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# Our school Pentathlon

A pentathlon is a contest featuring five different events. The name is derived from the Greek words *pente* (five) and *-athlon* (competition).

The modern pentathlon includes shooting, swimming, fencing, horse-riding, and cross country running, but the primary school pentathlon is based more on Track and Field events.

<b><u>Athletics skill</u></b>	<b><u>Traditional Track and field event</u></b>	<b><u>Our event</u></b>	<b><u>Standardisation</u></b>
Running	100 meters	40m sprint	Measure out and mark a 40m course in yard or on field
Running	400 meters	400m run	Measure out and mark a 400m course in yard or on field (e.g. 4 laps of a 100m course)
Throwing	Shot put	Bean bag "putt"	Body turned sideways and twist to throw with push from the neck – feet can move in the twist but no run ups and no crossing the line
Throwing	Javelin	Foam Javelin	Stand sideways, twist to throw
Jumping	Long jump	Standing long jump	Swing arms with toes behind a line. Measure to heels on first landing.