

## Herts Virtual Sports Games

### *Introduction to Games*

Longdean School – instructions. Please note: this is for all children, not just children attending Longdean in September!

<https://www.youtube.com/watch?v=BaaddveYitE&feature=youtu.be>

### **Virtual Pentathlon**

Instructions from Longdean School

#### **20 x 5 Shuttle Run event**

Equipment: Tape measure

#### **Standing long jump**

3 x Mark where back of foot lands

#### **Vertical jump**

Masking tape or blue tack

Ruler/tape measure

3 jumps- Divide by three to work out average.

#### **Speed Bounce**

Object 20cms high

Feet together jump side to side

#### **Target Throw**

5m distance - measure

Socks/Bean bag

Target 3m

3 attempts – 4 points lands in, bounces in 2 points

Target 5m