



# Broadbent Fold's Sports Day Pentathlon

## Activity 2 – Around the World

How many times can you pass an object around your waist in 30 seconds?

## Activity 4 – Target Practice

With 10 attempts, how many balls/objects can you throw into a bucket/bowl from 3 large steps away?

## Activity 1 – Speed Bounce

How many jumps can you do over a skipping rope or side to side in 30 seconds?

## Activity 3 – Standing Long Jump

Measure how far you can jump. Have 3 tries and send us your best result.

## Activity 5 – Dizzy Catch

Spin around 5 times and get someone to throw 10 balls/objects at you one at a time. How many can you catch?

