

# Sheringdale PTA's SPONSORED OLYMPIC PENTATHLON SUMMER 2024

20 May - 9 June



NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

Funds raised will go to the repair of the top playground

## THE PENTATHLON EVENTS - KS2

	GOLD	SILVER	BRONZE	YOUR BEST SCORE
Rope jumps in 1 minute	100	70	50	
Ball throws above head in 1 minute	50	40	30	
Plank- hold for as long as you can	2min	80sec	40sec	
Sit ups in 1 minute	30	25	20	
Squats in 1 minute	60	40	30	

Sponsor name	Address	Total amount sponsored
TOTAL MONEY RAISED		

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NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

## **THE 5 PENTATHLON EVENTS KS1**

	GOLD	SILVER	BRONZE	YOUR BEST SCORE
Rope jumps in 1 minute	40	30	20	
Ball throws above head in 1 minute	30	15	5	
Plank- hold for as long as you can	1min	30sec	10sec	
Sit Ups in 1 minute - full	15	10	5	
Squats in 1 minute - straight back	50	25	15	

Sponsor name	Address	Total amount sponsored
TOTAL MONEY RAISED		

# THE PENTATHLON EXPLAINED: 🏆

- There are 5 events to complete
- Children (and parents/carers) must complete all 5 events to earn their sponsorship
- Gold, silver, bronze does not matter! Children can do the events as many times as they wish and record their best score
- Each sponsor should give a total amount for completing all the Pentathlon events
- Parents / Carers please transfer the total funds raised by the child taking part, referencing the child's name and class, to the PTA account by **10 June 2024**
- **ACCOUNT DETAILS: Sheringdale Parent Teachers Association**  
**sort code: 20-90-74 / acc number: 43836061**
- Deadline for sponsorship monies to be paid into the **PTA account is 10 June 2024**
- **Forms to be returned to class teacher if you would like to enter for highest performer medals**
- **Highest performers medals** will be presented to those children with the highest scores at the Sheringdale Summer Fair on 29 June. Children may be asked to illustrate their skills at the medal ceremony also!
- Parents / Carers please do encourage the children to do the events and try to improve on their scores
- And parents / carers do the events too! We know parents and children love a bit of competition!



# THE FIVE PENTATHLON EVENTS :

- **ROPE JUMPS:** jump side to side across a rope (or any line ) each jump counts as one score.
- **BALL THROW AND CATCH:** ball must be thrown above the head and the catch has to be below the chin to count as one score.
- **PLANK:** make sure hips are lifted, hold without wriggles for as long as you can , note time when knees drop to the ground.
- **SIT UPS:** butterfly legs - feet together, knees apart, hands behind head, back of head / hands must touch floor each time you go back and when you come forward hands release and touch in front of toes to count as one
- **SQUATS:** feet just wider than hip distance apart, back stays straight as possible, hands behind head, bend knees until thighs are parallel to the floor then straighten up.

**HAVE FUN AND TRY IMPROVE YOUR SCORES**

