipment**
- Cones (x4)
- Stopwatch
- Tape

**How to**
- Place 2 cones on the floor 1 metre apart - this is your starting gate.
- Place your other 2 cones directly opposite, at a distance of 10 metres away.
- Run in a straight line to the cones at the other end, put at least one foot over the line between the cones, turn around and run back again.
- Complete the 10 metre distance 10 times to complete 100m, and stop the timer when the participant crosses the finish line.

**Scoring**
- Your score is the total time in seconds (to one decimal place, e.g. 32.3) taken to complete the 100m course.

**TOP TIPS**
- Practice your turns - this is where you can lose or gain a lot of time.
- Use your arms to help you to accelerate.
- Run through the finish line.

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Video support – [https://youtu.be/K230C7nnXxw](https://youtu.be/K230C7nnXxw)
STANDING LONG JUMP

Equipment
- Tape measure or long jump mat
- Cones x2 (to make your starting line)

How to
- Place your 2 cones 1 metre apart - this is your starting/jumping line.
- Place your tape measure to the side of one cone, with the ‘0’ in line with the jumping line.
- Start in a standing position with your toes in line with “0” on the tape measure.
- Bend your knees, and swing your arms forward to help you to jump as far as possible.
- You must start on two feet and land on two feet.
- You are not required to hold the landing but if you fall back or step back then the jump should not be recorded – have another go!
- Record a measurement from the back of the heel closest to the jumping line on landing.

Scoring
- You have 3 attempts to jump as far as you can.
- The furthest jump will be taken as your score.
- Scores should be recorded in centimetres.

Video support – [https://youtu.be/jlguHx6Sht0](https://youtu.be/jlguHx6Sht0)

Did you respect the decision of the judges who were measuring for you?

TOP TIPS
- Rock from toe to heel before jumping in order to gain momentum.
- As you jump, swing both arms forward with tension.
- Bend your knees on take-off and landing.

PENTATHLON
**VERTICAL JUMP**

**Equipment**
- Felt pen or chalk (to mark your jump)
- Vertical jump board (supplied with email) or measuring tape

**How to**
- Print the vertical jump scale and stick it on the wall with “0” in line with the floor. Alternatively, you can do the same with a measuring tape.
- Stand with your back and heels touching the wall, and keep your legs straight.
- Keeping your feet flat on the floor, stretch your arms up, and mark on the scale using your chalk/felt pen where the top of your fingers reach when fully stretched.
- Turn sideways and move 20cm away from the wall.
- Bend your knees, and jump to make a second mark on the scale as high as you can.
- Calculate the difference between standing height and jumped height - this is your score.

**Scoring**
- Measure the difference between the mark you made when standing, and when you jumped. The score recorded will be in centimetres and should be a whole number (e.g. if your jump mark = 265cm and your standing mark = 225cm, your score is 265-225 = 40).
- Alternatively take a look at the top tips for another way to complete and record scores.

**Video support** - [https://youtu.be/jxmgszSs92k](https://youtu.be/jxmgszSs92k)
**PENTATHLON**

**TOP TIPS**

Have a few practice jumps before you start to get in to the rhythm.

Keep your body upright – try not to look down too much.

Pick your knees up.

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**SPEED BOUNCE**

**Equipment**
- Speed Bounce mat / rolled-up towel - or something similar
- Stopwatch

**How to**
- Stand with two feet on one side of your barrier.
- Jump over your barrier from side to side.
- You have **20 seconds** to complete as many bounces as possible.
- Both feet should leave the mat/floor simultaneously and land on the mat/floor simultaneously - Speed Bounce is a two-footed jump.

**Scoring**
- Complete as many bounces as possible within **20 seconds** and record your score.
- Any one-footed steps across the line should **not** be counted.

Video support - [https://youtu.be/yY4p3uWeQeQ](https://youtu.be/yY4p3uWeQeQ)
CHEST PUSH

Equipment
- Tape measure
- A size 5 basketball
- Cones, chalk or tape (to create your throwing line)

How to
- Start in a standing position with your toes in line with “0” on the tape measure, with a ball (size 5 basketball) held in both hands at chest level (see image).
- Push the ball upwards and outwards to throw the ball as far as possible.
- Both feet must be behind the throwing line and remain on the floor at all times.
- One foot may be in front of the other, but no run-ups or steps are permitted.
- The distance is measured using a roll mat or measuring tape.

Scoring
- You have 3 attempts to throw the ball as far as you can.
- The furthest throw will be taken as your score.
- Provide a measurement to the nearest 0.25 metres from where the ball first hits the floor (for example: 3.25cm, 4.50cm, 5.75cm…….)

Video support – https://youtu.be/24eUAe9QZFc

TOP TIPS

Spread your fingers in a ‘W’ shape behind the ball.

Lean back, push the ball, and extend your fingers to get maximum momentum on the throw.

Did you show self-belief when trying to beat your previous throw?
The School Games provide an excellent opportunity to engage more and different young people in leadership roles. Below are some examples of the roles young people can engage with throughout this competition.

**Standing Long Jump: Engage Leaders by...**
- Using leaders to measure and mark out the long jump lane and set out the measuring mat/tape
- Using leaders to spot the landings and call out the distance jumped
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

**Speed Bounce: Engage Leaders by...**
- Using leaders to time the activity
- Using leaders to count the number of successful jumps the competitor achieves
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

**Chest Push: Engage Leaders by...**
- Using leaders to set up the station
- Using leaders to count the number of points achieved by participants
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

**Vertical Jump: Engage Leaders by...**
- Using leaders to help spot how high the mark needs to be made
- Using leaders to write the scores down for participants
- Using leaders to demonstrate

**Shuttle Run: Engage Leaders by...**
- Using leaders to measure and mark out the running lane
- Using leaders to start and end the race
- Using leaders to count each length out loud
- Using leaders to write the scores down for participants
- Using leaders to demonstrate
The School Games is designed to deliver competitive school sport to all young people. The School Games programme wants to ensure there are SMILES on the faces of all young people when participating in a School Games event.

Please take a look at the SMILES check list below...

**SMILES**
If all the competition principles are followed, that should result in SMILES. Use the below as a check list:

- **SAFE** participants feel physically and emotionally safe.
- **MAXIMUM PARTICIPATION** participants are fully involved all of the time, i.e. not hanging around.
- **INCLUSIVE** all participants can take part; activities are designed to suit and develop their abilities.
- **LEARNING** participants develop personal, social, creative, thinking and/or physical skills.
- **ENJOYMENT** activities recognise individuals’ personal needs and interests.
- **SUCCESS** participants feel they are making progress and getting satisfaction.

NB. While there isn’t a specific letter for fair play, SMILES only happen for all participants if they feel a sense of fairness. Fairness underpins inclusion, enjoyment and success; it isn’t just about ‘rules’.

This format is to be used across 4 competitions – Yr. 7 Girls, Yr 7 Boys, Yr. 8 Girls and Yr.8 Boys.

Each school can enter a maximum of 3 teams per competition (A,B & C). All competitions have been developed to be delivered in PE Lessons to class groups/bubbles, encouraging maximum participation.

Please use the spreadsheet provided by your SGO to record your scores as well as your number of participants at intra-house level.

Spreadsheets should be completed and returned to your SGO by **Monday 16th November**.

On receipt of your entry, you will receive a participation e-certificate to be printed and awarded to all pupils that have taken part.

CSW SGOs will also provide School Games Values E-Certificates, which should be awarded to pupils that have shown the values highlighted on the challenge cards throughout the competition.

Local inter-school (level 2) results will be announced on **Friday 27th November** by your SGO.

Winners will receive t-shirts, and their results will be put forward to be paper-matched - generating a county winner.

County winners will be announced on **Monday 14th December** where the top 3 teams will receive medals and certificates.