

# Class Pentathlon Scoring Guide

## Standing Long Jump

**Girls**  
(Y3, 4, 5, 6)

**Boys**  
(Y3, 4, 5, 6)

Distance Jumped	Points	Distance Jumped
1.10m or over	5	1.30m or over
90cm - 1.10m	4	1.10m - 1.30m
70cm - 90cm	3	90cm - 1.10m
50cm - 70cm	2	70cm - 90cm
50cm or under	1	70cm or under

## Beanbag Throw

**Girls**  
(Y3, 4, 5, 6)

**Boys**  
(Y3, 4, 5, 6)

Distance Jumped	Points	Distance Jumped
14m or over	5	20m or over
11m - 14m	4	15m - 20m
8m - 11m	3	11m - 15m
5m - 8m	2	7m - 11m
5m or under	1	7m or under

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## Shot Put

**Girls**  
(Y3, 4, 5, 6)

**Boys**  
(Y3, 4, 5, 6)

Distance Jumped	Points	Distance Jumped
9.5m or over	5	12m or over
7m - 9.5m	4	9m - 12m
4.5m - 7m	3	6m - 9m
2m - 4.5m	2	3m - 6m
2m or under	1	3m or under

## 50m/70m Sprint

**Girls**  
(Y3, 4, 5, 6)

**Boys**  
(Y3, 4, 5, 6)

Distance Jumped	Points	Distance Jumped
9 secs or under	5	13 secs or under
9 - 10 secs	4	13 - 14 secs
10 - 11 secs	3	14 - 16 secs
11 - 12 secs	2	17 - 19 secs
12 secs or over	1	19 secs or over

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## Five Bounding Strides

**Girls**  
(Y3, 4, 5, 6)

**Boys**  
(Y3, 4, 5, 6)

Distance Jumped	Points	Distance Jumped
6m+	5	7.5m+
5 - 6m	4	6 - 7.5m
4 - 5m	3	4.5m - 6m
3 - 4m	2	3m - 4.5m
0 - 3m	1	0 - 3m