### Home Pentathlon Inclusion Adaptations.

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

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