**PRIMARY ENDURANCE**

**Individual Awards**

Endurance activity can be delivered in a wide variety of inclusive, fun and exciting formats within a school setting that can improve the base fitness levels for a wide variety of different sports. New ideas can encourage more children to experience this form of athleticism and build up strength in their heart and lungs as well as developing competitive running.

The aim of the programme described here and in the supporting resources is to make use of different areas and group sizes so that all children can participate in endurance activity and competition. Using the activities within the Aviva UKA Academy Awards will ensure that children gain a fantastic grounding in endurance.

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**1 - Linear Track Test**

**WHAT** A simple adaptable 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 30 metre track in setup (see diagram) and children are measured to the nearest 5 m against a specified time.

**HOW** Youngsters should pace themselves carefully to achieve their own ‘Personal Best’. This test allows individuals to maintain their overall pace as it is not delivered in a competitive race format.

Scores for the Aviva UKA Academy Awards for this test are provided in the Ladder of Success on the right.

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**2 - Marathon Challenge**

**HISTORY** The modern Marathon has been based on the distance that the Greek messenger Pheidippides ran to deliver the news of a victory over Persia in the Battle of Marathon in 490BC. The distance was retraced several times during the 19th century before the standard was set at 42.195 km or 26 miles and 385 yards, the same distance as the 1908 London Olympic course from Windsor Castle to White City Stadium.

**WHAT** This award requires participants to maintain a regular programme of activity over a school term.

**MEASURE** Achieving at least the distance of one marathon in a school term

<table>
<thead>
<tr>
<th>Distance to be covered</th>
<th>42.195 km</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum distance to count in any one day</td>
<td>2 km</td>
</tr>
</tbody>
</table>

**HOW** This test gives a weekly average requirement at about 4 km per week with a maximum 2 km to count in any one day. To achieve this, athletes will require a minimum of two runs a week which is well within the scope of keen endurance runners at this age.

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**SPIKE’S LADDER OF SUCCESS**

**Year 3 & 4**

*Age 7–8*

<table>
<thead>
<tr>
<th>Grade</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOLD</td>
<td>470</td>
<td>500</td>
</tr>
<tr>
<td>SILVER</td>
<td>435</td>
<td>460</td>
</tr>
<tr>
<td>BRONZE</td>
<td>400</td>
<td>420</td>
</tr>
</tbody>
</table>

**Year 5 & 6**

*Age 9–11*

<table>
<thead>
<tr>
<th>Grade</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOLD</td>
<td>470</td>
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<tr>
<td>SILVER</td>
<td>435</td>
<td>460</td>
</tr>
<tr>
<td>BRONZE</td>
<td>400</td>
<td>420</td>
</tr>
</tbody>
</table>

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**Team Awards**

**WHAT** The Aviva UKA Academy Team Awards are based on the established endurance training practice of using repetitions in the form of continuous relays. The challenge for the schools is to see if they can equal or better the time set by Kelly Holmes when she set the British 1500 m record of 3 minutes 57.9 seconds.

**MEASURE** Each member of a team of nine girls and boys will be required to run three or four times over 30 metre sections.

The team can be all girls or all boys or can be mixed. These members will run four times each and the other six team members will each run three times.

**FURTHER READING**

Endurance Running by George Brunner is available for all schools and provides further detail for all the activities listed on this poster as well as providing essential coaching and training methods. Visit www.evogue.co.uk for your copy.

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**Aviva UKA Academy Awards - Primary Team Awards**

**Gold Award** Equalising or bettering Kelly Holmes’ time of 3 minutes 57.9 seconds

**Silver Award** Equalising or bettering the time of 3 minutes 97.4 seconds

**Bronze Award** Equalising or bettering the time of 4 minutes 15.0 seconds

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**www.uka.org.uk/academy**

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**www.sportshall.org**