



BRITISH ATHLETICS

AWARDS

Endurance activity can improve the base fitness levels for a wide variety of different sports. Aviva Academy Awards offer a focused activity that can be delivered without the need for specialist facilities and to any group size.

SECONDARY ENDURANCE Year 7-9 (S1-S3) Age 11-14

INDIVIDUAL AWARD

LADDER OF SUCCESS

(Metres covered in three minutes)

Girls	Boys
GOLD 710m	GOLD 750m
SILVER 670m	SILVER 710m
BRONZE 635m	BRONZE 670m
STEP 10 610m	STEP 10 640m
STEP 9 580m	STEP 9 610m
STEP 8 550m	STEP 8 580m
STEP 7 525m	STEP 7 550m
STEP 6 500m	STEP 6 520m
STEP 5 475m	STEP 5 490m
STEP 4 450m	STEP 4 460m
STEP 3 375m	STEP 3 385m
STEP 2 300m	STEP 2 310m
STEP 1 225m	STEP 1 225m

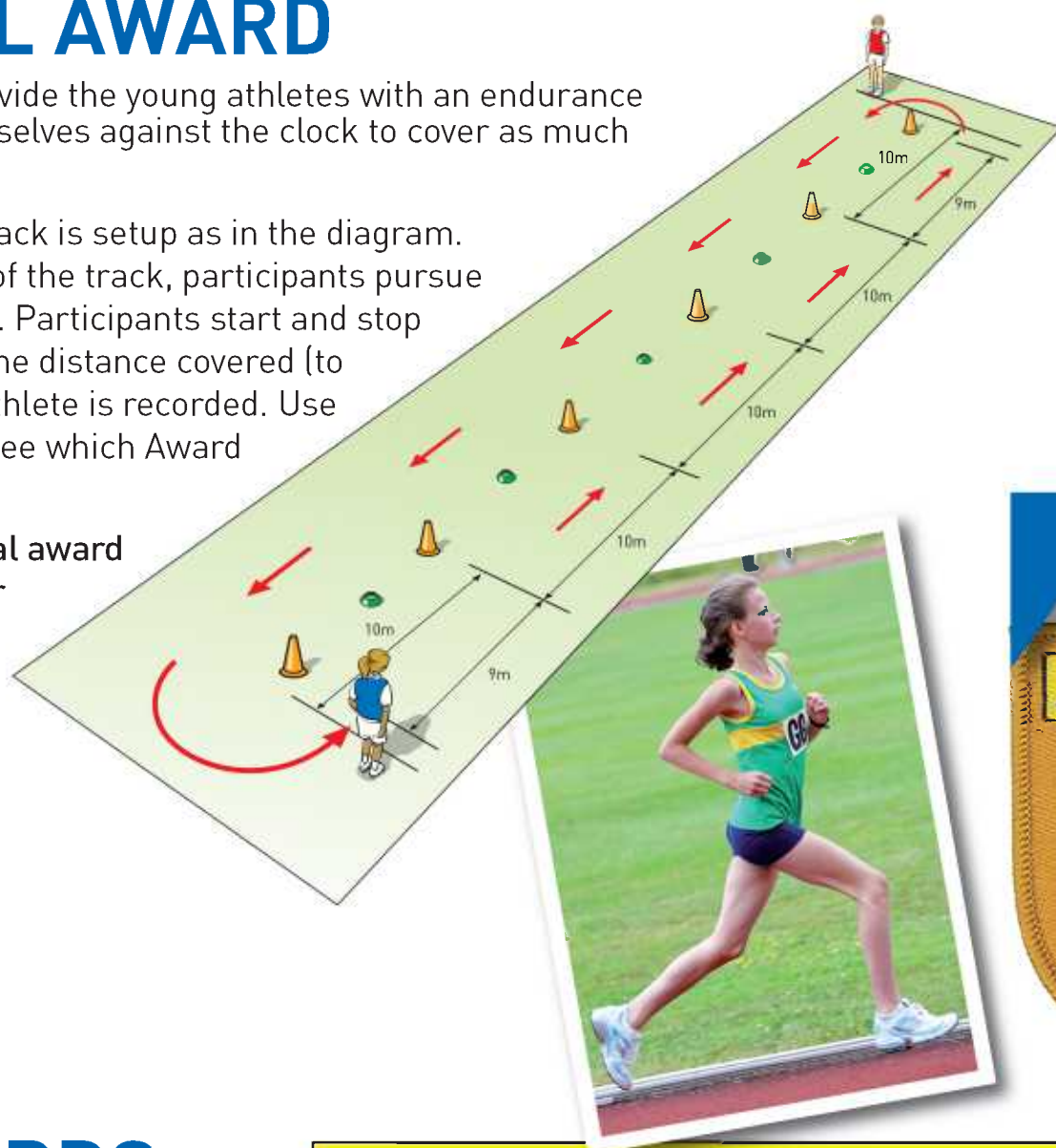
Count your distance in metres and climb the Ladder of Success

INDIVIDUAL AWARD

WHAT A simple test to provide the young athletes with an endurance score. Athletes pace themselves against the clock to cover as much distance as possible.

MEASURE A 50m linear track is setup as in the diagram. Starting at opposite ends of the track, participants pursue each other over 3 minutes. Participants start and stop on hearing a whistle and the distance covered (to the nearest 5m) by each athlete is recorded. Use the Ladder of Success to see which Award level you have reached.

Distances for the individual award are provided in the Ladder of Success to the left.



WEAR THE BADGE OF SUCCESS!



Badges can be earned individually or as a team



TEAM AWARDS

WHAT An exciting team competition in the form of continuous relays. There are two Team Awards:

5000m Challenge
Marathon Challenge

MEASURE Teams compete against target times (see tables to the right) to gain their Awards.

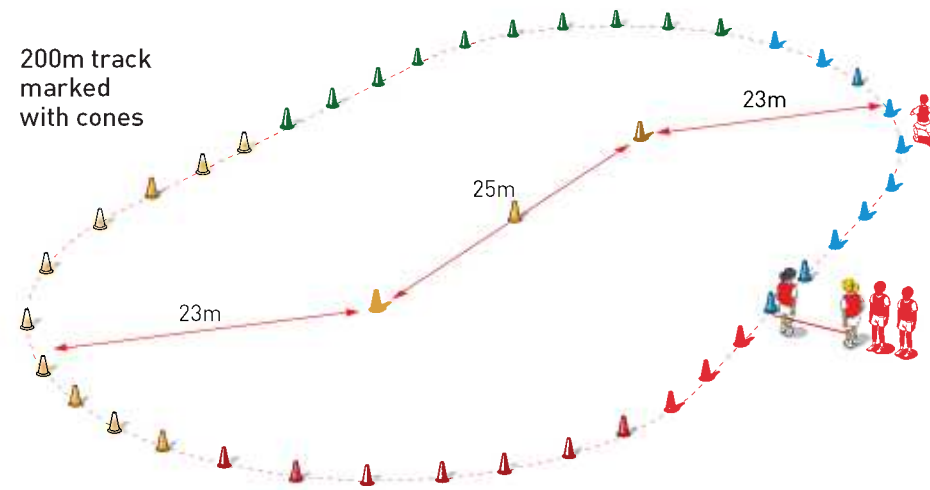
5000m Challenge Teams of five girls or five boys run 200m sections until each team member has run five times.

Marathon Challenge Teams of (26 min to 36 max) boys and girls complete the full distance in 200m sections (note the first leg is shorter at 195m).

If no access to a standard 400m running track is available we would recommend using a 200m track marked with cones.

5000m Challenge

TEAM AWARD	Bronze		Silver		Gold	
	Target Time (mm:ss)	Average seconds 200m leg	Target Time (mm:ss)	Average seconds 200m leg	Target Time (mm:ss)	Average seconds 200m leg
Girls team	17:30	42:0	16:45	40:2	16:20	39:2
Boys team	16:00	38:4	15:20	36:8	14:55	35:8
Distance: 5000m			Number of legs: 25 x 200m			
Number in team: 5 girls or 5 boys			Number of laps of a 200m / 400m track: 25 / 12.5			



Marathon Challenge

TEAM AWARD	Bronze		Silver		Gold	
	Target Time (h:mm)	Average seconds 200m leg	Target Time (h:mm)	Average seconds 200m leg	Target Time (h:mm)	Average seconds 200m leg
Mixed Team (equal boys & girls)	2:25	41:2	2:10	37:0	2:05	35:5
Girls team	2:40	45:5	2:23	40:7	2:18	39:2
Boys team	2:18	39:2	2:04	35:3	1:59	33:8
Distance: 42195m			Number of laps of a 400m track: 105 laps + 195m			
Number in team: 26 min to 36 max			Number of laps of a 200m track: 210 laps + 195m			
Number of legs: 210 x 200m + 1 x 195m						

FURTHER READING

An Introduction to Endurance Running by George Bunner MBE details all these activities and provides essential coaching and training methods. Visit www.uka.org.uk/academy for your copy.



www.uka.org.uk/academy

www.sportshall.org