

Bishop Cornish Decathlon Championship

RULES

Over 1 or 2 days this week, complete the 10 events that comprise the Bishop Cornish Decathlon. The events can be done in any order. Try to stick to the rules as closely as possible. Make sure you record your scores for each event. Enjoy your Decathlon. Can you beat your friends/family?

1. Bleep Test

Measure out a 20m piece of flat ground. You will need a stopwatch. At the start you have 15 seconds to reach the other end. That is Level 1. You can't run back until 15 seconds are up. You then run back. That is Level 2. After 30 seconds you run again to the other end (L3). On 45 secs back again (L4) Every 4 levels the time you have reduces by 1 second. You keep going until you can't make it to the end in time. Record your level.

Level 1: 0.15sec **2:** 0.30secs **3:** 0.45secs **4:**1.00 **5:**1.14 **6:**1.28 **7:**1.42 **8:**1.56 **9:**2.09 **10:**2.22 **11:**2.35 **12:**2.48 **13:**3.00 **14:**3.12 **15:**3.24 **16:**3.36 **17:**3.47 **18:**3.58 **19:**4.09 **20:**4.20 **21:**4.30 **22:**4.40 **23:**4.50 **24:**5.00 **25:**5.09 **26:**5.18 **27:**5.27 **28:**5.36 **29:**5.44 **30:**5.52 **31:**6.00 **32:**6.08 **33:**6.15 **34:**6.22 **35:**6.29 **36:**6.36 **37:**6.42 **38:**6.48 **39:**6.54 **40:**7.00 **41:**7.04 **42:**7.08 **43:**7.12 **44:**7.16

2. Step-ups

Using either a bench or a step (approx. 40cm high), how many step-ups can you do in 1 minute (1 foot up, other foot up 1 foot down, other foot down)

3. Sprint

Measure out approx. 70m on flat ground. How fast can you run it in? Remember to dip at the finish!

4. Press-ups

How many press-ups can you do in 1 minute? If you can't do full press-ups, try them on your knees.

5. Plank

The dreaded plank. How long can you hold the plank position? Keep your back straight. Anything over 1 minute is good. Anything over 5 minutes receives a Gold Award.

6. Burpees

How many Burpees can you do in 1 minute? A Burpee is a Squat Thrust followed by a Star Jump.

7. Tennis Ball Catch

Standing 1 metre away from a wall, how many times can you throw the ball against the wall and catch it in 1 minute? If you drop the ball it doesn't count.

8. Speed Bounce

Using a hurdle or another similar object (approx. 30cm high), standing side-wards on, how many times can you jump over the hurdle in 1 minute? Remember to keep both feet together.

9. High Jump

You will need some string and 2 poles approx. 2 metres apart. Tie the string to both poles until it is horizontal. Starting at 10cm high and using the scissor jump you have 3 attempts to clear the height. Increase the height by 10cms each time. You have up to 3 attempts to clear each height? How high can you go? (the school record is 1m25cms!)

10. Endurance Run

Measure out an approx. 1-mile course. Can you run the whole way without stopping? Remember not to start off too fast!

GOLD/SILVER/BRONZE AWARDS FOR EACH EVENT

EVENT	BRONZE	SILVER	GOLD
Bleep Test	Level 20	Level 30	Level 38
Step-Ups	20	30	40
70 metre Sprint	15secs	13secs	11secs
Press-Ups	20	30	40
Plank	1 minute	3 minutes	5 minutes
Burpees	10	18	25
Tennis Ball Catch	20	40	60
Speed Bounce	30	50	70
High Jump	30cms	70cms	1 metre
1 mile Run	Under 15 minutes	Under 12 minutes	Under 10 minutes

OVERALL AWARD

For each event, if you don't quite make Bronze Award you get 1 point. If you achieve Bronze Award = 2 points, Silver Award= 3 points & Gold Award= 4 points. Now add up your points total to see which colour Certificate you will be getting. Send in your score and any photos of your Decathlon and we will send your certificate out. Congratulations on becoming a Decathlete!

SCORE	CERTIFICATE AWARD
14 or less	Platinum
15-24	Bronze
25-34	Silver
35+	Gold

INDIVIDUAL SCORE SHEET

Name:.....

EVENT	SCORE	POINTS
Bleep Test		
Step-Ups		
70 metre Sprint		
Press-Ups		
Plank		
Burpees		
Tennis Ball Catch		
Speed Bounce		
High Jump		
1 mile Run		
TOTAL		