

A Quick Guide to the 50m Sprint

You will need to measure out (or stride out) and run 50 metres.

How to do the 50m sprint step by step:

- React as quickly as possible to the starting whistle/shout
- Light, quick movements on the feet
- Keep a relaxed body
- Lift the knees up to a horizontal position
- Keep the arms bent and pumping
- Keep the head still and looking ahead



A Quick Guide to the Beanbag Throw

Always check the area is clear before throwing and collecting the beanbag. Use a line or rope as the throwing line. Do not step over the line until after the beanbag has landed.

Mark where the throw lands with a cone.

Measure the throw from the throwing line to where the beanbag lands (use a tape measure or number of strides).

Record the throw on your Pentathlon Individual Score Sheet.

How to do the beanbag throw step by step:

- Stand sideways on, looking in the direction you are throwing.
- Hold the beanbag high and behind the shoulder line with the palm turned up.
- Hold the non-throwing arm in front of the body.
- Keep the opposite foot to the throwing arm forward
- The weight of the body is on the back leg which should be bent
- The arm is pulled through with the elbow leading the palm
- Pull back the non-throwing arm as the throwing arm comes through.
- Transfer the weight of the body from the back to the front leg as you release the beanbag



A Quick Guide to the Shot Put

You could use a beanbag or a tin of baked beans (only landing on grass) as a shot put (use your imagination). Always check the area is clear before throwing and collecting the shot put. Use a line or rope as the throwing line. Do not step over the line until after the shot put has landed.

Mark where the throw lands with a cone or stone.

Measuring (tape or number of strides).

You must measure from the throwing line to the point where the shot put first lands - not where it ends up. If it bounces or rolls, try to keep your eye on the point where it first landed.

Record the throw on your Pentathlon Individual Score Sheet.

How to do the shot put step by step:

- Stand sideways on to the direction of the throw and bend your knees
- Rest the shot put in your fingertips (not your palm) and tuck it into the side of your neck
- Your chin, knee and toe should all be in line
- The elbow of the throwing arm is held high
- Twist your hips transferring the weight from the back foot to the front foot
- Extend your arm forwards on release of the implement, with the palm turned up
- Keeping your elbow high, push the shot put into the sky!



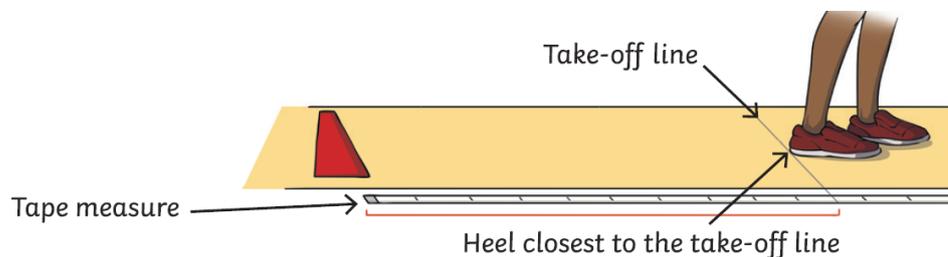
A Quick Guide to the Standing Long Jump

Use a line or rope as the take-off line. Mark the distance jumped using a cone or stone, you must not take a step forward after you have landed. Measure (or stride it out) the jump from the take-off line to heel of the closest foot to the take-off line.

Record the jump on your Pentathlon Individual Score Sheet.

How to do the standing long jump step by step:

- A two-footed horizontal jump from a standing position
- You may prefer a crouching or a rocking motion prior to the jump
- Bend ankles, knees and hips
- Keep eyes focused forward
- Swing arms behind body
- Straighten legs
- Both feet leave the ground together
- Arms swing forward and up
- Land on both feet at the same time
- Ankles, knees and hips bend to absorb impact on landing



A Quick Guide to doing Five Bounding Strides

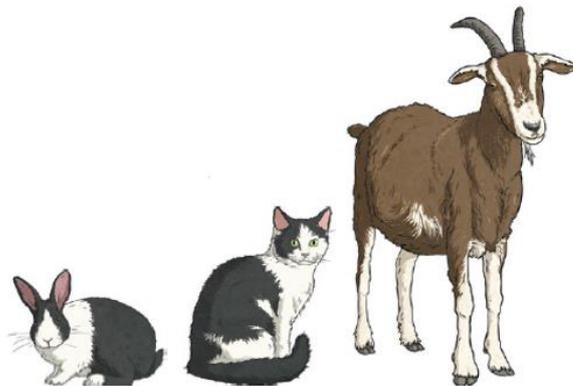
Try to bound as far as a cat or rabbit or mountain goat. In one leap, these amazing animal jumpers can cover huge distances. Can you jump as far as these animals in bounding leaps?

Use a line or rope as the take-off line. Do five bounding strides. Place a cone or stone where the heel of your foot lands on the fifth leap/stride. Measure the distance (stride it out) achieved from the take-off line to the marker.

Record the distance on your Pentathlon Individual Score Sheet.

How to do a bounding stride step by step:

- Launch off one leg as far as possible, driving your knee up to waist height and keeping the back leg straight
- When your foot hits the ground, launch yourself forward again in the same manner
- Do five bounding strides, driving the knees and arms high and fast
- Try to land softly on the balls of your feet
- The arm opposite to your lead leg should swing forward for added momentum



Rabbit 2.7m Cat 2.4m Mountain Goat 3.65m