

The Garden 'Give Me 5' Challenge!

Event 1 – 10m shuttle run

- Place 2 markers 10m apart and challenge each athlete to complete as many shuttles as possible in 1 minute.

Scoring: There & back = 2 shuttles.

Equipment: 2 marker cones or similar markers.

Event 2 – Standing Long Jump

- A 2 footed standing jump.
- Athletes must jump from a standing position with both feet on the ground and land with both feet on the ground.

Equipment: A cone/marker for the jump line & a measuring tape to record the distance jumped.

Scoring: Measure the distance from the starting point to where the back of their feet land.

Event 3 - Speed Bounce

- A 2 footed side to side jump over a marker
- Throw down a marker on the floor e.g. a rope, chalked line, line of cones etc.

How many jumps from side to side in 20 seconds?

Event 4 - Vertical Jump

- Stand the athlete with their back to the wall and ask them to reach up with both arms as high as they can with their feet flat on the ground.
- The child marks this point on the wall with a chalk line or sticky tape etc. This is Point A. This will need to be done for each person taking part.
- The athlete then turns so that they are side on to the wall (R or L) and jumps up to touch as far up the wall as they can with their hand nearest to the wall.
- The athlete can either stick some sticky tape/sticker/chalk mark/post it as they jump to mark the point they reach. This is Point B.

Scoring: Measure the distance with a ruler in cm between Point A and Point B for each athlete.

Event 5 – Target Throw

Aim: To throw a bean bag into a target hoop/bucket etc from either 3m, 5m or 10m

Equipment: 3 beanbags or rolled up pair of socks, 1 hoop/bucket, 3 markers placed at 10m, 5m and 3m

- Each athlete has 3 bean bags and can choose to start from either the 3m, 5m or 10m throw line.

For each bean bag that lands in the hoops they score points as follows:

- 10 pts from the 10m line
- 5 pts from the 5m line
- 3 pts from the 3m line

Scoring: Record each athlete's total score from their 3 attempts

Take the challenge as often as you like and see if you can beat your own PB!