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.

**INDIVIDUAL AWARD**

**Year 7–9 (S1–S3) Age 11–14**

**LADDER OF SUCCESS**
(Metres covered in three minutes)

- **Girls**
  - **Gold** 710m
  - **Silver** 670m
  - **Bronze** 630m
  - **Step 10** 610m
  - **Step 9** 580m
  - **Step 8** 550m
  - **Step 7** 520m
  - **Step 6** 500m
  - **Step 5** 470m
  - **Step 4** 450m
  - **Step 3** 375m
  - **Step 2** 300m
  - **Step 1** 225m

- **Boys**
  - **Gold** 750m
  - **Silver** 710m
  - **Bronze** 670m
  - **Step 10** 640m
  - **Step 9** 610m
  - **Step 8** 580m
  - **Step 7** 550m
  - **Step 6** 520m
  - **Step 5** 470m
  - **Step 4** 440m
  - **Step 3** 385m
  - **Step 2** 310m
  - **Step 1** 225m

**MEASURE** A 50m linear track is set up 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.

**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.

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

**Marathon Challenge**
- Teams of at least 26 to 36 max boys and girls complete the full distance in 200m sections (note the first leg is shorter at 193m).

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

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**WEAR THE BADGE OF SUCCESS!**

Badges can be earned individually or as a team.

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**FURTHER READING**

An Introduction to Endurance Running by George Burner MBE details all these activities and provides essential coaching and training methods. Visit [www.uka.org.uk/academy](http://www.uka.org.uk/academy) for your copy.