



# Lockdown Olympics Pentathlon

	<p><b><u>Bouncy Hopper Bounce</u></b></p> <ul style="list-style-type: none"> <li>• Find a grassy area clear of obstacles</li> <li>• Mark out a start line and a finish line 15 metres apart</li> <li>• Using a space hopper each competitor has to see who can do the LEAST amount of bounces over the distance.</li> <li>• 10 points for 1<sup>st</sup>, 8 points for 2<sup>nd</sup>, 6 points for 3<sup>rd</sup>, 4 points for 4<sup>th</sup>. Deduct 2 points if competitor falls off the space hopper and / or if competitor cheats by not bouncing properly.</li> </ul>
	<p><b><u>Grand National Egg Challenge</u></b></p> <ul style="list-style-type: none"> <li>• Find a grassy area clear of obstacles</li> <li>• Set up 4 jumps at a height of 50cms.</li> <li>• You need a hardboiled egg and spoon.</li> <li>• Mark out a start line and a finish line 30 metres apart</li> <li>• Each competitor has to run and jump over the hurdles carrying the egg on a spoon.</li> <li>• If the egg gets dropped the competitor must go back and pick it up</li> <li>• The winner is the fastest to jump all the hurdles</li> <li>• Add two seconds each time the competitor drops the egg and / or knocks the hurdle over.</li> <li>• 10 points for 1<sup>st</sup>, 8 points for 2<sup>nd</sup>, 6 points for 3<sup>rd</sup>, 4 points for 4<sup>th</sup>.</li> </ul>
	<p><b><u>Push up Sit Up</u></b></p> <ul style="list-style-type: none"> <li>• Find a grassy area clear of obstacles</li> <li>• Mark out a start line and a finish line 15 metres apart</li> <li>• At the 5 metre mark the competitor has to do 3 push ups</li> <li>• At the 10 metre mark the competitor has to do 3 sit ups</li> <li>• At the finish line the competitor has to complete a roly polly</li> <li>• The winner is the fastest to finish</li> <li>• 10 points for 1<sup>st</sup>, 8 points for 2<sup>nd</sup>, 6 points for 3<sup>rd</sup>, 4 points for 4<sup>th</sup>. Deduct 2 points each time the competitor doesn't complete the exercises properly.</li> </ul>
	<p><b><u>Frisbee Spot Throw</u></b></p> <ul style="list-style-type: none"> <li>• Find a grassy area clear of obstacles</li> <li>• Mark out 3 target rings (you can use anything like rolled up towels, string or hula hoops)</li> <li>• Each competitor has three throws.</li> <li>• Award 10 points for bullseye, 5 points for landing the Frisbee in the second ring and 2 points for anywhere else. Highest score wins.</li> <li>• 10 points for 1<sup>st</sup>, 8 points for 2<sup>nd</sup>, 6 points for 3<sup>rd</sup>, 4 points for 4<sup>th</sup>.</li> </ul>
	<p><b><u>Weaving poles</u></b></p> <ul style="list-style-type: none"> <li>• Find a grassy area clear of obstacles</li> <li>• Mark out a start line</li> <li>• Set up 6 poles vertically 1 metre apart in a straight line from the start line</li> <li>• Each competitor has to weave in and out as fast as they can one way and then back again to the start.</li> <li>• The winner is the fastest to finish.</li> <li>• 10 points for 1<sup>st</sup>, 8 points for 2<sup>nd</sup>, 6 points for 3<sup>rd</sup>, 4 points for 4<sup>th</sup>. Deduct 5 points if competitor misses a pole and / or knocks a pole.</li> </ul>

## Lockdown Olympics Pentathlon Results

	Bouncy Hopper Bounce	Grand National Egg Hurdles	Push up Sit up	Frisbee Spot Throw	Weaving Poles
TA	10	11.02	15.86	7	14.76
SA	9	15.06	20.33	4	17.34
KS	14	8.85	18.13	4	15.63
JA	Disqualified	5.17	15.89	12	13.60

	Bouncy Hopper Bounce	Grand National Egg Hurdles	Push up Sit up	Frisbee Spot Throw	Weaving Poles	<b>Total Points</b>
TA	8	6	10	8	8	<b>40</b>
SA	10	4	4	6	4	<b>28</b>
KS	6	8	6	6	6	<b>32</b>
JA	0	10	8	10	10	<b>38</b>

## Lockdown Olympics Pentathlon Final Placings



1<sup>st</sup> Place = TA

2<sup>nd</sup> Place = JA

3<sup>rd</sup> Place = KS

4<sup>th</sup> Place = SA