**PENTATHLON**

**Soon it is midsummer and what is better than a pentathlon in the sunshine? Divide into teams, use common sense, keep distance and laugh a lot. Enjoy!**

**Equipment:**

**Cones (or something that marks the route)**

**A3 paper (or flyers in similar size)**

**Tape**

**Ladder (or buckets or hoops)**

**5 balls in different sizes**

**Blindfolders (scarves or shawls)**

**Garbage bags or jute bags**

**Eggs**

1. **Dumstruten. All participants need an A3 paper shaped as a cone. I the bottom a hole as big as a five-crown. The participants in a team stand in a row and the first person gets a ball at his feet. This ball will now be rolled (with the feet and the cone in front of the face) to a mark further on. Round the mark and roll the ball back to the next person in the row. Continue until all participants have made it. The quickest team wins.**
2. **Balls in a ladder. Put a ladder on the ground and find five balls in different sizes. Each participant will then throw the five balls in the ladder and try to get them stop. The first stage gives one point, the second two points and so on. The team who gets the most points wins. Instead of a ladder you can throw the balls in buckets or hoops.**
3. **Blindman’s buff. Make a short path with some easy obstacles (for example, something to climb over and/or creep under). The team appoints one “leader”. The first person in the team takes on a blindfold and the leader shall, only by explaining orally, lead this person through the path. After that, the team changes to another leader. The team that first have taken all team members through the path wins.**
4. **Bag jump. A real classic! Each team gets a garbage bag or jute bag. When the start signal sounds, the first person steps into the bag, jumps to a cone and back and then leaves the bag to the next person. The fastest team wins.**
5. **Egg fight. Share the team into even pairs. Each pair gets an egg. They will throw the egg between themselves and move farther apart after each throw. The pair/team that throws the longest distance without breaking the egg wins.**