



BRITISH
ATHLETICS

AWARDS

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Developed in partnership with



English
Schools'
Athletic
Association

Track and Field Awards

Boys' Primary Years 3–6

By practising the skills of running, jumping and throwing you can improve in athletics and other sports. The British Athletics Awards are a great way for you to measure your own ability, set personal goals and earn the right to wear The British Athletics Awards badges.

Single Event: Any Run, Jump or Throw

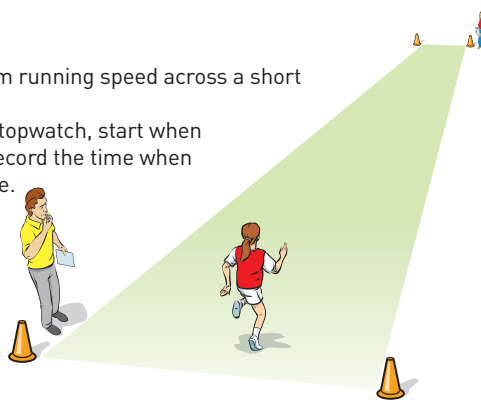
Triathlon: 1 x Run, 1 x Jump and 1 x Throw

Quadrathlon: 1 x Sprint (50m/75m), 1 x Distance (400m/600m), 1 x Jump and 1 x Throw

Pentathlon: 1 x Sprint (50m/75m), 1 x Distance (400m/600m), 1 x Jump, 1 x Throw and 1 other event

1 SPRINTS

- What: Maintain a maximum running speed across a short set distance.
- Measure: Using a digital stopwatch, start when the whistle is blown and record the time when the athlete crosses the line.
- How: Relax and concentrate on a fast start then focus on maintaining speed to pass the finish line.



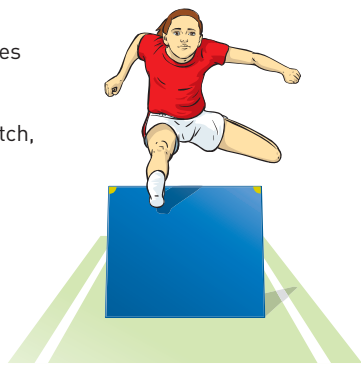
2 DISTANCE

- What: Maintain a maximum pace across a set distance.
- Measure: Using a digital stopwatch, start when the whistle is blown and record the time when the athlete crosses the line.
- How: Focus on pace judgment from the start to the finish and maintain an upright running posture.



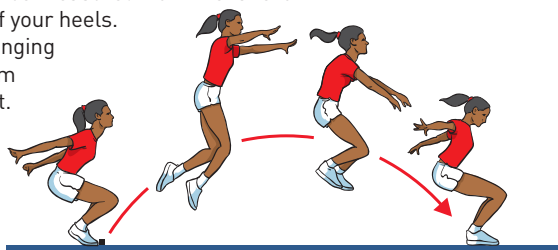
3 HURDLES

- What: Clear a series of six hurdles over a set distance as quickly as possible.
- Measure: Using a digital stopwatch, start when the whistle is blown and record the time when the athlete crosses the line.
- How: Time is lost in the air so athletes should clear and not jump the hurdles maintaining a low centre of gravity.



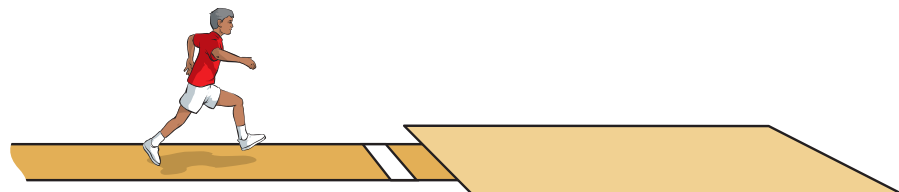
4 STANDING LONG JUMP

- What: Jump forward from a standing position as far as you can and land on two feet.
- Measure: You will be measured from the take-off line to the back of your heels.
- How: Start by swinging your arms and aim for height in flight.



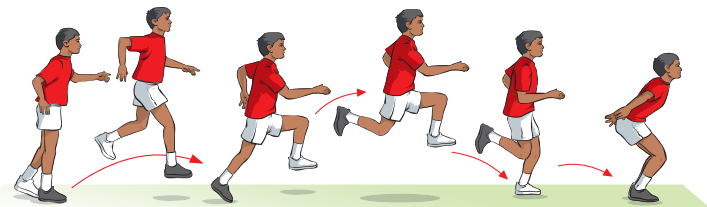
5 LONG JUMP

- What: Run and jump as far as you can from the take-off board into the landing pit.
- Measure: You will be measured from the take-off board to the back of where you land.
- How: Run as fast as you can, jump from the take-off board, aim for height in flight and reach forward on landing.



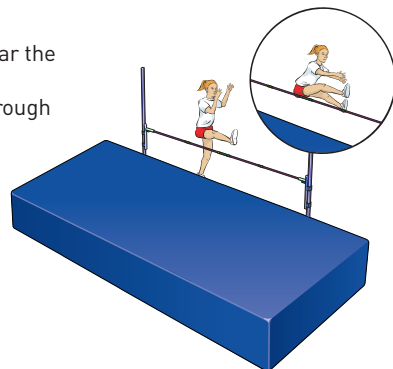
6 STANDING TRIPLE JUMP

- What: Jump as far as you can using the "Hop, Step and Jump" combination.
- Measure: When you finish you will be measured from the back of your heels to the take-off line.
- How: Practise the sequence, stay tall and start with one foot in the air to assist the first hop.



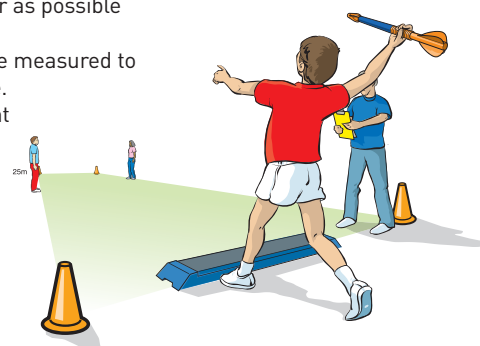
7 HIGH JUMP

- What: Approach and attempt to clear the horizontal bar as high as you can.
- Measure: The bar will be raised through a series of increased heights. An athlete may have up to three attempts to successfully clear each height.
- How: Use the scissor jump, staying tall driving body up and over the bar.



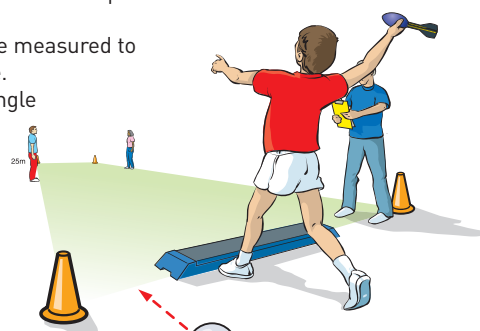
8 BULL NOSED OR 300g TURBO JAVELIN

- What: Throw the javelin as far as possible from a standing position.
- Measure: The distance will be measured to the nearest completed metre.
- How: Keep the javelin straight at a 45 degree angle and follow through with your throwing arm.



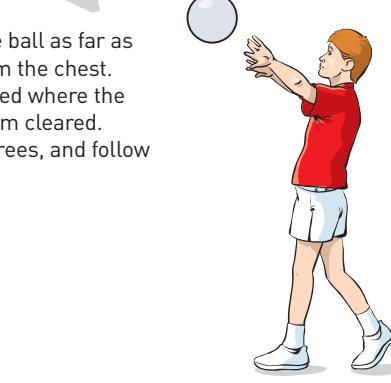
9 VORTEX / BALL THROW

- What: Throw the ball or Vortex as far as possible from a standing position.
- Measure: The distance will be measured to the nearest completed metre.
- How: Throw at a 45 degree angle and follow through with your throwing arm.



10 CHEST PUSH

- What: Push the 1kg medicine ball as far as possible with both hands from the chest.
- Measure: You will be measured where the ball lands, to the nearest 25cm cleared.
- How: Aim high, about 45 degrees, and follow through with both arms.



EARN THE BADGE OF SUCCESS!

Single and Multi-Event Award Badges are available



Boys' Points Table (Primary Years 3–6)

BOYS POINTS & BADGES	RUN					JUMP				THROW			BOYS POINTS & BADGES	
	1		2		3	4a	4b	5	6	7	8	9		
	50m SPRINT	75m SPRINT	400m DISTANCE	600m DISTANCE	60m HURDLES	STANDING LONG JUMP	LONG JUMP	STANDING TRIPLE JUMP	HIGH JUMP	BULL NOSED or TURBO JAVELIN	BALL or VORTEX THROW	CHEST PUSH 1kg		
	Years 3&4	Years 5&6	Years 3&4	Years 5&6		Years 3&4	Years 5&6	Years 5&6		Years 3&4	Years 3&4	Years 3&4		
	secs	secs	mins:secs	mins:secs	secs	mtrs	mtrs	mtrs	mtrs	mtrs	mtrs	mtrs		
GOLD	70	10.0		01:51	10.6	2.40	4.45	6.85	1.50	27.00	38.00	11.00	70	
	69	10.1		01:52		2.37	4.40	6.75	1.48			10.75	69	
	68	10.2		01:53	10.7	2.34	4.35	6.65	1.46	26.00	37.00	10.50	68	
	67			01:54		2.31	4.30	6.55	1.44			10.25	67	
	66	10.3		01:55	10.8	2.28	4.25	6.45	1.42	25.00	36.00	10.00	66	
	65	10.4		01:56		2.25	4.20	6.36	1.40			9.75	65	
	64			01:57	10.9	2.22	4.15	6.28	1.38	24.00	35.00	9.50	64	
	63	10.5		01:58		2.19	4.10	6.20	1.36				63	
	62	10.6		01:59	11.0	2.16	4.05	6.12	1.34	23.00	34.00	9.25	62	
	61			02:00		2.13	4.00	6.04	1.32				61	
SILVER	60	7.0	10.7	01:08	02:01	11.1	2.10	3.95	5.96	1.30	22.00	33.00	9.00	60
	59	7.1	10.8	01:09	02:02		2.07	3.90	5.88	1.28				59
	58	7.2		01:10	02:03	11.2	2.04	3.87	5.80	1.26	21.00	32.00	8.75	58
	57	7.3	10.9	01:11	02:04		2.01	3.83	5.72	1.24			8.50	57
	56	7.4	11.0	01:12	02:05	11.3	1.98	3.80	5.64	1.22	20.00	31.00	8.25	56
	55	7.5	11.1	01:13	02:06		1.95	3.77	5.56	1.21			8.00	55
	54	7.6		01:14	02:07	11.4	1.92	3.73	5.48	1.20	19.00	30.00		54
	53	7.7	11.2	01:15	02:08		1.89	3.70	5.40	1.19			7.75	53
	52	7.8	11.3	01:16	02:09	11.5	1.86	3.67	5.34	1.18	18.00	29.00	7.50	52
	51	7.9		01:18	02:10	11.6	1.83	3.63	5.28	1.17				51
BRONZE	50	8.0	11.4	01:19	02:11	11.7	1.80	3.60	5.22	1.16		28.00	7.25	50
	49	8.1	11.5	01:20	02:12	11.8	1.78	3.57	5.16	1.14	17.00		7.00	49
	48	8.2	11.6	01:22	02:14	11.9	1.76	3.53	5.10	1.12				48
	47	8.3		01:23	02:15	12.0	1.74	3.50	5.04	1.10		27.00	6.75	47
	46	8.4	11.7	01:24	02:17	12.1	1.72	3.45	4.98	1.09	16.00		6.50	46
	45	8.5	11.8	01:26	02:18	12.2	1.70	3.40	4.92	1.08		26.00		45
	44	8.6		01:27	02:19	12.3	1.68	3.35	4.86	1.07			6.25	44
	43	8.7	11.9	01:28	02:20	12.4	1.66	3.30	4.80	1.06	15.00	25.00		43
	42		12.0	01:30	02:21	12.5	1.64	3.25	4.75	1.04			6.00	42
	41	8.8			02:22	12.6	1.62	3.20	4.70	1.02		24.00		41
STEP 3	40	8.9	12.1	01:31	02:23	12.7	1.60	3.15	4.65	1.00	14.00		5.75	40
	39		12.2	01:32	02:24	12.9	1.59	3.10	4.60	0.98				39
	38	9.0		01:33	02:25	13.0	1.58	3.05	4.55	0.97		23.00	5.50	38
	37	9.1	12.3	01:34	02:26	13.1	1.57	3.00	4.50	0.96	13.00			37
	36			01:35	02:27	13.2	1.56	2.95	4.45	0.95			5.25	36
	35	9.2	12.4		02:28	13.4	1.55	2.90	4.40	0.94		22.00		35
	34	9.3	12.5	01:36	02:29	13.5	1.54	2.85	4.35	0.93	12.00			34
	33		12.6	01:37	02:30	13.6	1.53	2.80	4.30	0.92			5.00	33
	32	9.4			02:31	13.7	1.52	2.75	4.25	0.91		21.00		32
	31	9.5	12.7	01:38	02:32	13.8	1.51	2.70	4.20	0.90			4.75	31
STEP 2	30	9.6	12.8	01:39	02:34	14.0	1.50	2.65	4.15	0.88	11.00	20.00		30
	29	9.7			02:36	14.2	1.48	2.60	4.10	0.86				29
	28	9.8	12.9	01:40	02:38	14.4	1.46	2.55	4.05	0.84		19.00	4.50	28
	27	9.9	13.0	01:42	02:40	14.6	1.44	2.50	4.00	0.82	10.00			27
	26	10.0		01:44	02:42	14.8	1.42	2.45	3.95	0.80		18.00		26
	25	10.1	13.1	01:45	02:44	15.0	1.40	2.40	3.90	0.78			4.25	25
	24	10.2	13.2	01:46	02:46	15.2	1.38	2.37	3.80	0.76	9.00	17.00		24
	23	10.4	13.3	01:48	02:48	15.5	1.36	2.33	3.70	0.74				23
	22	10.6	13.4	01:50	02:50	15.8	1.34	2.30	3.60	0.72		16.00	4.00	22
	21	10.8	13.6	01:52	02:55	16.1	1.32	2.27	3.50	0.70	8.00			21
STEP 1	20	11.0	13.8	01:54	03:00	16.4	1.30	2.23	3.40	0.67		15.00		20
	19	11.2	14.0	01:56	03:05	16.7	1.25	2.20	3.30	0.63	7.00		3.75	19
	18	11.4	14.3	01:58	03:10	16.9	1.20	2.18	3.20	0.60		14.00		18
	17	11.6	14.7	02:00	03:15	17.2	1.15	2.15	3.10	0.57				17
	16	11.8	15.0	02:04	03:20	17.6	1.10	2.12	3.00	0.53	6.00	13.00	3.50	16
	15	12.0	15.3	02:08	03:25	18.0	1.05	2.10	2.90	0.50				15
	14	12.2	15.7	02:12	03:30	18.3	1.00	2.08	2.80	0.47	5.00	12.00		14
	13	12.4	16.0	02:16	03:40	18.7	0.95	2.05	2.70	0.43			3.25	13
	12	12.6	16.3	02:20	03:50	19.0	0.90	2.03	2.60	0.40		11.00		12
	11	12.8	16.7	02:24	04:00	19.5	0.85	2.00	2.50	0.37	4.00	10.00		11
STEP 1	10	13.0	17.0	02:28	04:10	20.0	0.80	1.90	2.40	0.33		9.00	3.00	10
	9	13.2	17.3	02:32	04:20	20.5	0.75	1.80	2.20	0.30		8.00		9
	8	13.4	17.7	02:36	04:30	21.0	0.70	1.70	2.00	0.27	3.00	7.00		8
	7	13.6	18.0	02:40	04:40	21.5	0.65	1.60	1.90	0.24		6.00	2.75	7
	6	13.8	18.3	02:44	04:50	22.0	0.60	1.50	1.80	0.22		5.00		6
	5	14.0	18.7	02:48	05:00	22.5	0.55	1.40	1.70	0.20	2.00	4.00	2.50	5
	4	14.2	19.0	02:52	05:15	23.0	0.50	1.30	1.50	0.18		3.00		4
	3	14.4	19.5	03:00	05:30	23.5	0.45	1.20	1.30	0.15	1.50	2.00	2.00	3
	2	14.6	20.0	03:10	05:45	24.0	0.40	1.10	1.10	0.12				2
	1	14.8	21.0	03:20	06:00	25.0	0.35	1.00	1.00	0.10	1.00	1.00	1.00	1