



# Ash Grove Academy Pentathlon 2020

Welcome to the Ash Grove Academy Pentathlon – our alternative to a normal sports day. Below are 5 activities for you to have three attempts at to see if you can improve each time – you could do them all in one day or try a different one each day. Check out our school YouTube as there is a video demo of each activity:

<https://www.youtube.com/channel/UCQt4v3Z0Swq0ZlqKSGjb-Eg>

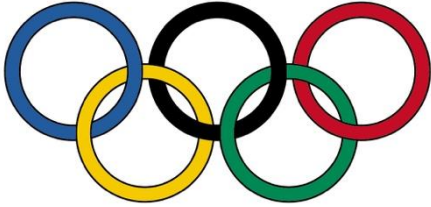
Don't forget to email your results to your class email address. Everyone who takes part will receive a participation certificate.

Activity	Attempt 1	Attempt 2	Attempt 3
Shuttle Runs			
Standing Long Jump			
Target Throw			
Speed Bounce			
Hand Ball			

Below are some other sports related activities for you to have a go at should you wish to.

# Sports Quiz

1. How many players are there in a football team?
2. Which sport is being played in this picture?
3. Which sporting event is being held in Qatar in 2022?
4. Which event does this logo come from?



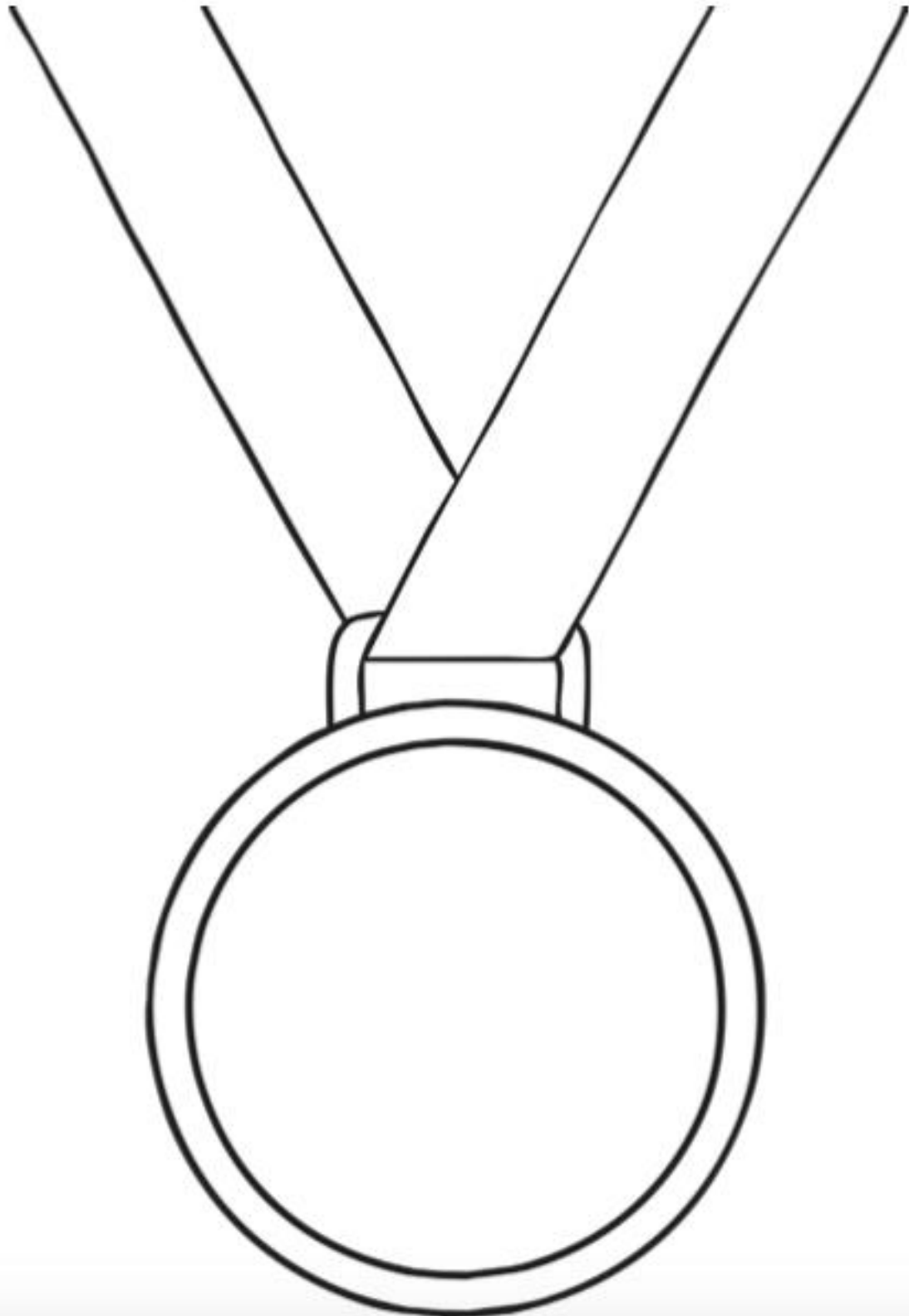
5. Which country invented baseball?
6. Which two colours are on a chess board?
7. What sport does Usain Bolt participate in?

8. Which sport is being played in this picture?
9. Ballet, tap and hip-hop are all types of what?
10. What colour is a standard tennis ball?
- 11.

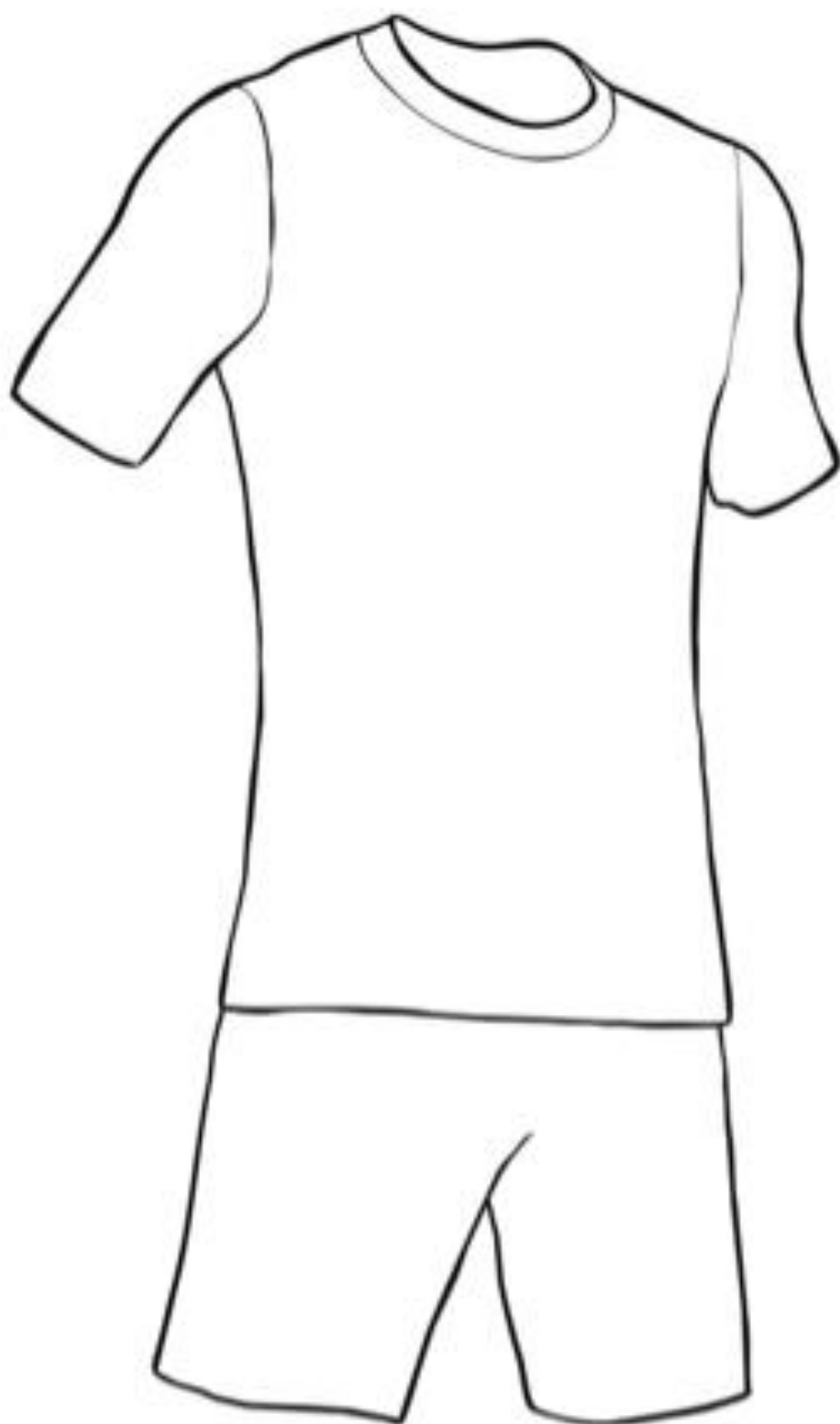


# Sports Day Medal

Design a Sports Day medal. For what discipline will your medal be awarded? Winning?  
Taking part? Good sportsmanship?



# Design A Sports Kit



# An A - Z of Sports

## Amazing Fact

The sport of Jai-Alai is commonly believed to be the fastest sport in the world – the ball can travel at speeds of up to 300 km/h or 190 mph.

## Challenge

Try to think of a sport or sports person for each letter of the alphabet.

You could use the Internet or non-fiction books to research lesser-known sports.

A \_\_\_\_\_ K \_\_\_\_\_ U \_\_\_\_\_

B \_\_\_\_\_ L \_\_\_\_\_ V \_\_\_\_\_

C \_\_\_\_\_ M \_\_\_\_\_ W \_\_\_\_\_

D \_\_\_\_\_ N \_\_\_\_\_ X \_\_\_\_\_

E \_\_\_\_\_ O \_\_\_\_\_ Y \_\_\_\_\_

F \_\_\_\_\_ P \_\_\_\_\_ Z \_\_\_\_\_

G \_\_\_\_\_ Q \_\_\_\_\_

H \_\_\_\_\_ R \_\_\_\_\_

I \_\_\_\_\_ S \_\_\_\_\_

J \_\_\_\_\_ T \_\_\_\_\_



You could also try to find out:

- which countries Jai-Alai is played in;
- what the court looks like;
- if it is dangerous;
- how the ball travels so fast.

# Design a New Sport

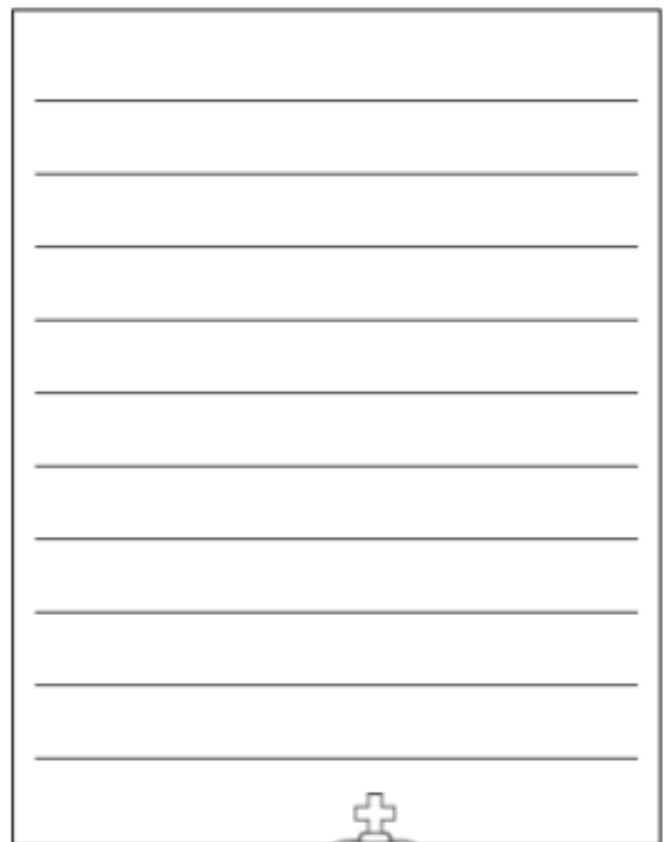
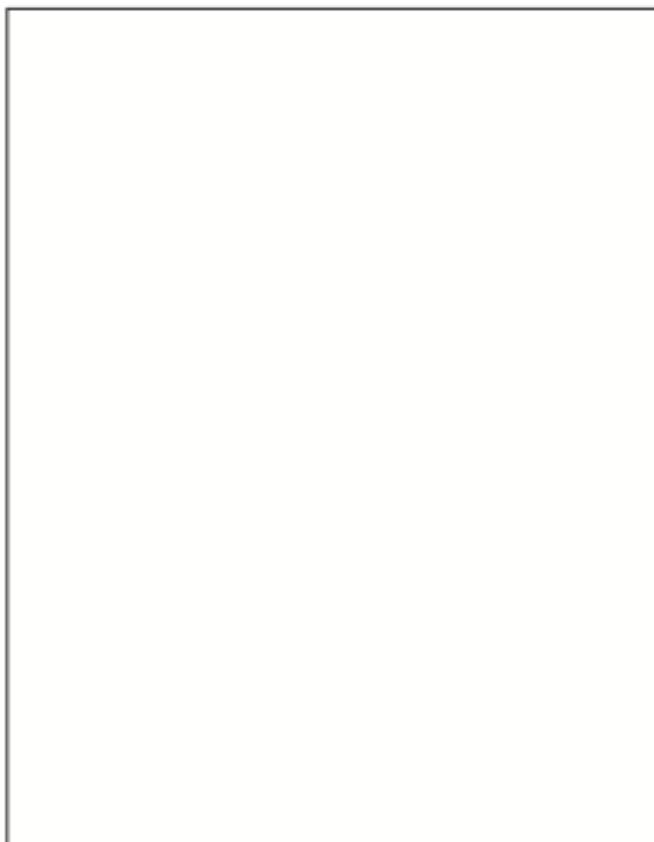
## Amazing Fact

The sport of chess boxing combines two traditional sports; chess and boxing. The competitors fight in alternating rounds of chess and boxing and winning in either round means overall victory.

## Challenge

Design your own sport that combines two different sports.

Give it a name and describe how it would work. Then, draw a picture to show your new sport.



You could also try to find out:

- how popular chess boxing is;
- where the idea originated from;
- whether any other mixtures of sports exist;
- what other sports would go well together.



# Sports Day

f i n i s h l i n e v c  
u i a c t i v i t i e s  
n a r o o h w d a q y i  
t d g s g r a k f f q g  
t r g d t f t s p h f q  
h v a s d s e c o n d d  
i a d c l a r o i x o s  
r z z t e a m r n g l u  
d a b m f g a e t h j n  
x j r a a s f g s a o h  
s p e c t a t o r s i a  
s u n c r e a m o f z t

fun	sun hat	third	
team	finish line	points	activities
water	first	score	race
sun cream	second	spectators	



# Sports Day

f i n i s h p s  
t f t r e q o c  
e i f a c h i o  
a r u c o x n r  
m s n e n e t e  
h t a e d t s f  
w a t e r y d e  
a x t h i r d y

fun  
team  
water  
first

race  
second  
third  
points

score  
finish