



ESAA Primary Award Scheme

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 - Quadrathlon | 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



| | | 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 |



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.



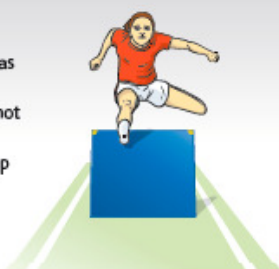
Distance

- 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.



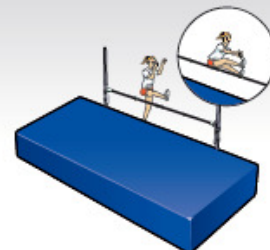
Standing Triple Jump

- 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.





English
Schools'
Athletic
Association

ESAA Primary Award Scheme

Hurdles Specification

Boys & Girls

| | Year 5 | Year 6 |
|----------|--------|--------|
| Distance | 60m | 60m |
| Height | 53cm | 61cm |
| Number | 6 | 6 |
| Approach | 11.5m | 11.5m |
| Interval | 7.5m | 7.5m |
| Finish | 11m | 11m |

Ball or Vortex Throw Specification

Boys - Cricket Ball or Vortex

Girls - Rounders Ball or Vortex

Shot Specification

Boys & Girls – 2.00kg to 2.72kg according to personal choice

Javelin Specification

Boys & Girls – standard primary school foam javelin