

Sports Day Decathlon

- **You will need:** Egg and spoon, a teddybear, a ball, a pillow, a tape measure, 2 cones/markers, a skipping rope, some paper and a bucket, bin or pan and a stopwatch.
- You are representing your House team! It would be great if you can do these in the colour of your House: Jebb is blue, Darwin is green, Seacole is yellow and Mandela is red.
- Send the videos to the school facebook or let us know the number of points you have gained for your team. You do not have to do every event but the more you do, the more points you get for your team.
- Scores need to be in by Friday 19th June.

Event 1: Standing long jump

From a standing start jump as far as you can. Measure to the back of your foot. 10cm = 1point.

Event 2: Sack shuttle

Put 2 cones 5 metres apart. Get in to a pillow case. Jump for 30 seconds. 1 length = 1 point.

Event 3: Egg and spoon

Put 2 cones 5 metres apart. Run for 30 seconds. If you drop it, you lose 1 point. 1 length = 1 point.

Event 4: Speed bounce

Put a pillow or cushion on the floor. Bounce on both feet over the pillow. Each double bounce = 1 point.

Event 5: Skipping

Every 2 skips = 1 point.

Event 6: Wall throw

Mark 1 metre away from the wall. Throw the ball against the wall and catch it for 30 seconds. 1 catch = 1 point.

Event 7: Teddy Bear run

Balance a teddy bear on the back of your neck. Do shuttle runs between 5 metre markers. If you drop it, you lose 1 point.

Event 8: Standing triple jump

From a standing start hop, skip and jump as far as you can. Measure to the back of your foot. 10cm = 1 point.

Event 9: Shuttle run

Put 2 cones 5 metres apart. Run for 30 seconds. If you drop it, you lose 1 point. 1 length = 1 point.

Event 10: Paper throw

Put bin or bucket 2 metres away. Have some rolled up paper on the floor. 30 seconds to get as many bits of paper in the bin as possible. 1 in the bin = 5 points.

Event	<u>cm, shuttles, catches, skips etc</u>	<u>Points</u>
Standing long jump		
Sack shuttle		
Speed bounce		
Egg and spoon		
Skipping		
Wall throw		
Teddy Bear run		
Standing triple jump		
Shuttle run		
Paper throw		
TOTAL		