



BRITISH ATHLETICS

AWARDS

Developed in partnership with:



English Schools' Athletic Association

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 athletics 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.

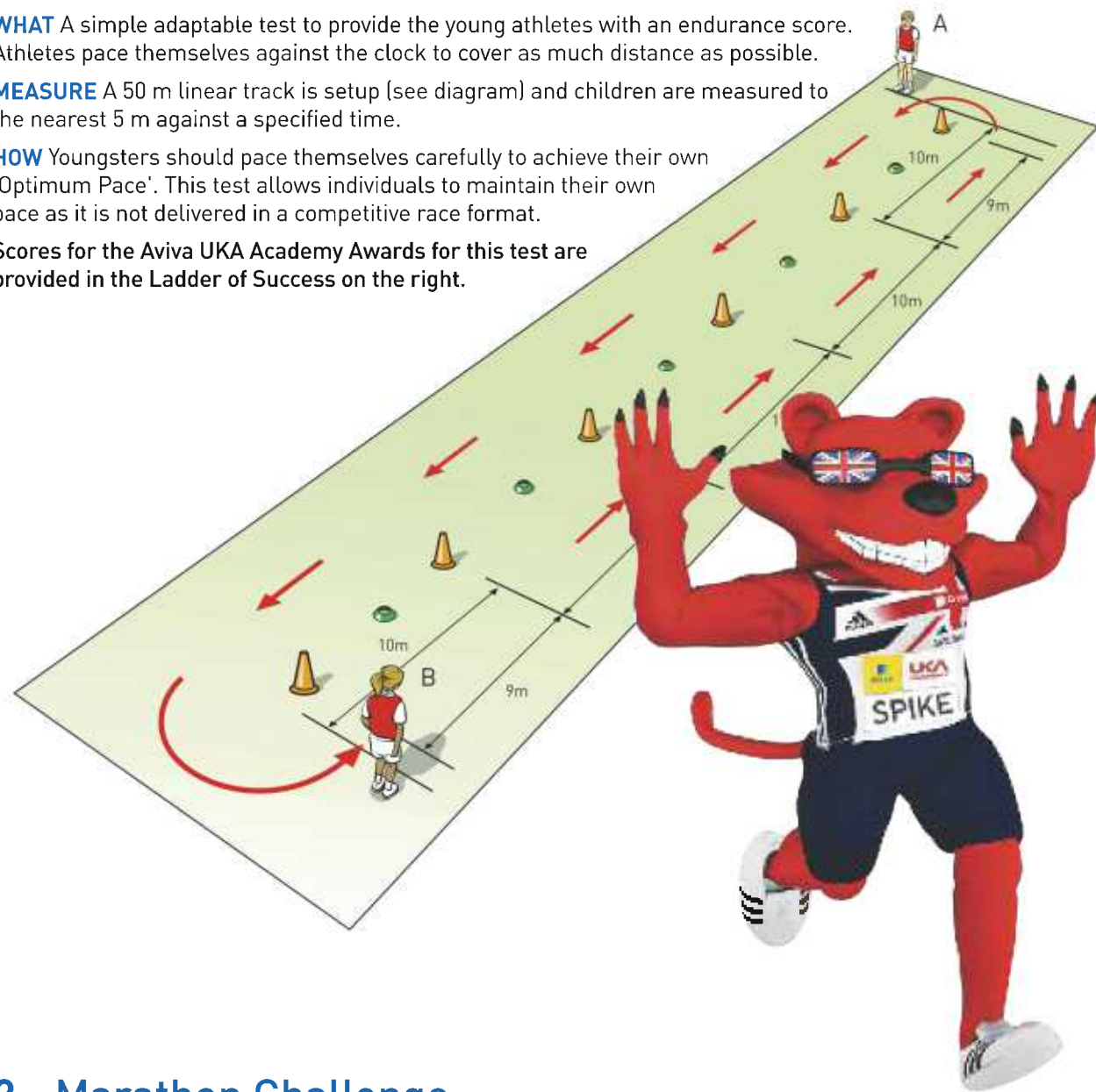
1 - Linear Track Test

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 50 m linear track is 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 'Optimum Pace'. This test allows individuals to maintain their own 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.



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 refined several times during the beginning of the 20th 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 marathons in a school term

Distance to be covered	42.195km
Maximum distance to count in any one day	2km
Average weekly distance required	4km

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.

SPIKE'S LADDER OF SUCCESS

Year 3 & 4 Age 7-8 (One minute)		Year 5 & 6 Age 9-11 (Two minutes)	
Girls	Boys	Girls	Boys
GOLD			
-	-	470	500
SILVER			
-	-	435	460
BRONZE			
-	-	400	420
STEP 10			
230	245	380	400
STEP 9			
215	230	360	380
STEP 8			
200	215	345	360
STEP 7			
190	200	330	345
STEP 6			
180	190	315	330
STEP 5			
170	180	300	315
STEP 4			
160	170	280	290
STEP 3			
140	150	250	250
STEP 2			
120	130	200	200
STEP 1			
100	100	150	150

Count your distance in meters and climb Spike's ladder

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 metre record of 3 minutes 57.9 seconds.

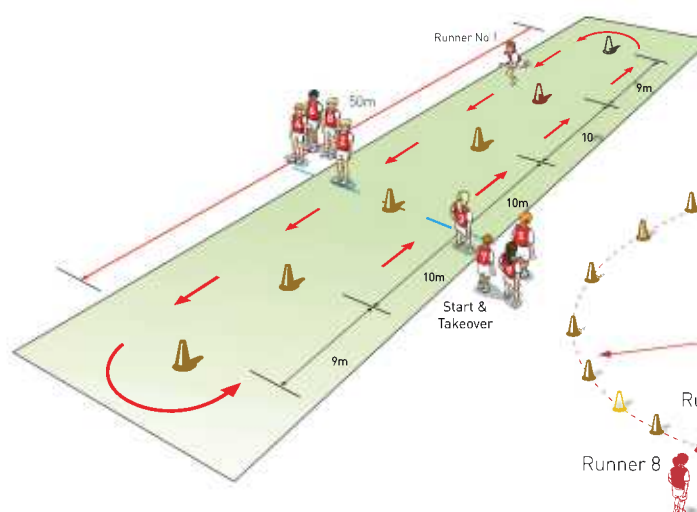
MEASURE Each member of a team of nine girls and boys will be required to run three or four times over 50 metre sections. The team can be all girls or all boys or can be mixed. Three members will run four times each and the other six team members will each run three times.

HOW The format encourages team spirit as the athletes are relying on each other. The continuous relay format mimics the well-established 'interval' training routine turning it into an exciting and fun form of team competition.

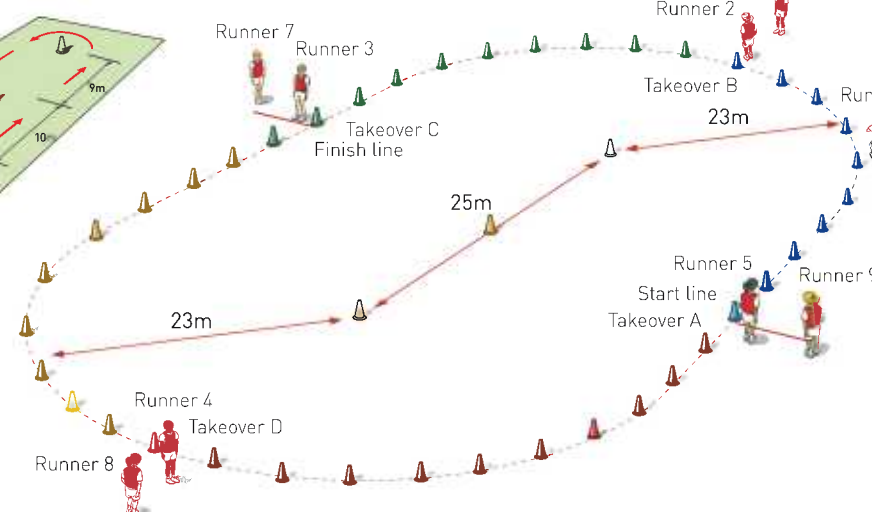
Primary Schools 1500 m Team Award using a standard 400 m track

Aviva UKA Academy Awards - Primary Team Awards		
Gold Award	Equalling or bettering Kelly Holmes' time of	3 minutes 57.9 seconds
Silver Award	Equalling or bettering the time of	4 minutes 07.0 seconds
Bronze Award	Equalling or bettering the time of	4 minutes 15.0 seconds

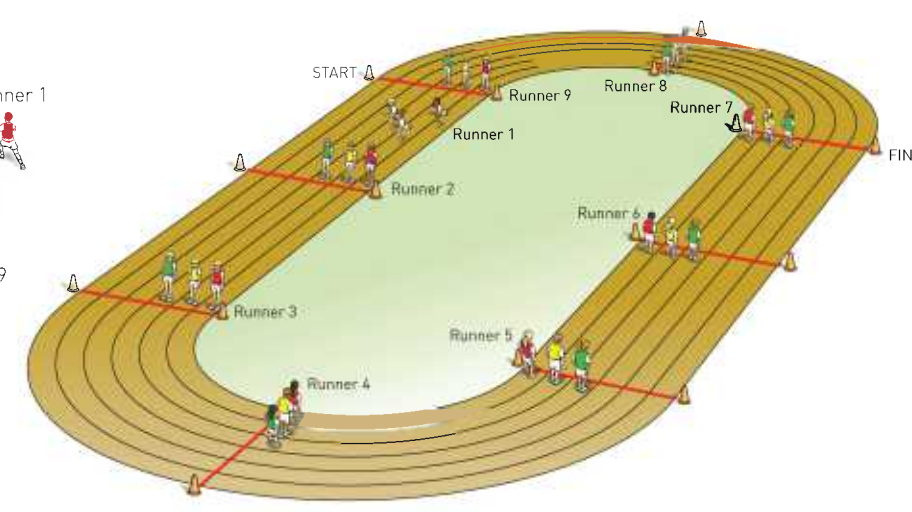
Primary Schools 1500m Team Challenge using a 50m Linear Track



Primary Schools 1500m Team Challenge using a standard 200m track



Primary Schools 1500m Team Challenge using a standard 400m track



FURTHER READING

Endurance Running by George Bunner 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.eveque.co.uk for your copy.



Climb the ladder of success to earn your award badges. Check out www.sportshall.org/endurance for information



JESSICA ENNIS
WORLD HEPTATHLON CHAMPION

SPIKE THE LION
TEAM MASCOT & ALL-ROUND SUPERSTAR!

MO FARRAH
EUROPEAN GOLD
5,000M 10,000M

DAVID WEIR
PARALYMPIC GOLD
800M & 1500M,
LONDON MARATHON GOLD

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