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Track and Field Awards

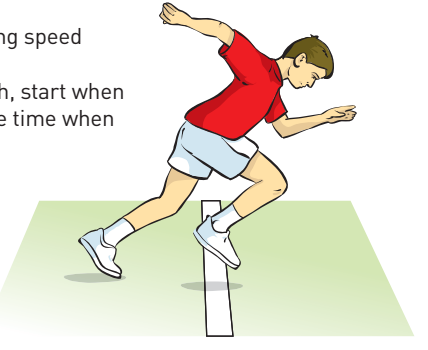
Secondary Years 7-9

By practising the athletic skills of running, jumping and throwing you will improve at other sports and feel confident to try new interesting and fun physical activities. The Aviva UKA Academy Awards are a great way for you to measure your own ability, set personal goals and earn the entitlement to wear the prestigious Aviva UKA Academy Awards badges.

- Single Event:** Any Run, Jump or Throw
- Triathlon:** 1 x Run, 1 x Jump and 1 x Throw
- Quadrathlon:** 1 x Sprint (100m/200m), 1 x Middle (800m/1500m), 1 x Jump and 1 x Throw
- Pentathlon:** 1 x Sprint (100m/200m), 1 x Middle (800m/1500m), 1 x Jump, 1 x Throw and 1 other event

1 SPRINTS

- What: Maintain a maximum running speed across a short set distance.
- Measure: Using a digital stopwatch, start when the whistle is blown and record the time when the athlete crosses the line.
- How: Relax and concentrate on a fast start then focus on maintaining speed to pass the finish line.



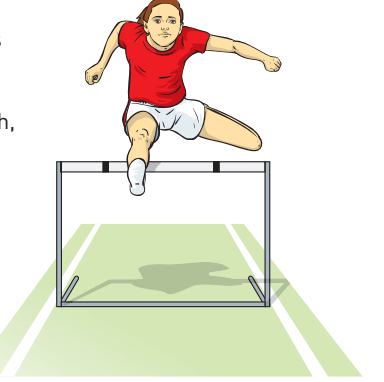
2 DISTANCE

- What: Maintain your best possible pace across a set distance.
- Measure: Using a digital stopwatch, start when the whistle is blown and record the time when the athlete crosses the line.
- How: Focus on pace judgment from the start to the finish and maintain an upright running posture.



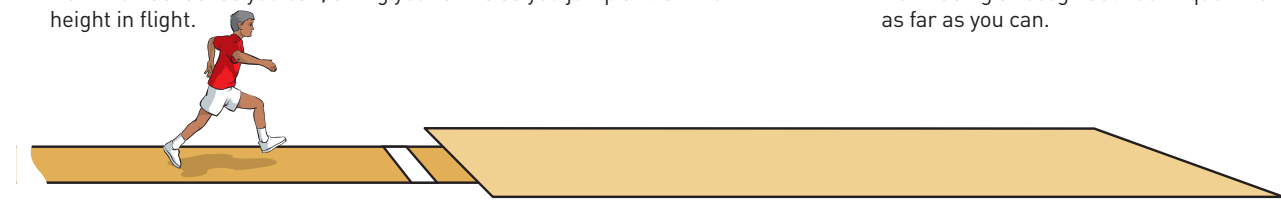
3 HURDLES

- What: Clear a series of six hurdles over a set distance as quickly as possible.
- Measure: Using a digital stopwatch, start when the whistle is blown and record the time when the athlete crosses the line.
- How: Time is lost in the air so athletes should clear and not jump the hurdles maintaining a low centre of gravity.



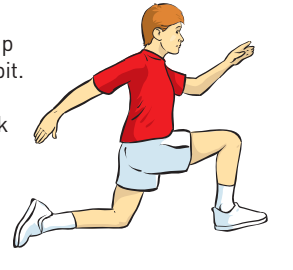
4 LONG JUMP

- What: Run and jump as far as you can from the take-off board into the landing pit.
- Measure: You will be measured from take-off board to the back of where you land.
- How: Run as fast as you can, swing your arms as you jump and aim for height in flight.



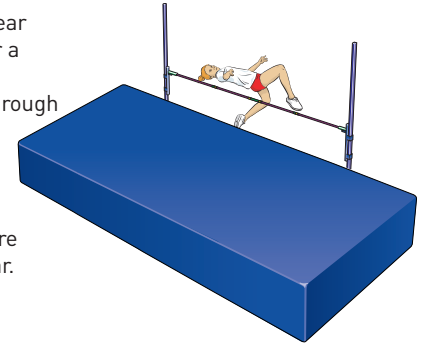
5 TRIPLE JUMP

- What: Run and Hop, Step and Jump as far as you can into the landing pit.
- Measure: You will be measured from the take-off board to the back of where you land.
- Focus on the technique and the correct sequence which is a hop, followed by a step and finishing with a jump to land on both feet.



6 HIGH JUMP

- What: Approach and attempt to clear a series of increasing heights over a horizontal bar.
- Measure: The bar will be raised through the series and an athlete may have up to three attempts to successfully clear each height.
- How: Utilise a well-practised scissors or flop technique to ensure that your whole body clears the bar.



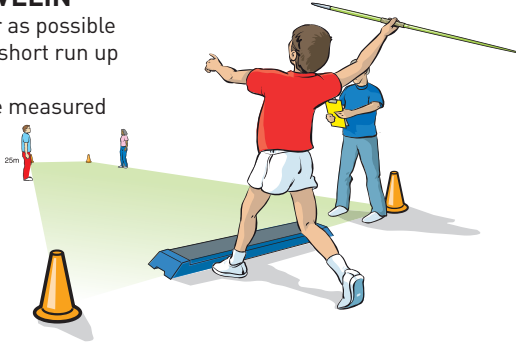
7 SHOT

- What: 'Put' a shot of the correct weight as far as you can.
- Measure: The distance will be measured to the nearest completed cm.
- How: Using the correct technique, push (put) the shot as far as you can.



8 JAVELIN OR TURBO JAVELIN

- What: Throw the javelin as far as possible from a standing position or a short run up behind a throwing line.
- Measure: The distance will be measured to the nearest completed cm.
- How: Keep the javelin straight, at a 45 degree angle and follow through with your throwing arm.



9 DISCUS

- What: A sling type throw using the specified discus weight.
- Measure: The distance will be measured to the nearest completed cm.
- How: Using a recognised technique throw as far as you can.



NOTE

Please ensure the correct hurdle heights and correct weights of throwing implements are used for age and gender

You can do it! Here's how:

Choose your events

Choose the events you would like to try and practise them as much as you can

Obtain your score

Record your best results and look up your scores on the points table

Earn your Badge

Select which badge you aim to earn and use the Ladder of Success to judge which level you have achieved

Points Table (Secondary Years 7-9)

GIRLS POINTS & STEPS	RUN										JUMP			THROW						BOYS POINTS & STEPS									
	1		2		3		4		5		6		7		8		9												
	100m SPRINT	200m SPRINT	800m DISTANCE	1500m DISTANCE	HURDLES	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT	JAVELIN	TURBO JAVELIN	DISCUS	Girls mtrs	Boys mtrs	Girls mtrs	Boys mtrs	Girls mtrs	Boys mtrs											
80	11.6	23.6	2.06	4:12	12.4	6.20	13.00	1.92	11.20	13.40	32.00	41.00	28.00	38.00	80	11.6	23.6	2.06	4:12	12.4	6.20	13.00	1.92	11.20	13.40	32.00	41.00	28.00	38.00
79	11.7	23.8	2.08	4:15	-	6.10	12.90	1.80	11.00	13.20	31.00	40.00	27.00	37.00	79	11.7	23.8	2.08	4:15	-	6.10	12.90	1.80	11.00	13.20	31.00	40.00	27.00	37.00
78	11.8	24.0	2.10	4:18	12.5	6.00	12.80	1.78	10.80	12.90	30.00	39.00	-	36.00	78	11.8	24.0	2.10	4:18	12.5	6.00	12.80	1.78	10.80	12.90	30.00	39.00	-	36.00
77	11.9	24.2	2.11	4:21	-	5.90	12.70	1.76	10.60	12.60	29.00	38.00	-	35.00	77	11.9	24.2	2.11	4:21	-	5.90	12.70	1.76	10.60	12.60	29.00	38.00	-	35.00
76	12.0	24.4	2.12	4:24	12.6	-	12.60	1.74	10.40	12.30	28.00	37.00	-	34.00	76	12.0	24.4	2.12	4:24	12.6	-	12.60	1.74	10.40	12.30	28.00	37.00	-	34.00
75	12.1	24.6	2.13	4:27	-	5.70	12.50	1.72	10.20	12.00	-	36.00	25.00	33.00	75	12.1	24.6	2.13	4:27	-	5.70	12.50	1.72	10.20	12.00	-	36.00	25.00	33.00
74	12.2	24.8	2.14	4:30	12.7	5.60	12.40	1.70	10.00	11.70	27.00	35.00	-	32.00	74	12.2	24.8	2.14	4:30	12.7	5.60	12.40	1.70	10.00	11.70	27.00	35.00	-	32.00
73	12.3	25.0	2.15	4:33	12.8	5.55	12.30	1.68	9.80	11.40	-	34.00	24.00	31.00	73	12.3	25.0	2.15	4:33	12.8	5.55	12.30	1.68	9.80	11.40	-	34.00	24.00	31.00
72	12.4	25.2	2.16	4:36	12.9	5.50	12.20	1.66	9.60	11.10	26.00	33.00	-	30.00	72	12.4	25.2	2.16	4:36	12.9	5.50	12.20	1.66	9.60	11.10	26.00	33.00	-	30.00
71	12.5	25.5	2.17	4:40	13.0	5.40	11.90	1.63	9.40	10.80	-	32.00	23.00	29.00	71	12.5	25.5	2.17	4:40	13.0	5.40	11.90	1.63	9.40	10.80	-	32.00	23.00	29.00
70	12.6	25.8	2.18	4:44	13.1	5.30	11.70	1.60	9.20	10.60	25.00	31.00	-	28.00	70	12.6	25.8	2.18	4:44	13.1	5.30	11.70	1.60	9.20	10.60	25.00	31.00	-	28.00
69	12.7	26.0	2.20	4:48	13.2	5.20	11.50	1.58	9.05	10.40	-	30.00	22.00	27.00	69	12.7	26.0	2.20	4:48	13.2	5.20	11.50	1.58	9.05	10.40	-	30.00	22.00	27.00
68	12.8	26.1	2.21	4:52	13.3	5.10	11.30	1.56	8.90	10.20	24.00	-	-	26.00	68	12.8	26.1	2.21	4:52	13.3	5.10	11.30	1.56	8.90	10.20	24.00	-	-	26.00
67	-	26.2	2.23	4:56	-	5.00	11.10	1.54	8.75	10.00	-	29.00	-	-	67	-	26.2	2.23	4:56	-	5.00	11.10	1.54	8.75	10.00	-	29.00	-	-
66	12.9	26.3	2.24	5:02	13.4	4.90	11.00	1.52	8.60	9.80	23.00	-	21.00	25.00	66	12.9	26.3	2.24	5:02	13.4	4.90	11.00	1.52	8.60	9.80	23.00	-	21.00	25.00
65	13.0	26.4	2.26	5:06	13.5	4.80	10.75	1.50	8.45	9.60	-	28.00	-	-	65	13.0	26.4	2.26	5:06	13.5	4.80	10.75	1.50	8.45	9.60	-	28.00	-	-
64	-	26.5	2.27	5:10	-	4.72	10.60	1.48	8.30	9.40	22.00	-	-	24.00	64	-	26.5	2.27	5:10	-	4.72	10.60	1.48	8.30	9.40	22.00	-	-	24.00
63	13.1	26.6	2.28	5:14	13.6	4.64	10.45	1.46	8.15	9.20	-	27.00	-	20.00	63	13.1	26.6	2.28	5:14	13.6	4.64	10.45	1.46	8.15	9.20	-	27.00	-	20.00
62	13.2	26.8	2.30	5:18	13.7	4.56	10.30	1.44	8.00	9.00	-	26.00	-	19.00	62	13.2	26.8	2.30	5:18	13.7	4.56	10.30	1.44	8.00	9.00	-	26.00	-	19.00
61	13.3	27.0	2.32	5:22	-	4.48	10.15	1.42	7.85	8.80	21.00	-	-	18.00	61	13.3	27.0	2.32	5:22	-	4.48	10.15	1.42	7.85	8.80	21.00	-	-	18.00
60	13.4	27.2	2.34	5:25	13.8	4.40	10.00	1.40	7.70	8.60	-	26.00	19.00	17.00	60	13.4	27.2	2.34	5:25	13.8	4.40	10.00	1.40	7.70	8.60	-	26.00	19.00	17.00
59	13.5	27.6	2.36	5:27	13.9	4.35	9.90	1.39	7.60	8.45	20.00	-	-	16.00	59	13.5	27.6	2.36	5:27	13.9	4.35	9.90	1.39	7.60	8.45	20.00	-	-	16.00
58	13.6	28.0	2.38	5:30	-	4.30	9.80	1.38	7.50	8.30	-	25.00	-	15.00	58	13.6	28.0	2.38	5:30	-	4.30	9.80	1.38	7.50	8.30	-	25.00	-	15.00
57	13.7	28.4	2.40	5:33	14.0	4.25	9.70	1.37	7.40	8.15	-	24.00	-	14.00	57	13.7	28.4	2.40	5:33	14.0	4.25	9.70	1.37	7.40	8.15	-	24.00	-	14.00
56	13.8	28.8	2.42	5:36	14.1	4.20	9.60	1.36	7.30	8.00	19.00	24.00	-	13.00	56	13.8	28.8	2.42	5:36	14.1	4.20	9.60	1.36	7.30	8.00	19.00	24.00	-	13.00
55	13.9	29.1	2.44	5:38	-	4.15	9.50	1.34	7.20	7.85	-	23.00	-	12.00	55	13.9	29.1	2.44	5:38	-	4.15	9.50	1.34	7.20	7.85	-	23.00	-	12.00
54	14.0	29.4	2.46	5:40	14.2	4.10	9.40	1.32	7.10	7.70	-	22.00	-	11.00	54	14.0	29.4	2.46	5:40	14.2	4.10	9.40	1.32	7.10	7.70	-	22.00	-	11.00
53	14.1	29.8	2.47	5:42	14.3	4.05	9.30	1.30	7.00	7.55	18.00	-	17.00	-	53	14.1	29.8	2.47	5:42	14.3	4.05	9.30	1.30	7.00	7.55	18.00	-	17.00	-
52	14.3	30.1	2.48	5:44	14.4	4.00	9.20	1.28	6.90	7.45	-	22.00	-	10.00	52	14.3	30.1	2.48	5:44	14.4	4.00	9.20	1.28	6.90	7.45	-	22.00	-	10.00
51	14.5	30.4	2.49	5:46	14.5	3.95	9.10	1.26	6.80	7.35	-	-	-	-	51	14.5	30.4	2.49	5:46	14.5	3.95	9.10	1.26	6.80	7.35	-	-	-	-
50	14.6	30.8	2.50	5:48	14.6	3.90	9.00	1.25	6.70	7.25	17.00	-	16.00	17.00	50	14.6	30.8	2.50	5:48	14.6	3.90	9.00	1.25	6.70	7.25	17.00	-	16.00	17.00
49	14.7	31.1	2.52	5:51	14.7	3.84	8.90	1.24	6.60	7.20	-	21.00	-	-	49	14.7	31.1	2.52	5:51	14.7	3.84	8.90	1.24	6.60	7.20	-	21.00	-	-
48	14.8	31.4	2.54	5:54	14.8	3.82	8.80	1.23	6.50	7.15	-	-	-	-	48	14.8	31.4	2.54	5:54	14.8	3.82	8.80	1.23	6.50	7.15	-	-	-	-
47	14.9	31.7	2.56	5:57	14.9	3.78	8.70	1.22	6.40	7.10	16.00	-	15.00	16.00	47	14.9	31.7	2.56	5:57	14.9	3.78	8.70	1.22	6.40	7.10	16.00	-	15.00	16.00
46	15.0	32.0	2.58	6:00	15.0	3.74	8.60	-	6.30	7.05	-	20.00	-	-	46	15.0	32.0	2.58											