



BRITISH  
ATHLETICS



English  
Schools'  
Athletic  
Association



## ESAA Primary Award Scheme

### Sprints

- Maintain a maximum running speed over a short distance.
- Relax and concentrate on a fast start, running through the finish.
- Using a digital stopwatch, round times up and record to 0.1s.



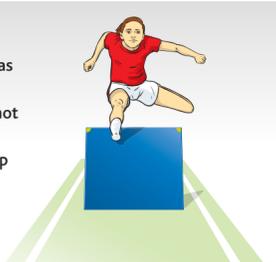
### Distance

- Maintain your best possible pace across a set distance.
- Focus on running at an even pace throughout the race.
- Using a digital stopwatch, round times up and record to 0.1s.



### Hurdles

- Clear the six hurdles, running as quickly as possible.
- Maintain a low centre of gravity, trying not to rise too high over the hurdles.
- Using a digital stopwatch, round times up and record to 0.1s.



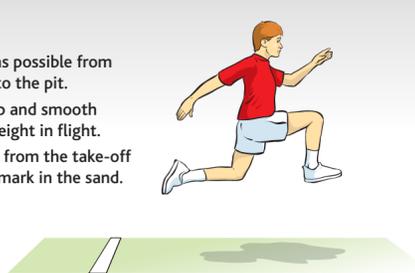
### Standing Long Jump

- Jump forward from a standing position and land on two feet.
- Bend knees on take-off and landing, swinging your arms too.
- Measure the distance from the take-off line to the back of the heels.



### Long Jump

- Run and jump as far as possible from the take-off board into the pit.
- Focus on a fast run-up and smooth take-off, aiming for height in flight.
- Measure the distance from the take-off board to the nearest mark in the sand.



## How the scheme works

Young athletes may gain both Individual and Combined Events awards, with badges being available at each level (Level One through to Gold) for the following:

**Sprints Distance Hurdles Jumps High Jump Throws Combined Events**

A Combined Events award can be gained for completion of either three, four or five events with athletes expected to complete at least one run, one jump and one throw. Points are required as follows to secure a Combined Events award:

	Level 1	Level 2	Bronze	Silver	Gold
3 events - Triathlon	3	6	9	12	15
4 events - Quadathlon	4	8	11	15	19
5 events - Pentathlon	5	10	13	18	23

Separate posters detail the Secondary Award Scheme and the additional provision for young athletes with a disability. For further details on the Award Scheme including advice on organising activity, award scheme calculators and the supply of badges and certificates, please visit [www.esaa.net](http://www.esaa.net)

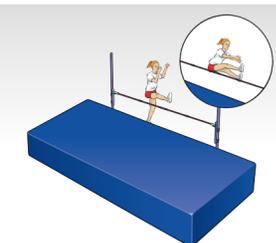
### Standing Triple Jump

- Jump as far as you can using the "Hop, Step and Jump" combination.
- Practise the sequence, moving smoothly through the three elements.
- Measure the total distance jumped from the initial take-off line.



### High Jump

- Use the scissor jump technique to clear the bar.
- Raise the bar in small increments to increase the challenge.
- Record the best height achieved before three successive failures occur.



### Javelin

- Throw the javelin as far as possible from a standing position.
- Aim to throw at 45° and follow through with your throwing arm.
- Measure the distance thrown to the nearest completed metre.



### Ball/Vortex Throw

- As with the Javelin, throw as far as possible from a standing position.
- Aim to throw at 45° and follow through with your throwing arm.
- Measure the distance thrown to the nearest completed metre.



### Shot

- Using a 2.00kg – 2.72kg shot, "put" the shot as far as you can.
- Keep the elbow high and push the shot away from the neck.
- Measure to where the shot lands, to the nearest 25cm cleared.



		50m Sprint	75m Sprint	400m Distance	600m Distance	60m Hurdles	Standing Long Jump	Long Jump	Standing Triple Jump	High Jump	Javelin	Ball or Vortex Throw	Shot
		Years 3 & 4	Years 5 & 6	Years 3 & 4	Years 5 & 6	Years 5 & 6	All	All	Years 5 & 6	Years 5 & 6	All	All	Years 5 & 6
BOYS	Gold 5 points	8.9s	12.5s	1m 35s	2m 30s	12.0s	1.80m	3.50m	5.10m	1.10m	18.00m	27.00m	5.75m
	Silver 4 points	9.6s	13.5s	1m 45s	2m 50s	13.5s	1.60m	3.00m	4.60m	1.00m	13.00m	23.00m	4.75m
	Bronze 3 points	10.3s	15.0s	2m 05s	3m 20s	15.5s	1.40m	2.40m	4.00m	0.80m	10.00m	17.00m	3.25m
	2 2 points	12.0s	17.0s	2m 30s	4m 30s	19.0s	0.95m	1.80m	2.40m	0.50m	5.00m	11.00m	2.00m
	1 1 point	14.8s	21.0s	3m 20s	6m 00s	25.0s	0.35m	1.00m	1.00m	0.20m	1.00m	1.00m	1.00m
GIRLS	Gold 5 points	9.2s	12.8s	1m 40s	2m 40s	12.5s	1.70m	3.20m	4.80m	1.00m	15.00m	18.00m	5.25m
	Silver 4 points	9.9s	13.8s	1m 55s	3m 00s	14.0s	1.55m	2.80m	4.40m	0.90m	12.00m	15.00m	4.25m
	Bronze 3 points	10.6s	15.3s	2m 10s	3m 30s	16.0s	1.35m	2.30m	3.60m	0.75m	9.00m	11.00m	3.00m
	2 2 points	12.2s	17.3s	2m 30s	4m 30s	19.3s	0.90m	1.80m	2.40m	0.50m	5.00m	7.00m	2.00m
	1 1 point	14.8s	21.0s	3m 20s	6m 00s	25.0s	0.35m	1.00m	1.00m	0.20m	1.00m	1.00m	1.00m