



# Lincolnshire School Games

## Virtual Events

### Primary Athletics: Home Pentathlon

You can submit your entries from Monday 27<sup>th</sup> April through to Friday 8<sup>th</sup> May 2020.

#### Important information

1. This is a solo event
2. Watch the videos in the link below, so that you understand the event requirements
3. Your video and scores could go towards a Lincolnshire County Final
4. If you are under 13, you will need your parent/guardian to submit your entry for you.

#### Equipment needed

1. Measuring equipment- Tape measure and timer
2. Socks, targets and a small wedge to jump over
3. Phone or Tablet to record it
4. Score sheet, see link below



#### Inclusive! How can you get involved?

##### Space

Indoors or out – just check there is nothing that can hurt you

##### Task

Creatively adapt to challenge yourself or family members

##### Equipment

Be creative!  
Targets can be buckets, pans or a marker on the floor

##### People

These must be solo entries. Make sure nobody is in the background

To submit your content, click on or scan the QR code below



How?

[Android](#)

[iPhone](#)

Click here to see how to share content via your [Android](#) or [iPhone](#) device

#### Keeping young people active

More information on this activity: Video clips and explanations

All of the information that you need can be found here:

<http://www.sportshall.org/homepentathlon>



Downloadable scoring sheet



'How to' Videos for events

To enter this event, use the link in the green box above. You will need to add a link to your scoresheet and keep a video recording of your efforts, should we need some evidence.

Have you checked our safeguarding advice?

Click or scan here for more information



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