

Scout Olympic Pentathlon Scoring Guidelines

Material to be provided by Station Master:

Need four adults, one for each area

4 Clipboards

4 Pencils

4 Cones for Shuttle Run

4 Small blocks of wood

4 Stopwatches for timing

Blue, red, and white beads will be provided by the District

Scout Olympic Pentathlon: This is partially based on the Presidential Physical Fitness Test Standards which include sit ups, shuttle run, 300 meter run, pull ups, and pushups. Scouts can earn blue, red, or white beads to be placed on a leather lace they can wear during the day to signify how well they have done in the Pentathlon. First, second, and third place awards, based on age, will be given for overall pentathlon winners. Event score sheets will be given to patrols to fill out prior to competition.

Sit-ups Testing

- Have the Scout lie on a flat, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one sit-up.
- To start, a timer calls out the signal “Ready? Go!” and begins timing Scout for one minute. The Scout stops on the word “Stop.”

Sit-ups Tip

Instruct helpers to count aloud the number of repetitions.

Sit-ups Scoring

“Bouncing” off the floor is not permitted. The sit-up should be counted only if performed correctly.

SIT-UPS							
AWARD	AGE						
	≤11	12	13	14	15	16	17
Blue Bead	40	44	46	49	50	48	48
Red Bead	37	40	42	45	45	45	45
White Bead	<37	<40	<42	<45	<45	<45	<45

Based on age/test scores in number of sit-ups in 60 seconds

Shuttle Run

This activity measures speed and agility.

Testing

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.

- Scouts start behind opposite line. On the signal “Ready? Go!” the Scout runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across starting line.

Tips

Be sure the participants understand the importance of running through the finish line. Participants should perform this activity on track.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

SHUTTLE RUN							
AGE							
AWARD	≤11	12	13	14	15	16	17
Blue Bead	10.6	10.3	10.0	9.6	9.4	9.1	9.1
Red Bead	11.1	10.6	10.2	9.9	9.7	9.4	9.4
White Bead	>11.1	>10.6	>10.2	>9.9	>9.7	>9.4	>9.4

Based on age/test scores in seconds and tenths

300 Meter Run

This activity measures heart/lung endurance.

Testing

- On a safe, 400 meter course, Scouts begin running on the count “Ready? Go!”
- Walking may be interspersed with running. However, the Scouts should be encouraged to cover the distance in as short a time as possible.

Scoring

Always review Scouts’ health status before administering this test. Give Scouts ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

400 METER RUN							
AGE							
AWARD	≤11	12	13	14	15	16	17
Blue Bead	1:31	1:27	1:22	1:19	1:12	1:11	1:10
Red Bead	1:57	1:54	1:51	1:42	1:31	1:30	1:29
White Bead	>1:57	>1:54	>1:51	>1:42	>1:31	>1:30	>1:29

Based on age/test scores in minutes and seconds

Pull-ups

This activity measures upper body strength and endurance.

Pull-ups Testing

- The Scout hangs from a horizontal bar at a height the Scout can hang from with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small Scouts may be lifted to starting position.
- The Scout raises body until chin clears the bar and then lowers body to full-hang starting position. Scout performs as many correct pull-ups as possible.

Pull-ups Tips

Instruct the Scouts to spend as little time hanging from the bar beforehand as possible because the extra time on the bar may reduce the number of pull-ups performed. Discourage any leg kicking or body swinging as this may also decrease the number of repetitions.

Pull-ups Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

PULL-UPS							
	AGE						
AWARD	≤11	12	13	14	15	16	17
Blue Bead	3	4	5	6	8	8	10
Red Bead	2	2	3	5	6	7	8
White Bead	<2	<2	<3	<5	<6	<7	<8

Based on age/test scores in number of pull-ups

Push-ups Testing

- The Scout starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the Scout then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the Scout being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the Scout can do no more at the required pace. The Scout should remain in motion during the entire three second interval.



Push-ups Scoring

Record only those push-ups done with proper form and in rhythm.

PUSH-UPS							
	AGE						
AWARD	≤11	12	13	14	15	16	17
Blue Bead	20	24	30	28	34	34	43
Red Bead	15	18	24	24	30	30	37
White Bead	<15	<18	<24	<24	<30	<30	<37

Based on age/test scores in number of push-ups every 3 seconds