



Suffolk School Games

Virtual Sportshall Athletics Pentathlon Competitions 2020

The Suffolk PE & Sport Network (SPESN) is running countywide, virtual sportshall athletics pentathlon competitions during this term. Schools are encouraged to engage as many students as possible to participate in this team event in which all athletes take part in the following five activities:

Chest push, 10 x 10m shuttle run, speed bounce, standing long jump, vertical jump

Schools may complete the competition at any time, but the deadline for submitting results is **Thursday 3 December**. There are four age groups, all of which are listed below, along with confirmation of the format and weight variances for the chest push activity. School Games Organisers (SGOs) may distribute local rewards to schools competing from their area, but this is at the discretion of the SGO. Electronic certificates will be made available to all participants.

Age Groups

Years 3&4: Mixed (*medicine ball weight, 1kg*) **Years 7&8:** Boys & Girls (*medicine ball weight, 2kg*)

Years 5&6: Mixed (*medicine ball weight, 1kg*) **Years 9&10:** Boys & Girls (*medicine ball weight, 3kg*)

Rules

1. Comprehensive guidance notes for this competition have been produced nationally and are attached to this document for your information. Essentially, the top five boys and girls scores (combined in primary age groups, separate at secondary level) will determine your school's overall score in each age group.

2. Results must be submitted **to your SGO** by no later than **5:00pm** on **Thursday 3 December** using the attached spreadsheet, which also includes scoresheets for you to use during your event / lessons. Final results will be published during the week commencing 7 December and awards will be distributed as soon after that date as possible.

Further Support

Videos demonstrating the correct technique for setting up and performing each of the five activities are available to view [here](#). It also contains a tutorial on how to complete the results spreadsheet.

Schools wishing to purchase the equipment for use in this and other formats of Sportshall Athletics can do so at a discounted rate. Details are attached.

Your SGO may be able to assist with the delivery of your event, including providing access to shared equipment and potentially identifying alternative locations within the local community to hold the competition. Approach your SGO for further guidance and support.

Attachments

Pentathlon Guidance Notes

Pentathlon Spreadsheet & Scoresheets

Eveque Pentathlon Equipment Offer

We want to use this event as an opportunity to promote the good work that we are collectively doing across the county to keep young people active. Please take photos, record video clips and submit them to your SGO so that we can all celebrate the achievements of the young people taking part in this event!

Let your SGO know if you have any questions. Good luck!

Suffolk PE & Sport Network

September 2020