www.uka.org.uk/academy

Track and Field Awards Girls' 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 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



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.





You can do it! Here's how:

Choose your events

Choose the events you would like to try and practise them as much as you can

Obtain your score

Record your best results and look up your scores on the points table

Earn your Badge

Use Spike's Ladder of Success to see which level you have reached

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



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.



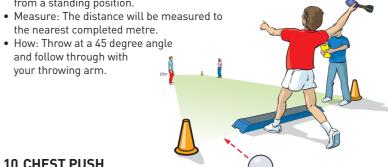
8 BULL NOSED OR 300g TURBO JAVELIN

- 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
- 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.





















Girls' Points Table (Primary Years 3-6)

				RUN	•			JU	JMP	\$1	l	THROW				
			1		2	3	4a	4b	5	6	7	8	9			
GIRLS POINTS & BADGES		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		GIRLS POINTS & BADGES	
		Years 3&4		Years 3&4			Years 3&4	Years 3&4			Years 3&4	Years 3&4	Years 3&4			
			Years 5&6		Years 5&6	Years 5&6	Years 5&6	Years 5&6	Years 5&6	Years 5&6	Years 5&6	Years 5&6	Years 5&6			
	70	secs	secs 10.0	mins:secs	mins:secs 01:51	secs 10.6	mtrs 2.40	mtrs 4.45	mtrs 6.85	mtrs 1.50	mtrs	mtrs	mtrs 11.00	70		
	69		10.1		01:52		2.37	4.40	6.75	1.48		28.00	10.75	69		
	68		10.2		01:53	10.7	2.34	4.35	6.65	1.46	20.00		10.50	68		
	67				01:54		2.31	4.30	6.55	1.44		27.00	10.25	67		
	66		10.3		01:55	10.8	2.28 2.25	4.25 4.20	6.45	1.42	19.00	26.00	10.00 9.75	66 65		
	64		10.4		01:56 01:57	10.9	2.23	4.20	6.28	1.38	17.00	20.00	9.50	64		
	63		10.5		01:58		2.19	4.10	6.20	1.36		25.00	1111	63		
	62		10.6		01:59	11.0	2.16	4.05	6.12	1.34			9.25	62		
	61		40.5		02:00		2.13	4.00	6.04	1.32	18.00	24.00		61		
	60 59	7.0 7.1	10.7 10.8	01:08	02:01	11.1	2.10 2.07	3.95 3.90	5.96 5.88	1.30 1.28		23.00	9.00	60 59		
	58	7.1	10.0	01:09 01:10	02:02 02:03	11.2	2.07	3.87	5.80	1.26		23.00	8.75	58	۵	
СОГР	57	7.3	10.9	01:11	02:04		2.01	3.83	5.72	1.24	17.00	22.00	8.50	57	GOLD	
	56	7.4	11.0	01:12	02:05	11.3	1.98	3.80	5.64	1.22			8.25	56	G	
	55	7.5	11.1	01:13	02:06		1.95	3.77	5.56	1.21		21.00	8.00	55		
	54 53	7.6 7.7	11.2	01:14	02:07	11.4	1.92 1.89	3.73 3.70	5.48 5.40	1.20	1/ 00	20.00	7.75	54		
	52	7.7	11.3	01:15 01:16	02:08 02:09	11.5	1.86	3.70	5.34	1.19	16.00	20.00	7.75 7.50	53 52		
	51	7.9	11.0	01:18	02:07	11.6	1.83	3.63	5.28	1.17		19.00	7.00	51		
	50	8.0	11.4	01:19	02:11	11.7	1.80	3.60	5.22	1.16			7.25	50		
	49	8.1	11.5	01:20	02:12	11.8	1.78	3.57	5.16	1.14	15.00		7.00	49		
	48	8.2	11.6	01:22	02:14	11.9	1.76	3.53	5.10	1.12		18.00	/ 75	48		
	47	8.3 8.4	11.7	01:23 01:24	02:15 02:17	12.0 12.1	1.74	3.50 3.45	5.04 4.98	1.10			6.75 6.50	47 46		
	45	8.5	11.8	01:24	02:17	12.2	1.70	3.40	4.92	1.08	14.00	17.00	0.00	45		
	44	8.6		01:27	02:19	12.3	1.68	3.35	4.86	1.07			6.25	44	-	
<u>~</u>	43	8.7	11.9	01:28	02:20	12.4	1.66	3.30	4.80	1.06				43		
	42		12.0	01:30	02:21	12.5	1.64	3.25	4.75	1.04		16.00	6.00	42	~	
SILVER	41	8.8 8.9	12.1	01:31	02:22 02:23	12.6 12.7	1.62 1.60	3.20 3.15	4.70 4.65	1.02	13.00		5.75	41 40	SILVER	
lls	39	0.7	12.1	01:31	02:23	12.7	1.59	3.10	4.60	0.98	13.00		3.73	39	- IIS	
	38	9.0		01:33	02:25	13.0	1.58	3.05	4.55	0.97		15.00	5.50	38		
	37	9.1	12.3	01:34	02:26	13.1	1.57	3.00	4.50	0.96				37		
	36			01:35	02:27	13.2	1.56	2.95	4.45	0.95			5.25	36		
	35 34	9.2 9.3	12.4 12.5	01:36	02:28 02:29	13.4 13.5	1.55 1.54	2.90 2.85	4.40 4.35	0.94	12.00	14.00		35 34		
	33	7.5	12.6	01:36	02:27	13.6	1.53	2.80	4.30	0.73			5.00	33		
101	32	9.4			02:31	13.7	1.52	2.75	4.25	0.91		13.00		32		
BRONZE	31	9.5	12.7	01:38	02:32	13.8	1.51	2.70	4.20	0.90			4.75	31	BRONZE	
880	30	9.6	12.8	01:39	02:34	14.0	1.50	2.65	4.15	0.88	11.00	40.00		30	RO RO	
	29	9.7 9.8	12.9	01:40	02:36 02:38	14.2 14.4	1.48 1.46	2.60 2.55	4.10 4.05	0.86		12.00	4.50	29 28	Δ.	
	27	9.9	13.0	01:40	02:30	14.4	1.44	2.50	4.00	0.82	10.00		4.30	27		
	26	10.0		01:44	02:42	14.8	1.42	2.45	3.95	0.80				26		
	25	10.1	13.1	01:45	02:44	15.0	1.40	2.40	3.90	0.78		11.00	4.25	25		
STEP 2 STEP 3	24	10.2	13.2	01:46	02:46	15.2	1.38	2.37	3.80	0.76	9.00			24		
	23	10.4 10.6	13.3 13.4	01:48 01:50	02:48 02:50	15.5 15.8	1.36 1.34	2.33	3.70 3.60	0.74		10.00	4.00	23	m	
	21	10.8	13.4	01:50	02:55	16.1	1.32	2.27	3.50	0.72	8.00	.5.05		21	STEP 3	
	20	11.0	13.8	01:54	03:00	16.4	1.30	2.23	3.40	0.67				20	ST	
	19	11.2	14.0	01:56	03:05	16.7	1.25	2.20	3.30	0.63		9.00	3.75	19		
	18 17	11.4 11.6	14.3	01:58	03:10	16.9 17.2	1.20 1.15	2.18 2.15	3.20 3.10	0.60 0.57	7.00			18 17		
	16	11.8	15.0	02:00 02:04	03:15 03:20	17.2	1.10	2.13	3.00	0.57		8.00	3.50	16		
	15	12.0	15.3	02:08	03:25	18.0	1.05	2.10	2.90	0.50	6.00	0.00	0.00	15	P 2	
Ë	14	12.2	15.7	02:12	03:30	18.3	1.00	2.08	2.80	0.47				14	STEP 2	
N	13	12.4	16.0	02:16	03:40	18.7	0.95	2.05	2.70	0.43		7.00	3.25	13	01	
	12	12.6 12.8	16.3 16.7	02:20 02:24	03:50 04:00	19.0 19.5	0.90 0.85	2.03	2.60 2.50	0.40	5.00	6.00		12 11		
	10	13.0	17.0	02:24	04:00	20.0	0.85	1.90	2.40	0.37		0.00	3.00	10		
STEP 1	9	13.2	17.3	02:32	04:10	20.5	0.75	1.80	2.20	0.30	4.00	5.00		9		
	8	13.4	17.7	02:36	04:30	21.0	0.70	1.70	2.00	0.27				8		
	7	13.6	18.0	02:40	04:40	21.5	0.65	1.60	1.90	0.24	3.00	4.00	2.75	7	1	
	6	13.8	18.3	02:44	04:50	22.0	0.60	1.50	1.80	0.22	2.00	2.00	2 50	6 5	STEP 1	
	5 4	14.0 14.2	18.7 19.0	02:48 02:52	05:00 05:15	22.5 23.0	0.55 0.50	1.40	1.70 1.50	0.20 0.18	2.00	3.00	2.50	4	Ŋ	
	3	14.4	19.5	03:00	05:13	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		

EARN THE BADGE OF SUCCESS! Single and Multi-Event Award Badges are available



Spike's Ladder of Success 11

	SINGLE EVENT	TRIATHLON	QUADRATHLON	PENTATHLON
GOLD	45	126	164	200
SILVER	37	104	135	165
BRONZE	25	70	91	111
STEP 3	22	62	80	98
STEP 2	20	56	73	89
STEP 1	18	50	66	80