



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

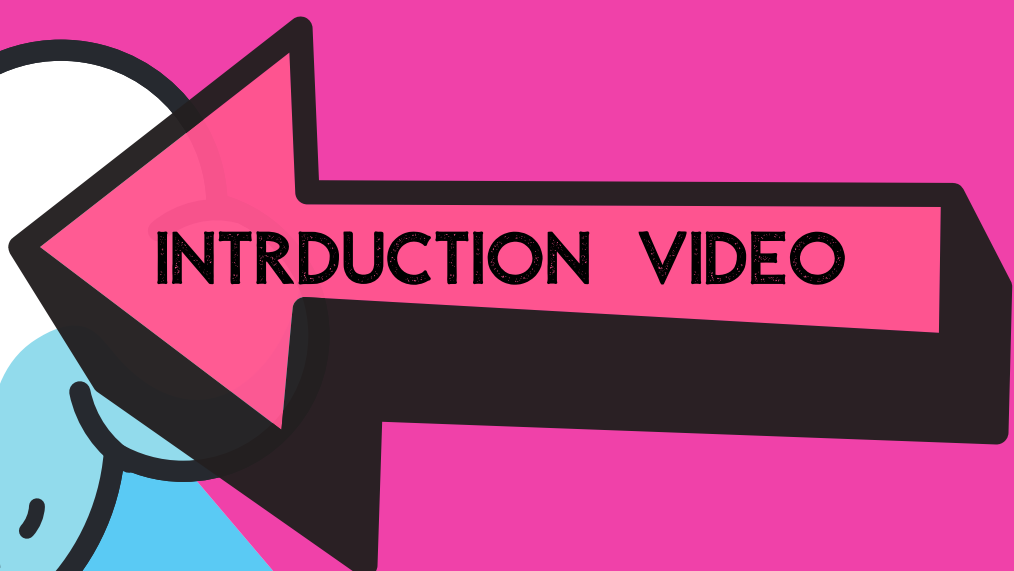
TARGET THROW




PRACTICE & SUBMIT YOUR BEST SCORES TO YOUR TEACHER



CLICK THE BUTTONS FOR DEMOSTRATION VIDEOS FOR EACH CHALLENGE



INTRODUCTION VIDEO

Virtual SCHOOL GAMES