

Instructions for parents and carers: Included in this pack are activities themed around the 5 different events included in the School Games Pentathlon. The cards are simple with limited equipment and are designed so they are child led but a little help or support may be needed at certain points.

Please find below some descriptions of the different sections you will find on the card.

Warm up: Before taking part in any of the activities on the cards children should do a simple warm up. This should raise the heart rate. It could also include some fun activities and games as well as some mobilising exercises.

Active Me: This section will provide an activity that will help develop the skills required for the events in the School Games Pentathlon.

Cool Down/ Stretching:
A reminder that after any activity there needs to be time set aside to stretch and cool down.

Develop Me: This section on the card will encourage a child to think about what they are doing and why. What questions could they ask and what could they explore?

Tips: Simple ideas on what you can look for, to help and support the child.

Personal Challenge: There will be a challenge on every card, this might be the actual event or it may be a challenge to prepare for the Pentathlon event

Group Challenge: The group challenge provides an idea that the whole household could get involved in

This
message
will appear
on every
card

Recommendations:

- *Check with an adult before starting*
- *Make sure you have enough suitable space around you and that there are no hazards*

Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.

1

Active Me:

- Could you ask someone at home to draw around your body with chalk whilst you lie on the ground
- If you don't have any chalk could a mark be placed where your feet, knees, shoulders and head are with tape or string
- How far along your body length can you jump using a two footed jump, from two feet and landing on two feet?



2

Develop Me:

- Are you using your arms?
- Do you think you could use your arms to increase your jumping distance?
- Can you demonstrate control and balance on your landing?
- What could you do to help that control?

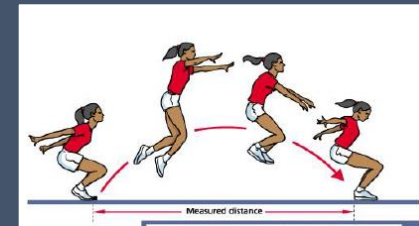
Tips:

- Soft knees on landing
- Make sure you move your body parts in an effective order, legs before arms

3

Personal Challenge - [Standing Long Jump](#)

Do you have a measuring tape? Could you record the best three attempts for a two footed standing long jump, you could make your own personal record sheet



4

Group challenge:

- Could you get someone else involved from your household?
- Can you explain how the body should move during the jump?
- Can you measure 3 jumps. What are the distances?
- How about a house challenge, biggest improvement wins?

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1

Active Me:

- Practice moving quickly from a starting position
- Mark out a 5-10 metre area which you can move along in a straight line. If you don't have a lot of indoor space, is there somewhere outside you could use?
- Identify a start & finish point with some objects e.g. cans
- Start from a standing position, travel as quickly as you can to the end of the area

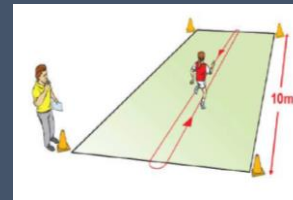
2

Develop Me:

- *How can you use your arms to make you move faster (or slower)?*
- *What happens when you use your arms and drive them forwards & backwards while you are moving?*

Tips:

- To start push down & backwards with your feet
- Gradually grow taller as you move from the start point, relax your shoulders
- Drive your knees up and forwards
- Your knees should lift higher the faster the running movement



3

Personal Challenge: [Shuttle Run](#)

- Place two objects 10 strides apart to create a shuttle
- *How many shuttles can you run in 10 seconds?*
- Rest
- *Repeat for 15 seconds, how many shuttles can you do?*
- Rest
- *20 seconds, again how many shuttles can you do?*

4

Group challenge:

- Do you know what the world record is for men & women for the 100m?
- Put this on a timer on a device, how many shuttles can each person do in the house before the buzzer goes!

Recommendations:

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1

Active Me:

- Can you practice jumping on the spot as high as possible with your arms in different positions?
- Arms at your side
- Swing arms high to low
- Hands on your hips
- Hands on your head
- Swing arms slowly
- Swing arms quickly

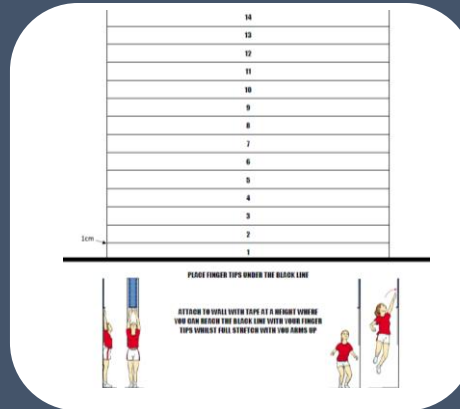
2

Personal Challenge:

- Could you try jumping to reach a target on a wall?
- If you have a printer click on the photo for a vertical jump scale that can be printed off and used at home. If not, why not use chalk drawn on a wall?
- Ensure you are standing sideways on to the wall

Tips:

- Drive your arms upwards
- Extend your knees & ankles quickly when you take off



3

Develop Me:

- How can you ensure you land softly?
- How could you use your arms to jump higher?

4

Group challenge:

- Can you research what the world record is for the High Jump for men and women?
- When you go out for a walk, could you imagine things which might also be at that height
- Try exploring some jumps outside by asking an adult to suspend something. *Can you jump & reach it?*
- Move the suspended item higher the more successful you are at reaching it

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1

Active Me:

- Practice throwing using a chest push action, a two handed push throw from the chest
- Try throwing an object e.g. soft ball, cushion using the following actions:
 - Moving your fingers
 - Moving your fingers & wrist
 - Moving your fingers, wrist and elbows

What do you notice?

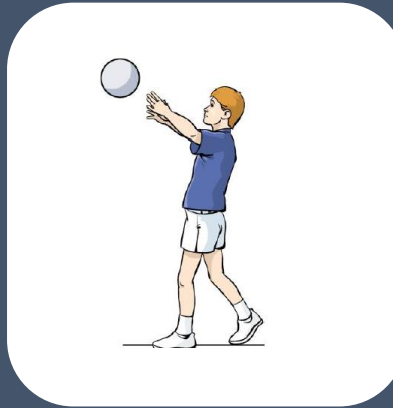
2

Develop Me:

- *What other parts of the body could be used to help you with a chest push or pass?*
- *How much power do you need to put behind the ball to make it travel?*

Tips:

- Extend your arms fast on release
- Stand with your feet staggered
- Transfer your weight from the back foot to the front foot



3

Personal Challenge:

- Set out a number of targets in your garden or outside space
- Each target is a golf hole, mark a starting point (T off). The aim is to try to get the object from the starting point to the target in as few throws as possible
- Could you set up a few holes?
- Try the course again and could you achieve a lower score

4

Group challenge: Wall Ball Challenge (ball will be needed)

- *How many times can you throw and catch a ball off the wall in 60 seconds?*
- *Who can get the most?*
- Try from different distances or could you create your own challenge?

Recommendations:

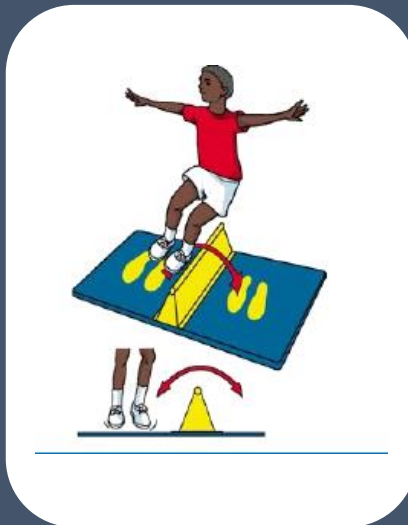
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1

Active Me:

- Practice jumping on the spot
- Explore different body shapes during your jumps
- Make your body long and thin, tuck your body up tightly or outstretch it like a star.
- Next, think of a tightly coiled spring, ready to be released
- Try to think about what happens with your arms & your legs during these movements



3

Develop Me:

- How can you use your arms to maintain balance?
- How can you bounce quickly?
- What movements help you to move your body in this side to side action?

4

Group challenge: As a little bit of fun could you challenge someone in your household? Now that you have built up your skills how many can you do in 20 seconds? Will anyone beat your score?

2

Personal Challenge:

- For the next challenge you will need a towel. Roll it up to create a line to jump over
- Set a timer and on "go" jump sideways across the towel and back as many times as possible in 10 seconds
- Have a rest then try 15 seconds
- How many bounces did you do?
- Can you try again and get more next time?

Tips:

- The feet should leave the mat/ floor simultaneously and land on the mat/ floor simultaneously
- Try and get into a rhythm

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A cool down is important after PE, Sport & Physical activity. It allows your heart rate to reduce back to normal gradually. The cool down should last 5-10 minutes and include slower, more gentle movement with stretching exercises. Try these;

Thumbs up, thumbs down

Stand with both arms outstretched, pushing them backwards with their thumbs pointing upwards. Slowly rotate the arms so that their thumbs are pointing downwards.
Repeat this 2-4 times.

Heel, toe

Power walk around a suitable space, gradually decrease the speed until you almost stop. Take ten steps on your tip toes, then ten steps on your heels.

Butterfly stretch

Sit on the floor with knees bent and feet touching. The legs should look like butterfly wings. Now slowly flap the wings 10 times.

Sky high

Reach up to the sky for 10 seconds stretching out your arms, shoulders & torso. Next fold forward at the hips and ask reach for your toes for 10 seconds stretching out the backs of the legs.

Trees in the wind

Pretend to be trees in a windstorm. Arms are the blowing branches moving in all directions. Start while the windstorm is strong and blowing hard, and finish as the wind calms and blows softer.

Dig in your heels

Stand with one foot forward, pressing the heel into the ground & raising toes up to the sky. Lean forward at the hips & swing your arms along with ground. Repeat with the opposite leg.

Quad stretch

Stand up straight, bend the left knee & reach backwards to grab the left ankle. Pull it in tight to the bottom. This will work on your balance. You can place your hand on a wall for support. Hold for 8 seconds & swap.

A big hug

Take a deep breath in through the nose and out through the mouth. Repeat this three times and as you do this, wrap your arms around your shoulders and give yourself a big hug and a pat on the back!