

PRESENTING THE INAUGURAL

BISHOP CORNISH DECATHLON CHAMPIONSHIPS

July 13th & 14th

10 events over two days to test speed, strength, endurance and skill

Who is the best overall athlete in the school?

Certificates to all participants, medals to leading girl and boy in each year group,
trophy for overall winning girl and boy

EVENTS

Day 1

1. Bleep Test
2. Step-ups (1 minute)
3. 70 metre Sprint
4. Press-Ups (1 minute)
5. Plank

Day 2

6. Burpees (1 minute)
7. Tennis Ball Catch (1 minute)
8. Speed Bounce (1 minute)
9. High Jump
10. Endurance Run (1 mile)

Open to all children from Year 2 to Year 6

More details and rules for each event to follow

If you are competing from home, why don't you turn it
into a family event. Who will win in your family?