

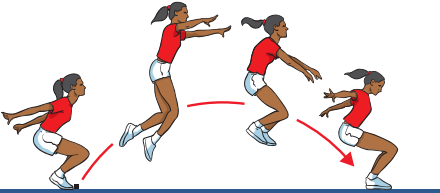
SECONDARY SPORTSHALL (Years 7 & 8)

DECATHLON AWARD

BALANCE TEST



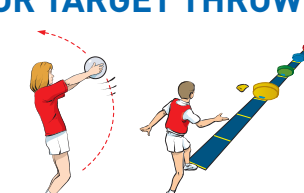
STANDING LONG JUMP



SPEED BOUNCE



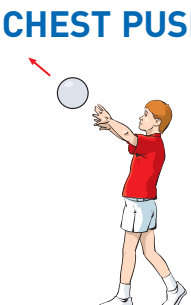
OVERHEAD HEAVE OR TARGET THROW



HI-STEPPER



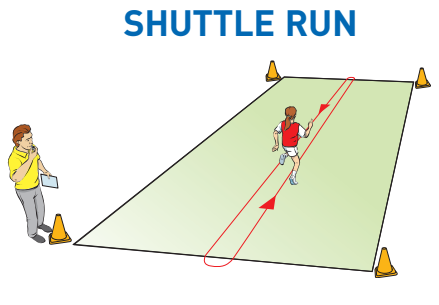
CHEST PUSH



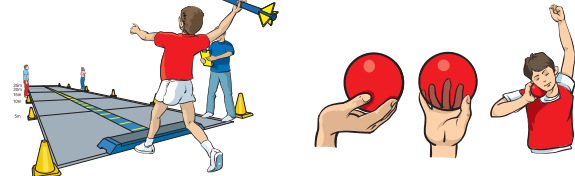
VERTICAL JUMP



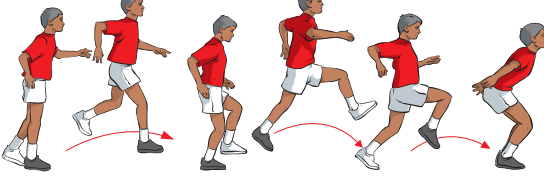
SHUTTLE RUN



BULL NOSED JAVELIN OR SHOT PUT



STANDING TRIPLE JUMP



PENTATHLON AWARD

Pick one event from each section plus any two others

Section A Mobility	Section B Jumps	Section C Throws	Control/ Judgement
Speed Bounce	Standing Long Jump	Chest Push	Balance
Hi-Stepper	Vertical Jump	Bull Nosed Javelin or Shot Put	Overhead Heave or Target Throw
10x10m Shuttle Run	Standing Triple Jump		

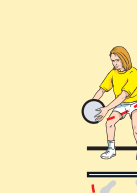
SPORTSHALL MED BALL CHALLENGE (Years 7 - 10)

Chest PUSH

Soccer THROW

Forward PITCH

Overhead HEAVE

Shoulder FLING

SCHOOL YEAR	GIRLS			BOYS		
	PRIMARY 5 & 6	SECONDARY 7 & 8	9 & 10	PRIMARY 5 & 6	SECONDARY 7 & 8	9 & 10
WEIGHT	1kg	1kg	2kg	1kg	2kg	3kg
GOLD	39m	44m	40m	40m	45m	50m
SILVER	35m	40m	36m	36m	40m	44m
BRONZE	31m	36m	32m	32m	36m	38m
STEP 10	29m	34m	30m	30m	33m	34m
STEP 9	28m	32m	29m	29m	31m	33m
STEP 8	26m	30m	28m	28m	30m	32m
STEP 7	24m	27m	25m	26m	28m	29m
STEP 6	22m	24m	23m	24m	25m	26m
STEP 5	21m	22m	21m	22m	23m	24m
STEP 4	20m	20m	20m	20m	21m	21m
STEP 3	18m	18m	18m	18m	18m	18m
STEP 2	15m	15m	15m	15m	15m	15m
STEP 1	0 to 14m	0 to 14m	0 to 14m	0 to 14m	0 to 14m	0 to 14m

The Sportshall Med Ball Challenge Award has been designed to identify basic throwing ability. Each test is measured from a throwing line to the point at which the ball first touches the floor down to the nearest 25cm band.

To gain an award, add the results from 5 throws together to give an overall score.

	BALANCE TEST 4 X 15 SECS	STANDING LONG JUMP	SPEED BOUNCE 20 SECS	OVERHEAD HEAVE	TARGET THROW	HI-STEPPER 4 X 8M	CHEST PUSH GIRLS 1KG BOYS 2KG	VERTICAL JUMP	SHUTTLE RUN 10 X 10M	BULL NOSED JAVELIN	SHOT GIRLS 2.72KG BOYS 3.25KG OR	STANDING TRIPLE JUMP	
GIRLS POINTS	If your score goes off the table points will be awarded as follows:												BOYS POINTS
	n/a n/a secs	2cm 1 mtrs	1 no. 1 no.	25cm 2 mtrs	n/a n/a no.	0.1 sec 2 secs	25cm 2 mtrs	1cm 1 cms	0.1 sec 1 secs	1m 2 mtrs	0.25cm 1 mtrs	6cm 1 mtrs	
80	-	2.80	80	12.00	-	11.0	11.75	68	24.0	-	12.00	8.00	80
79	-	2.75	79	-	-	11.2	-	67	24.2	28	11.75	7.87	79
78	-	2.70	78	11.75	-	11.4	11.50	66	24.4	-	11.50	7.75	78
77	-	2.65	77	-	-	11.6	-	65	24.6	27	11.25	7.67	77
76	-	2.60	76	11.50	-	11.8	11.25	64	24.8	-	11.00	7.50	76
75	-	2.55	75	-	-	12.0	-	63	25.0	26	10.75	7.37	75
74	-	2.52	74	11.25	-	12.2	11.00	62	25.2	-	10.50	7.25	74
73	-	2.49	73	-	-	12.4	-	61	25.4	25	10.25	7.12	73
72	-	2.46	72	11.00	24	12.5	10.75	-	25.6	-	10.00	7.05	72
71	-	2.43	71	-	-	12.6	-	60	25.8	24	9.75	6.95	71
70	-	2.40	70	10.75	-	12.7	10.50	59	26.0	-	9.50	6.85	70
69	-	2.37	69	-	23	12.8	-	-	26.2	23	9.25	6.75	69
68	-	2.34	68	10.50	-	12.9	10.25	58	26.4	-	9.00	6.65	68
67	-	2.31	67	-	-	13.0	-	57	26.6	-	8.75	6.55	67
66	-	2.28	66	10.25	22	13.1	10.00	-	26.8	22	8.50	6.45	66
65	60	2.25	65	-	-	13.2	9.75	56	27.0	-	8.25	6.36	65
64	59	2.22	64	10.00	-	13.3	9.50	55	27.2	-	8.00	6.28	64
63	58	2.19	63	9.75	21	13.4	-	-	27.4	21	7.75	6.20	63
62	57	2.16	62	-	-	13.5	9.25	54	27.6	-	7.50	6.12	62
61	56	2.13	61	9.50	-	13.6	-	53	27.8	-	7.25	6.04	61
60	55	2.10	60	9.25	20	13.7	9.00	-	28.0	20	7.00	5.96	60
59	54	2.07	59	-	-	13.8	-	52	28.2	-	6.75	5.88	59
58	53	2.04	58	9.00	-	13.9	8.75	51	28.4	-	6.50	5.80	58
57	52	2.01	57	8.75	19	14.0	8.50	-	28.6	19	6.25	5.72	57
56	51	1.98	56	-	-	14.1	8.25	50	28.8	-	6.00	5.64	56
55	50	1.95	55	8.50	-	14.2	8.00	49	29.0	-	-	5.56	55
54	49	1.92	54	8.25	18	14.3	-	48	29.2	18	5.75	5.48	54
53	48	1.89	53	8.00	-	14.4	7.75	47	29.4	-	-	5.40	53
52	47	1.86	52	7.75	-	14.5	7.50	46	29.6	-	5.50	5.34	52
51	46	1.83	51	-	17	14.6	-	45	29.8	17	-	5.28	51
50	45	1.80	50	7.50	-	14.7	7.25	44	30.0	-	5.25	5.22	50
49	44	1.78	49	7.25	-	14.8	7.00	43	30.2	-	-	5.16	49
48	43	1.76	-	-	16	14.9	-	42	30.4	16	5.00	5.10	48
47	42	1.74	48	7.00	-	15.0	6.75	41	30.6	-	-	5.04	47
46	41	1.72	-	6.75	-	15.1	6.50	40	30.8	-	4.75	4.98	46
45	-	1.70	47	-	15	15.2	-	-	31.0	15	-	4.92	45
44	40	1.68	46	6.50	-	15.3	6.25	39	31.2	-	4.50	4.86	44
43	-	1.66	45	-	-	15.4	-	38	31.4	-	-	4.80	43
42	39	1.64	44	6.25	14	15.5	6.00	-	31.6	14	4.25	4.75	42
41	-	1.62	43	-	-	15.6	-	37	31.8	-	-	4.70	41
40	38	1.60	42	6.00	-	15.7	5.75	36	32.0	-	4.00	4.65	40
39	-	1.59	41	-	13	15.8	-	-	32.2	13	-	4.60	39
38	37	1.58	40	5.75	-	15.9	5.50	35	32.4	-	-	4.55	38
37	-	1.57	39	-	-	16.0	-	34	32.6	-	3.75	4.50	37
36	36	1.56	38	5.50	12	16.1	5.25	-	32.8	12	-	4.45	36
35	35	1.55	37	-	-	16.2	-	33	33.0	-	-	4.40	35
34	34	1.54	36	-	-	16.3	-	32	33.2	-	-	4.35	34
33	33	1.53	35	5.25	11	16.4	5.00	-	33.4	11	-	4.30	33
32	32	1.52	34	-	-	16.5	-	31	33.6	-	3.50	4.25	32
31	31	1.51	33	5.00	-	16.6	4.75	30	33.8	-	-	4.20	31
30	30	1.50	32	-	10	16.8	-	29	34.0	10	-	4.15	30
29	29	1.48	31	4.75	-	17.0	-	-	34.2	-	-	4.10	29
28	28	1.46	30	-	-	17.2	4.50	28	34.4	-	-	4.05	28
27	27	1.44	29	4.50	9	17.4	-	27	34.6	9	3.25	4.00	27
26	26	1.42	28	-	-	17.6	-	26	34.8	-	-	3.95	26
25	25	1.40	27	4.25	-	18.0	4.25	-	35.0	-	-	3.90	25
24	24	1.38	26	-	8	18.3	-	25	35.5	8	-	3.80	24
23	23	1.36	-	-	-	18.6	-	24	36.0	-	-	3.70	23
22	22	1.34	25	4.00	-	18.9	4.00	23	36.5	-	3.00	3.60	22
21	21	1.32	24	-	7	19.2	-	-	37.0	-	-	3.50	21
20	20	1.30	23	-	-	19.6	-	22	37.5	7	-	3.40	20
19	19	1.25	22	3.75	-	20.0	3.75	-	38.0	-	-	3.30	19
18	18	1.20	-	-	6	20.5	-	21	38.5	-	-	3.20	18
17	17	1.15	21	-	-	21.0	-	-	39.0	-	2.75	3.10	17
16	16	1.10	20	3.50	-	21.5	3.50	20	39.5	6	-	3.00	16
15	15	1.05	19	-	5	22.0	-	19	40.0	-	-	2.90	15
14	14	1.00	18	-	-	22.5	-	18	40.5	-	-	2.80	14
13	13	0.95	17	3.25	-	23.0	3.25	17	41.0	-	-	2.70	13
12	12	0.90	16	-	4	24.0	-	16	42.0	5	2.50	2.60	12
11	11	0.85	15	-	-	25.0	-	15	43.0	-	-	2.50	11
10	10	0.80	14	3.00	-	26.0	3.00	14	44.0	-	2.25	2.40	10
9	9	0.75	13	-	3	27.0	-	13	45.0	-	-	2.20	9
8	8	0.70	12	2.75	-	28.0	2.75	12	46.0	4	2.00	2.00	8
7	7	0.65	11	-	-	29.0	-	11	48.0	-	-	1.90	7
6	6	0.60	10	2.50	2	30.0	2.50	10	50.0	-	1.50	1.80	6
5	5	0.55	9	-	-	32.0	-	9	52.0	-	-	1.70	5
4	4	0.50	8	2.00	-	34.0	2.00	8	54.0	3	1.00	1.50	4
3	3	0.45	6	-	1	36.0	-	7	56.0	-	-	1.30	3
2	2	0.40	4	-	-	38.0	-	6	58.0	-	0.50	1.10	2
1	1	0.35	3	1.50	-	40.0	1.50	4	60.0	2	-	1.00	1

Developed in partnership with:



English
Schools'
Athletic
Association

LADDER OF
SUCCESS

PENTATHLON DECATHLON

Girls

Boys

Girls

Boys

GOLD

270

285

GOLD

510

540

SILVER

250

260

SILVER

470

490

BRONZE

225

235

BRONZE

420

440