

Sportshall

Level 1 Awards Sessions

Teacher Guidance Notes

www.sportshall.org

Sportshall Awards Sessions

The British Athletics Sportshall Award forms an integral part of the Sportshall Pathway and encourages skill development and fitness improvement. The Sportshall Awards are designed to:

- Support the teaching of key athletic skills
- Encourage and reward individual progress
- Engage whole classes, year groups and schools
- Monitor and encourage improvement in fitness levels
- Enable intra-school, inter-school and virtual competition
- Assist preparations for Sportshall competition

The Sportshall Award school testing sessions should include any 5 of the Decathlon events (outlined below) to create a Pentathlon Award. Delivering a Pentathlon session will enable your school to compete Virtually with other schools locally and across the county. If you have the available time and equipment you could deliver two sessions to complete a full Sportshall Decathlon Award.

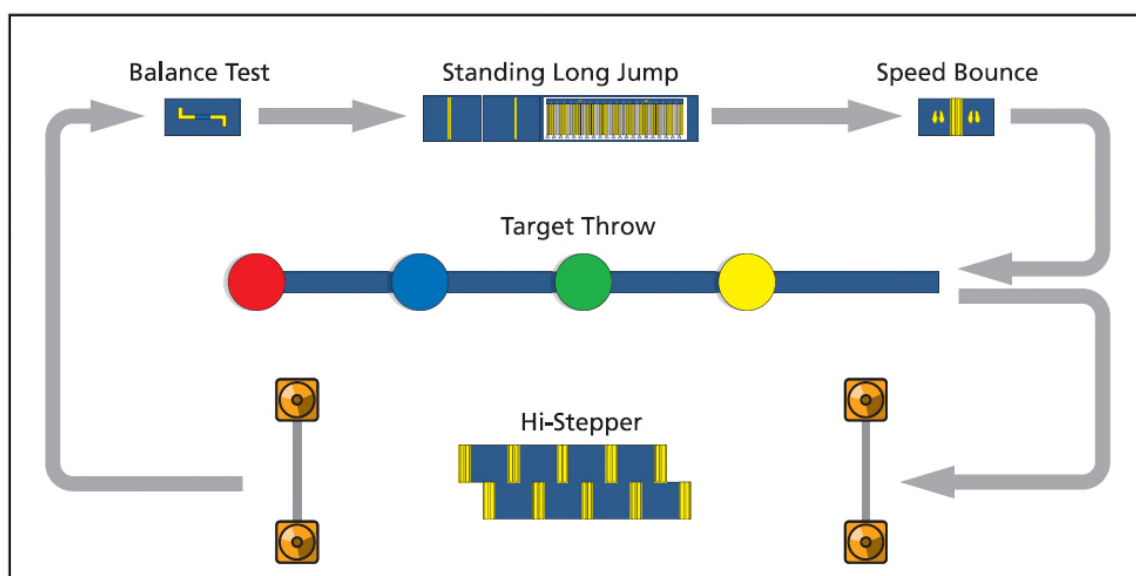
Suggested format for delivery of Awards testing sessions:

To enable a whole class of 30 children to complete 5 events (a Pentathlon Award), you should allow 50 minutes for each session.

Follow stages 1 - 5 to deliver these sessions in your school.

1. Prior to the day:
Arrange the session timings with the other teachers – we would suggest taking the Y6 Class first leading down to the Y3 Class last.
Print off the required number of Score Cards (one per child) from the Awards Spreadsheet.

2. Set up your 5 events either in a Sportshall or outside on a field as displayed by the example diagram. Consider the order of events to allow for recovery between different activities as each will test a different aspect of fitness.



Sportshall Awards Sessions

3.

Allowing an extra 10 minutes for the first Year 6 session, introduce the rules and officiating tips of each event in the order of the rotation.

Split the session in to 5 equal groups, providing each group with a clipboard, pencil, stop watch and the appropriate number of scorecards.

Assign each group to their first event asking them to officiate for the others in their group. During the rotation ensure the correct rules are used.

4.

Following the completion of the first session, retain a number of your Year 6s (at least 6) to act as officials for the next session (you can rotate the Year 6s throughout the day so each child has an opportunity to lead). For the rest of the sessions the Year 6 leaders will remain on one event to ensure officiating consistency.

Once the second session is up and running instruct the sixth leader on how to enter the score cards of the first session on to the scoring programme. The spreadsheet will automatically calculate event points from performance and translate this into an Award Level. A separate spreadsheet should be set up for each Class / Session.

5.

Once all sessions have been completed and the scores have been entered onto the spreadsheet, each child should have their own award level. In the top right hand corner of the Input page is a Virtual Competition Team Score. This score is an accumulation of the Top 25 Boys and Top 25 Girls point scores. This team score can be used to compete Virtually against local schools and schools competing across the Country.

To take part in this Virtual Competition simply save your files with your school name and email them to your Regional Development Officer (contact details below) who will upload the results to the website www.sportshall.org/VTL/Virtual.aspx for you to compare performance.

At the end of the Academic year a National Report will be put together incorporating all the results received to indicate (amongst other things) National, Regional, County averages by Age and Gender.

How to buy Badges and Certificates

The full range of supporting resources including Badges, Certificates, Posters, the Sportshall Handbook, Score Cards, Spreadsheets and Equipment are available from www.eveque.co.uk/awards

Regional Sportshall Development Officers

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The ability to balance is a fundamental element of all sporting activity.



Guidance Notes

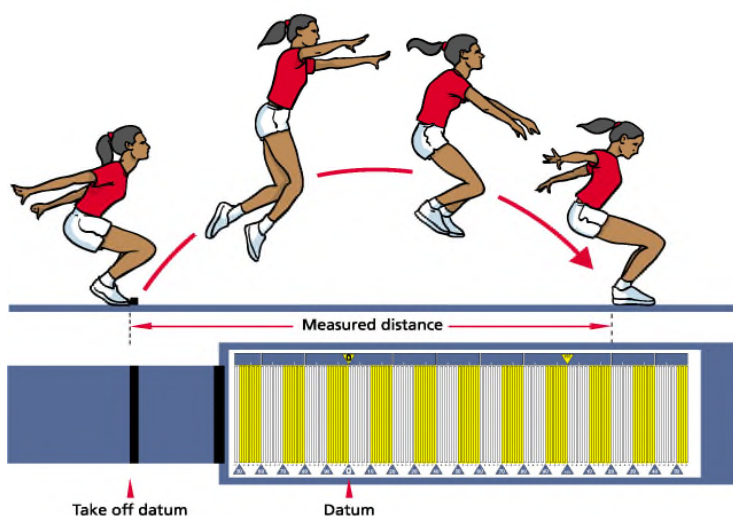
- It is recommended that two judges are used, one to offer the supporting arm and time the athlete with the second judge recording the performance, however it is possible for just one judge to perform both roles.
- Athletes must wear suitable footwear. An athlete is not permitted to compete in bare feet.

Rules

- Each athlete should be allowed a trial to become familiar with the event.
- The athlete should place their left foot on the beam. The foot must be in line along the centre of the beam and not across the beam.
- Bend the free leg backwards and hold the foot with the corresponding arm. The athlete should hold onto a judge's arm to gain their balance. When the athlete is ready, they should release the judge's supporting arm. This is the signal for the judge to start the stopwatch.
- The watch stops if the athlete lets go of their foot, touches the floor or completes the maximum of 15 seconds.
- Each athlete should have two trials on their left foot and two on their right, alternating each time. (eg, left, right, left, right).
- The time is recorded to the full second on the stopwatch. For example 12.7 = 12 seconds as 13 seconds has not been reached.
- The maximum each athlete can get is 60 seconds, (15 x 4).



This two-footed jump from a standing position is a test of co-ordination and leg strength. A special calibrated landing mat is used which enable jumps to be recorded easily.



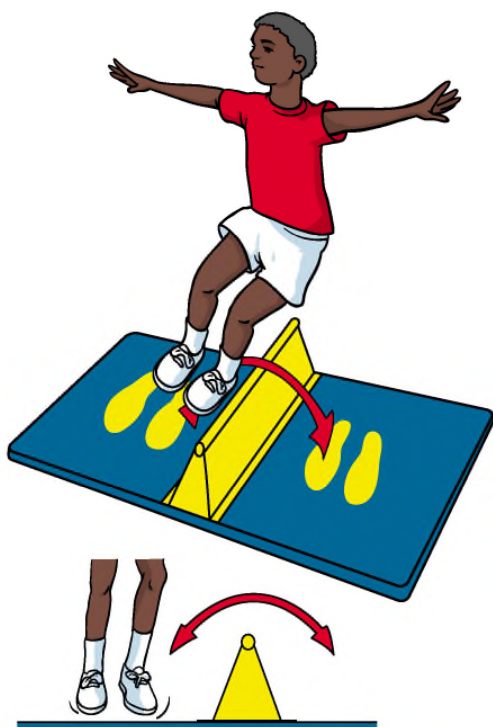
Guidance Notes

- It is recommended that three judges are used, one to watch the take off and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Where a mat has two take off datum lines, an athlete may start from either mark. For those less familiar with the event, it is recommended that an under 11 athlete starts from the 1m datum line with an under 13 or under 15 athlete starting from the 2m datum line.

Rules

- The athlete must stand on the mat with both feet behind the take off datum line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- The athlete should jump as far as possible from a standing position, with a two footed take off. One footed take offs are not permitted.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

Speed Bounce is an exciting test of speed, rhythm and coordination.



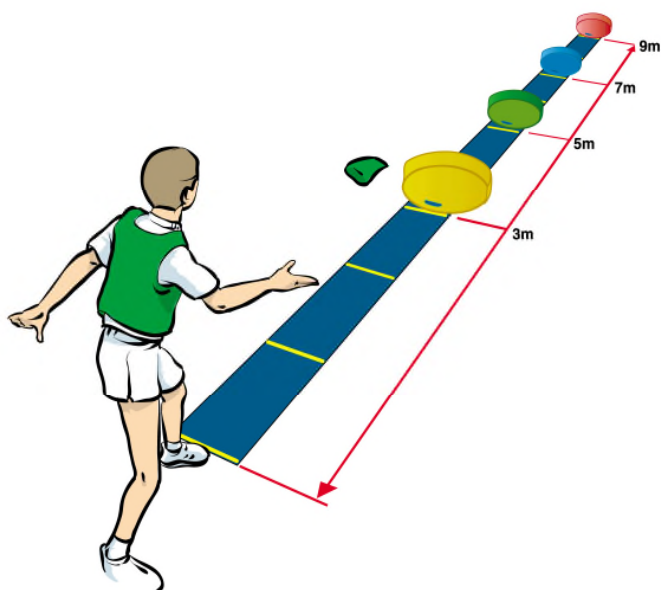
Guidance Notes

- A practice trial of between 5 and 10 bounces provides ideal opportunity to spot potential problems with technique.
- Judges should remind athletes of the rules prior to their trial starting making specific reference to the importance of retaining a two footed jump as identified in the second rule.
- At least two officials should count the “good” bounces. They should then liaise and agree on the number completed. It is **not** a fault if the wedge is clipped or brushed!
- A third official should monitor the stopwatch/clock and provide a verbal time check with 10 seconds remaining. They are also ideally placed to check technique.
- Judges and or other athletes may place a foot on the corner of the mat to prevent it slipping. The same support should be afforded to all athletes.

Rules

- Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete’s feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible within the allocated time period as follows:
Under 11’s (years 5 & 6) – 20 seconds, Under 13’s and Under 15’s (years 7, 8, 9 & 10) – 30 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped. They should be offered an explanation as to the correct technique and permitted a fresh trial after an adequate period of rest.
- The number of “good” bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

A test of hand to eye coordination and throwing accuracy.



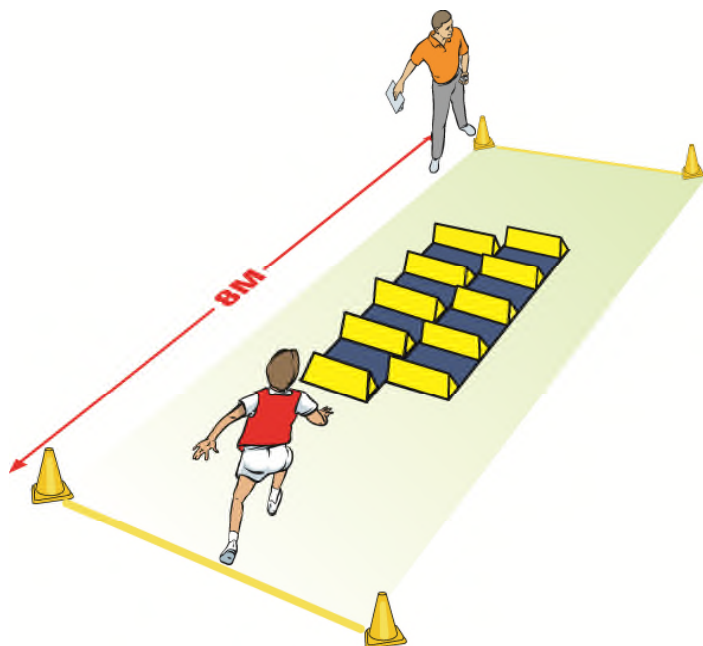
Guidance Notes

- Two judges are recommended, one to watch the throw and one to watch and record the landing.
- To speed the event up, ask four waiting athletes to collect the bean bags once the competing athlete has finished.

Rules

- The targets are to be placed at a distance of 3m, 5m, 7m and 9m from the throwing line.
- The athlete stands behind the throwing line and throws three matching bean bags into the nearest target.
- They continue this for each of the targets.
- 2 points are scored if the bean bag lands directly in the same coloured target or if the bean bag lands in the target but then bounces out.
- 1 point is scored if the bean bag touches the floor before ending up in the target or if the bean bag lands only partially in the target.
- No points are scored if a bean bag lands in a different coloured target.
- The maximum points an athlete can score is 24 (6 points per target).
- An athlete can throw the bean bags under arm or over arm.

An explosive event that develops agility, co-ordination, speed and acceleration.



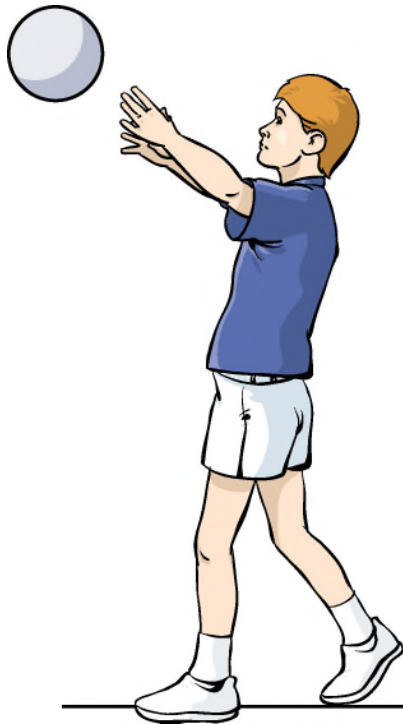
Guidance Notes

- One judge may be used to time this event. The same judge must watch the turning lines and the hi-stepper for faults.
- An adequate run off area should be provided at each end of the course.

Rules

- The athlete begins from a standing position behind the start line.
- On the whistle the athlete sprints over the hi-stepper placing one foot in each of the squares.
- The athlete must place one foot over the return line before turning and repeating the hi-stepper in the opposite direction.
- After completing the hi-stepper four times the clock is stopped when they re-cross the start line.
- The time is taken to the tenth of a second.
- Time penalties of 0.1 second must be added if an athlete misses a square or steps onto a wedge.
- 0.2 second must be added if the athlete turns short of the line.

A standing throw where the participant pushes a 1kg ball from the chest.



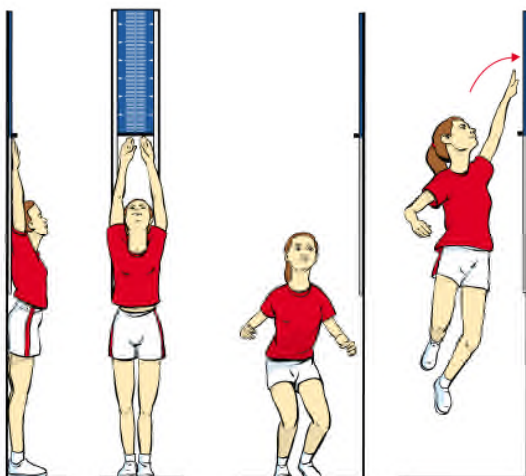
Guidance Notes

- It is recommended that two judges are used, one to watch the throw and one to watch and record the landing.
- It is appropriate to use a waiting athlete to roll the ball back.

Rules

- The athlete holds the ball against their chest and pushes with both hands.
- The athlete's chest must face forward and there must be no rotation in the trunk.
- Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.
- Once thrown, the ball doesn't have to land on the mat.
- The distance thrown is measured from the throwing line to the point where the ball first lands. Always mark down to the nearest 25cm.

A jump from a standing position in which the participant competes against their own height and weight.



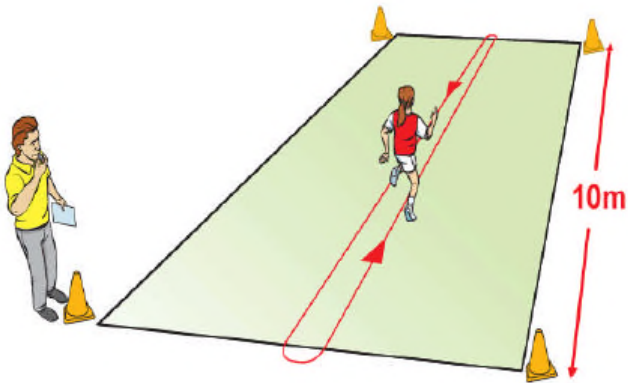
Guidance Notes

- It is recommended that two judges are used, one to watch the take off and one to watch the marking of the scale.
- Talcum powder is most commonly used. However care must be taken to prevent any spillage since the floor may become slippery. Please ensure the surrounding floor area is kept clean and clear.

Rules

- The athlete stands with their back, head and heels touching the wall.
- Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.
- Setting the slide - whilst it is clearly important that the slide is set accurately, judges should not have cause to handle the athlete, with the exception that it may assist both the athlete and the judge to guide the athlete's fingers under the base of the slide. Younger athletes can find it difficult to push the slide up and the judge may assist by raising the slide first and then bringing it down to meet the athlete's fingertips. The practice of "straightening" an athlete's arms cannot be permitted. The following practice is recommended:
 - The judge should encourage the athlete to stretch to their full extent and then, to stretch again. Usually the second stretch will set the slide a little higher.
 - If the judge is not satisfied that the athlete has achieved a full stretch, the athlete should be advised of this and given a further opportunity to set the slide.
 - If the judge remains dissatisfied with the stretch, the athlete should ask their team manager to accompany them for one further stretch.
 - A two centimetre penalty may be applied at the judge's discretion.
 - Any further concerns should be referred to the Field Referee.
- The recording of an athlete's starting height, reading from the scale on the back plate, will remove the need to repeat the initial stretch for each further trial. The slide can be reset according to this reading. This eliminates further issues over the setting of the scale and saves time.
- The athlete must dip their fingertips in powder and stand sideways on to the wall with the nominated jumping arm closest to the wall. They then jump from a standing position and touch the scale at the highest possible point.
- An athlete may bend their knees and swing their arms in preparation for the event but their feet must not leave the ground until they take their jump.
- It is deemed a no jump if an athlete's "free" hand touches the wall during the jump.
- Measurement should be taken to the nearest centimetre below the highest point of the chalk mark on the scale. The judges may pull down the sliding scale to record the exact height of the jump.

An event that develops the ability to accelerate, decelerate and change direction.



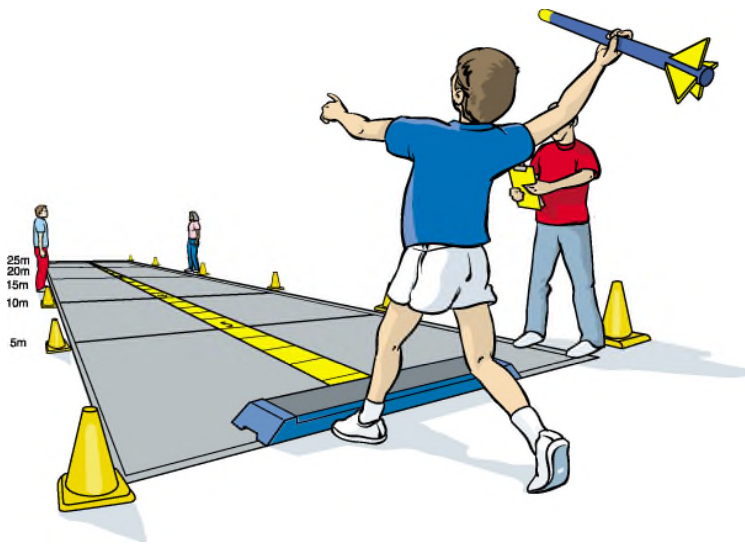
Guidance Notes

- One judge may be used to time this event. The same judge must watch the turning lines for faults.
- An adequate run off area should be provided at each end of the course.

Rules

- The athlete begins from a standing position behind the start line.
- On the whistle the athlete runs 10 metres to the set of cones opposite.
- The athlete must place one foot over the return line before turning and running in the opposite direction.
- After completing the 10 metre distance 10 times the clock is stopped when they re-cross the start line.
- The time is taken to the tenth of a second.
- 0.2 second must be added if the athlete turns short of the line.

A standing throw using a foam javelin.



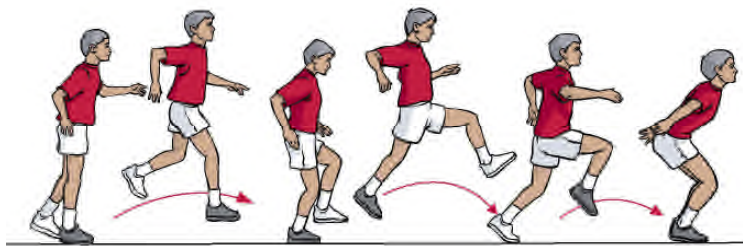
Guidance Notes

- It is recommended that two judges are used. One judge to watch the throw and one to watch and record the landing.
- The throwing area should be clearly marked to prevent spectators walking through.
- The javelin competition should be supervised at all times.

Rules

- The javelin is thrown from a standing position with both feet behind the throwing line and in contact with the floor.
- The throw is measured from the front of the throwing line to where the tip of the javelin first makes contact with the ground.
- The distance is measured in metres and always down to the nearest metre.
- It is safe to allow the athletes to collect their own javelins once all competitors have had their turn.
- DO NOT allow the javelins to be thrown back to waiting athletes.

A hop, step and jump from a standing position, testing leg strength and co-ordination. The triple jump mat has a number of take off lines at metre intervals allowing for users of all ages and abilities. The landing section is calibrated, which allows for the easy measuring of jumps.



Guidance Notes

- A practice jump should be permitted, enabling the athlete to choose their take off line.
- It is recommended that three judges are used, one to observe the take off and sequence and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Some younger athletes may find the sequence difficult to learn. It is acceptable that a younger athlete may hold their free leg when performing the hop and release it for the step.

Rules

- The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.
- Techniques involving a crouch or rocking motion leading up to the jump are permitted; the free leg does not have to be in contact with the mat and may be used to generate momentum by raising the knee up and down. The take off foot can be rocked from heel to toe as long as some part of the foot remains in contact with the mat before the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- A one footed take off starts the hop with the athlete landing onto the same foot, the step is taken onto the other foot after which the jump is performed by landing on both feet.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.