



Home Pentathlon Inclusion Adaptations.

	Shuttle run	Standing long jump	Vertical jump	Speed bounce	Target throw
Space	<p>1 - Make the distance smaller or change the shape.</p> <p>2 - Different people moving different distances will motivate everyone.</p> <p>3 - Think about the surface you are moving on.</p>	<p>1 - Can be done on the floor as part of physio routine (stretch/roll not jump)</p> <p>2 - Consider softer environment eg. In bed.</p> <p>3 - Start small and build up.</p>	<p>1 - Consider laying flat and stretching instead of jumping.</p> <p>2 - Wheelchair users can measure a stretch above head.</p> <p>3 - Make sure space appropriate for each individual it's all about stretching yourself.</p>	<p>1 -Can be done in a wheelchair just tapping foot or feet from one side to another.</p> <p>2 - Use laying on the floor to aid mobility.</p> <p>3 - Decreasing height and distance moving.</p>	<p>1 - Start with a shorter distance depending on throwing ability.</p> <p>2 - Consider stretching and pushing object towards a target you can hit. Eg. off a wheelchair tray.</p> <p>3 - Use a table to push object across towards a target.</p>
Task	<p>1 - Can it be a repetition/stretch or number of pushes in a time.</p> <p>2 - Static activity for those who can't run eg. stretching from one side to the other as many times as possible.</p> <p>3 - Use a target or something to hit/ knock over at each end.</p>	<p>1 - Use 1 wheelchair push instead of a jump.</p> <p>2 - How far can you stretch forwards in 3 attempts instead of jumping.</p> <p>3 - Could be a hop skip or one step.</p>	<p>1 - Activity could be a grab/stretch not jump.</p> <p>2 - Any activity can be measured as long as its movement above normal range.</p> <p>3 - Could be repetition based eg. How many times can something be collected from above.</p>	<p>1 -Could be done laying down and moving feet to hit object on either side.</p> <p>2 - Loose the object and use as a side step rather than jump.</p> <p>3 - Use a foot side stretch rather than jump.</p>	<p>1 - Use a ramp (old guttering etc) instead of throwing.</p> <p>2 - Stretch and release an object rather than throw.</p> <p>3 - Use objects which make sound when hit and released such as balloons with rice in.</p>
Equipment	<p>1 - Follow a line or a wall aiding understanding.</p> <p>2 - Use electric wheelchairs or wheelchairs/mobility aids.</p> <p>3 - Use a line or rope to pull a distance rather than move physically.</p>	<p>1 - Use a throw instead of a jump.</p> <p>2 - Move an object as far as you can with one push eg. A ball.</p> <p>3 - Use any marking on the floor to show personal best effort.</p>	<p>1 - Range of objects that could be grabbed eg rolled up socks.</p> <p>2 - Balloons could be used to stretch up and keep in the air.</p> <p>3 - String or line to move hands up.</p>	<p>1 - Use objects to knock over or feel and touch.</p> <p>2 - Use brightly coloured object to aid vision.</p> <p>3 - Markings on the floor using chalk or tape if height restrictive.</p>	<p>1 - Adjust the target to a pole or post if needed.</p> <p>2 - Use bigger targets or those that are flat.</p> <p>3 - Use bigger balls, lighter objects or anything that moves!</p>
People	<p>1 -Ask for ideas!</p> <p>2 - Different family members compete over different distances.</p> <p>3 - Adults can act as guides.</p>	<p>1 - Adults can help as needed..</p> <p>2 - Each young person is different and can complete a challenge based on their ability.</p>	<p>1 - Adults can help as needed..</p> <p>2 - Each young person is different and can complete a challenge based on their ability.</p>	<p>1 - Adults can help as needed..</p> <p>2 - Each young person is different and can complete a challenge based on their ability.</p>	<p>1 - Adults can help as needed..</p> <p>2 - Each young person is different and can complete a challenge based on their ability.</p>

Remember use STEP anyway you want your score still counts even if STEP has been used.