

ATHLETICS 365

COACH ASSESSMENT SHEETS



White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
3. Static Balance & Postural Control - Single and double leg Standing	3a). Stand still with one foot on the floor for 5 seconds without losing balance	3a). Stand still with one foot on the floor for 30 seconds without losing balance	3a). Stand still with one foot on the floor and eyes closed for 10 seconds without losing balance
	3b). Stand still with one foot on the floor for 10 seconds without losing balance	3b). Stand on one foot and do a 5 mini-squats, so the angle is no more than 135° at the knee	3b). Stand on one foot and do 5 mini-squats, so the angle is no more than 90° at the knee
	3c). Stand still with one foot on the floor for 20 seconds without losing balance	3c). Stand on one foot and do a 10 mini-squats, so the angle is no more than 135° at the knee	3c). Stand still on one foot on an uneven surface for 10 seconds without losing balance
	3d). Double leg squat with arms out in front for balance. Angle of the knee is no more than 135°.	3d). Double leg squat with arms out in front for balance. Angle of the knee is 90°.	3d). Double leg deep squat with arms out in front for balance.
It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning for each challenge			

Name			
Kevin	ü	ü	?
Richard	ü	ü	?
Chris	ü	ü	?
Tom	ü	?	
Alex	ü	?	
Scott	ü	?	
Sharon	ü	?	
Mel	ü	?	
Louise	?		
Hannah	?		
Alison	?		
Dennis	?		

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
3. Static Balance & Postural Control - Single and double leg Standing It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning for each challenge	3a). Stand on one foot and do 10 ankle extensions lifting the heel off the floor and slowly putting it down	3a). Stand on one foot and complete 10 ankle extensions with eyes closed (EC) without losing balance	3a). Stand on one foot and complete 10 squats into ankle extensions with eyes closed without losing balance
	3b). Stand on one foot and do 5 squats (90°) into ankle extensions	3b). Stand still on one foot on an uneven surface for 10 seconds with eyes closed without losing balance	3b). Stand on one foot and complete 10 ankle extensions on an uneven surface
	3c). Stand on one foot and do 5 squats (90°) with eyes closed without losing balance	3c). Stand on one foot and do 5 squats on an uneven surface without losing balance	3c). Stand on one foot and complete 10 squats into ankle extensions on an uneven surface
	3d). Stand still on uneven surface - for 20 then 30 secs	3d). Double leg squat with hands behind head. Angle of the knee is 90°.	3d). Double leg deep squat with hands behind head.
Name			
Morgan	ü	ü	?
Louisa	ü	ü	?
Izzy	ü	ü	?
Peter	ü	?	
Paul	ü	?	
Steve	ü	?	
Lucy	ü	?	
Emma	ü	?	
Phil	?		
Neil	?		
Jermaine	?		
Dean	?		

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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
1. Static Balance, Strong Stable Core & Postural Control - Floor work (Front & Back Support) It is assumed that, where appropriate, all challenges are completed in both directions and using both hand or feet. All positions should be held for 10-15 second:	1a) Hold a mini front support position on hands and knees.	1a) Hold a mini front support position and lift one hand/knee off the floor with eyes closed.	1a) Hold a mini back support position. Place a cone on the stomach with one hand, and remove it with the other (close eyes to increase challenge).
	1b) Hold a mini front support position and lift one hand/knee off the floor.	1b) Hold a mini front support position. Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).	1b) Hold a full front support position (hands in line, flat back and straight legs).
	1c) On hands and knees, reach across the body and point to ceiling with one hand and then the other hand.	1c) Hold a mini back support position with stomach facing upwards and knees bent.	1c) In a full front support position, lift one arm and point to the ceiling. Repeat with the other arm.
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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
1. Static Balance, Strong Stable Core & Postural Control - Floor work (Front & Back Support) It is assumed that, where appropriate, all challenges are completed in both directions and using both hand or feet. All positions should be held for 10-15 second:	1a) Hold a full back support position, with stomach facing upwards and legs straight.	1a) In a full back support position, transfer a cone on and off the stomach from one side to the other (close eyes to increase challenge).	1a) Hold a front support position with only one foot in contact with the floor. Transfer a cone on and off the back using different hands (close eyes to increase challenge).
	1b) Hold a full front support position. Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).	1b) In a full back support position, transfer a tennis ball on and off the stomach from one side to the other (close eyes to increase challenge).	1b) Hold a full front support position with only one foot in contact with the floor. Transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).
	1c) In a full front support position, transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).	1c) Starting in a full front support position, lift one arm up and rotate fluently until it returns to the starting position. Continue rotating with fluency.	1c) Hold a full back support position with only one foot in contact with the floor. Transfer a cone on and off the stomach using different hands (close eyes to increase challenge).
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<p>2. Static Balance, Strong Stable Core & Postural Control - Seated Balance</p> <p>It is assumed that all challenges are completed, where appropriate, in both directions and with both hand</p>	2a) Hold a dish shape for 5 seconds (use uneven surface to increase challenge).	2a) Hold a V shape (v-sit) for 10 seconds (use uneven surface to increase challenge).	2a) Balance on an uneven surface for 10 seconds, while receiving a small force.
	2b) As Yellow 2b, but with cones at an arm's length away	2b) With both hands and feet off the floor and knees bent retrieve cones from in front, to both sides and from behind	2b) As Blue 2b, but with eyes closed and receiving a small force
	2c) Complete the same task as Purple 2b, without swapping hands in the middle.	2c) As Blue 2b but with eyes closed	2c) Rotate 360° (without putting feet or hands down) on the floor and then on a bench
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3. Static Balance & Postural Control - Single and double leg Standing It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning for each challenge	3a) Stand still with one foot on the floor for 5 seconds without losing balance.	3a) Stand still with one foot on the floor for 30 seconds without losing balance.	3a) Stand still with one foot on the floor and eyes closed for 1 seconds, without losing balance
	3b) Stand still with one foot on the floor for 10 seconds without losing balance.	3b) Stand on one foot and do 5 mini-squats, so the angle is no more than 135° at the knee.	3b) Stand on one foot and do 5 mini-squats, so the angle is no more than 90° at the knee.
	3c) Stand still with one foot on the floor for 20 seconds without losing balance.	3c) Stand on one foot and do a 10 mini-squats, so the angle is no more than 135° at the knee.	3c) On an uneven surface, stand still on one foot for 10 seconds without losing balance.
	3d) Double leg squat with arms out in front for balance. Angle of the knee is no more than 135°.	3d) Double leg squat with arms out in front for balance. Angle of the knee should be 90°	3d) Double leg deep squat with arms out in front for balance
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3. Static Balance & Postural Control - Single and double leg Standing It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning for each challenge	3a) Stand on one foot and do 10 ankle extensions, lifting the heel off the floor and slowly putting it down.	3a) Stand on one foot and complete 10 ankle extensions with eyes closed without losing balance.	3a) Stand on one foot and complete 10 squats into ankle extensions, with eyes closed, without losing balance.
	3b) Stand on one foot and do 5 squats (90°) into ankle extensions.	3b) Stand still on one foot, on an uneven surface, for 10 seconds with eyes closed without losing balance.	3b) Stand on one foot and complete 10 ankle extensions on an uneven surface.
	3c) Stand on one foot and do 5 squats (90°) with eyes closed without losing balance.	3c) On an uneven surface, stand on one foot and do 5 squats without losing balance.	3c) On an uneven surface, stand on one foot and complete 10 squats into ankle extensions.
	3d) Stand still on uneven surface - for 20 then 30 secs.	3d) Double leg squat with hands behind head. Angle of the knee should be 90°.	3d) Double leg deep squat with hands behind head.
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<p>4. Developing Strong Stable Base of Support On line with weight on balls of feet only then low beam</p> <p>It is assumed that all challenges are completed, where appropriate, in both a side to side and front to back stance.</p>	4a) Stand on a line with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.	4a) Stand on a low beam with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.	4a) Stand on a line, and then a low beam, and maintain balance while receiving a small force from various angles.
	4b) Stand on a line with feet shoulder width apart, in a front to back stance, with weight on the balls of the feet and hold balance for 10 secs.	4b) Stand on a low beam with feet shoulder width apart, in a front to back stance with weight on the balls of the feet and hold balance for 10 secs.	4b) Stand on a line, and then a low beam, maintain balance and pick up alternate feet 5 times.
	4c) As Red 4a and 4b, but with eyes closed.	4c) As Yellow 4a and 4b, but with eyes closed.	4c) Stand on a line, and then a low beam, maintain balance and raise alternate knees 5 times.
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<p>4. Developing Strong Stable Base of Support On line with weight on balls of feet only then low beam</p> <p>It is assumed that all challenges are completed, where appropriate, in both a side to side and front to back stance.</p>	4a) Stand on a line, and then a low beam, maintain balance, catch a ball at chest height and throw it back to a partner .	4a) Stand on a line, and then a low beam, maintain balance and catch a ball at knee height and above the head.	4a) Stand on a line and then a low beam, maintain balance, and throw and catch a tennis ball across the body using both right and left hands.
	4b) Stand on a line, and then a low beam, maintain balance, lift alternate knees and touch knee to opposite elbow 5 times.	4b) As Blue 4a, with more distal feeds (away from the body) and introducing a smaller ball.	4b) Stand on a line, and then a low beam, maintain balance and throw and catch two balls alternately, catching across the body using both right and left hands.
	4c) Strike ball back with racket to feeder.	4c) Stand on a line, and then a low beam, maintain balance, and throw and catch two balls alternately, using both right and left hands.	4c) Stand on a line, and then a low beam, maintain balance and volley a large ball back to a partner with both right and left feet.
	4d) As Purple 4c with cross body (contra - lateral) strike.		
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<p>5. Dynamic Balance with Upper / Lower Limb Coordination Travelling along Lane, Line and Low Beam</p> <p>It is assumed that all challenges are completed where appropriate with both lead legs and/or both directions</p> <p>All walking drills from Yellow -Gold should involve the athlete using a correct arm action (hands from 'lips to hips')</p>	5a) Along a line , walk naturally with fluidity and minimum wobble.	5a) Along a line , walk fluidly, driving the knees up so there is a 90° angle at the hip.	5a) Along a line , walk fluidly, driving the knees up so there is a 90°angle at the hip but now backwards.
	5b) Along a line , walk naturally with fluidity and minimum wobble but now backwards.	5b) Along a line , walk fluidly, lifting the heels up and under and keeping the toes up.	5b) As Green 5a, but with tiny steps with ball to heel landing, and pushing forwards off the ball.
	5c) Along a line , Take tiny steps (feet touching each time) placing heels down first and then rolling forwards on to the toes.	5c) Along a lane , demonstrate 'Ankle Walks' with tall upright posture. Athlete should pause midway in each step.	5c) Complete Red 5a and 5b on a low beam.
	5d) Demonstrate a double leg Hamstring lean (stork position) to 20° with correct posture.	5d) Demonstrate a double leg Hamstring lean (stork position) to 45° with correct posture.	5d) Demonstrate a double leg Hamstring lean (stork position) to 90° with correct posture.
	5e) Basic lunge, with arms out for balance, along a lane and then a line.	5e) Basic lunge, with arms by side, along a lane and then a line.	5e) Basic lunge, with arms overhead, along a lane and then a line.
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<p>6. Coordination & Dynamic Balance - Jumping Movements</p> <p>All landing to be controlled and with soft knees, good posture and balance finish.</p> <p>It is assumed that all challenges are completed where appropriate with both legs and/or both direction:</p>	6a) Jump from 2 feet to a 2 feet landing. Sit back to control landing with soft knees flexing to 135° (50cm distance).	6a) Jump from 2 feet to 2 feet forwards then backwards with continuous rhythm, soft knees, retaining good balance.	6a) Jump from 2 feet to 2 feet with continuous quarter turns in same direction landing in freeze position. After every 4 jumps change direction.
	6b) Jump from 2 feet to a 2 feet landing. Sit back to control landing with soft knees flexing to 90° (50cm distance).	6b) Jump from 2 feet to 2 feet from side-to side with continuous rhythm.	6b) Jump from 2 feet to 2 feet with continuous quarter turns in rhythm, alternating between turning left and right, and land in freeze position.
	6c) As Red 6b but backwards.	6c) Alternate 2 feet to 2 feet jumps between side to side and forward and backwards to form a sequence.	6c) Single leg hops forwards.
	6d) As Red 6a and 6b with a vertical jump.	6d) Straddling a line, jump from 2 feet to 1 foot landing on the line. Control landing to freeze on the line.	6d) Single leg hops sideways.
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<p>6. Coordination & Dynamic Balance - Jumping Movements</p> <p>All landing to be controlled and with soft knees, good posture and balance finish.</p> <p>It is assumed that all challenges are completed where appropriate with both legs and/or both direction:</p>	6a) Single leg hops backwards.	6a) Jump from 2 feet to 1 foot with tuck, finishing with controlled one foot landing on same line.	6a) Jump from 2 feet to 2 feet with 360° turn.
	6b) Jump from 2 feet to 2 feet with a 180° turn and land in balance with freeze position. Start and finish on the same line.	6b) Jump from 2 feet to 2 feet with a 180° turn and land in balance. Start on one line, and travel forward then backwards to finish on start line (50cm jumps).	6b) Jump from 1 foot to 2 feet with tuck and with 180° turn, finishing with a controlled landing on the same line.
	6c) Jump from 2 feet to 2 feet with tuck, landing with control and soft knees, and then in freeze position. Start and finish on the same line.	6c) Jump from 1 foot to 1 foot with tuck (same foot), hopping forwards and backwards on to the same vertical line, freezing on landing. Repeat, jumping from 1 foot to the other foot.	6c) Jump from 1 foot to 2 feet with tuck and with 180° turn. Start on one line and finish on a line 50cm away.
	6d) Jump from 2 feet to 2 feet with tuck and with a 180° turn at the same time, landing in balance with freeze position.	6d) Jump from 1 foot to 1 foot with tuck (same foot) hopping sideways onto a different line, freezing on landing. Repeat, jumping from 1 foot to the other foot.	6d) Jump from 2 feet to 1 foot with tuck, finishing with a controlled one foot landing. Start on one line and travel forward, then backwards, to finish on a line 50cm away.
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<p>7. Coordination Floor movement patterns & footwork (all travelling)</p> <p>It is assumed that all challenges are completed, where appropriate, with both lead legs and/or both directions.</p>	7a) Side-step with left foot lead and then right foot lead (feet meeting in the middle).	7a) Grapevine, travelling sideways with a crossover step in front and then behind.	7a) Combine side-steps with 180° front pivot and then reverse pivots, staying in lane.
	7b) Gallop by facing forward with 1 foot in front of the other	7b) Skip forwards with 90° knees lift, opposite 90° elbow drive	7b) Skip backwards with 90° knees lift, opposite 90° elbow drive
	7c) Side-skipping with left foot lead and then right foot lead (feet hip width apart).	7c) Hopscotch forwards, alternating hopping on 1 foot with 2 footed jumps	7c) Hop-scotch to alternate feet.
			7d) Hopscotch backwards.
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<p>7. Coordination Floor movement patterns & footwork (all travelling)</p> <p>It is assumed that all challenges are completed, where appropriate, with both lead legs and/or both directions.</p>	7a) Combine side-steps with 180° pivots alternating between front and reverse pivots.	7a) Combine side-steps with a cross-over step. Accelerate on the cross-over step, de-accelerate on side-step.	7a) 3 step zigzag with each sequence forwards and backwards.
	7b) Speed Skaters forwards.	7b) Side-step with 180° pivots, combined with upper body swinging arms across body and then extended out in rhythmic pattern. Front pivot first, then reverse pivot and finally alternate pivot.	7b) As Black 7a with increased speed.
	7c) Hopscotch, with same knee drive, travelling forwards then backwards.	7c) Hopscotch, with alternate knee drive, travelling forwards then backwards.	7c) Speed Skaters backwards.
		7d) Speed Skaters forwards with arm swings rotation.	7d) Hopscotch with single knee drive, alternating between forwards and backwards every 2 jumps by using a 180° jump.
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<p>8. Agility (All Change!) Change of Speed / direction, level or body shape</p> <p>Athletes must ensure that they complete all challenges turning / moving in both directions.</p>	8a) Sprint forwards from a ready active position over 10m	8a) Sprint backwards from an upright ready position over 10m	8a) Sprint forwards from a ready active position over 10m, then decelerate (by leaning backwards) over 5m and accelerate (by leaning forwards) over 10m.
		8b) Ladder Drill - Run forwards through ladder with fast feet, both feet in each square with arm drive and good posture	8b) Sprint backwards from a ready upright position over 10m then decelerate (by leaning forwards) over 5m and accelerate (by leaning backwards) over 10m
			8c) Ladder Drill - Move laterally and slowly with both feet in and out each square with arm drive.
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<p>9. Agility Reaction & Response</p> <p>Slow to fast, fast to slow using both left and right hand.</p>	9a) Stand 1 metre away from partner, who drops a size 4/5 ball from shoulder height. Catch the ball after 1 bounce.	9a) Stand 1 metre away from partner who has arm stretched out to the side and drops a tennis ball. React quickly and catch after 1 bounce.	9a) Stand 1 metre away from partner who has arms stretched out to the side at shoulder height and a tennis ball in each hand. Catch a random ball after 1 bounce.
	9b) As Red 9a, but from 2m away. On Red can 'run through' after catch before deceleration.	9b) As Yellow 9a, but from 2m away. On Yellow can 'run through' after catch before deceleration.	9b) As Green 9a, but from 2m away. On Green can 'run through' after catch before deceleration.
	9c) As red 9b, from 3m away.	9c) As Yellow 9b, from 3m away.	9c) As Green 9b from 3m away.
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<p>9. Agility Reaction & Response</p> <p>Slow to fast, fast to slow using both left and right hand.</p>	9a) As Green 9a, but arrive in control, holding a one leg balance as the ball is caught. Start 1m away from partner.	9a) As Purple 9a, but step across body and catching ball with opposite hand to lead leg. Catch the ball after 1 bounce. Start 1m away from partner.	9a) As Blue 9a, but face away from partner, responding to a call when random ball dropped. Start from 1m away from partner.
	9b) As Purple 9a from 2m, with no 'run through' allowed.	9b) As Blue 9a from 2m, with no 'run through' allowed.	9b) As Black 9a from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.
	9c) As Purple 9b from 3m, with no 'run through' allowed	9c) As Blue 9b from 3m, with no 'run through' allowed.	9c) As Black 9b from 3m, with no 'run through' allowed.
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<p>10. Agility Pivoting / Rotation</p> <p>Athlete always starts from a standing position with feet shoulder apart, knees slightly flexed. High stages of pivoting relate to Discus & Hammer Technique</p>	10a) Pivot 90° clockwise (on ball of foot) and with good posture, while maintaining balance (both feet).	10a) Pivot 180° clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot 3 quarter turn anti clockwise (on ball of foot) while maintaining balance (both feet).
	10b) Pivot 90° anti clockwise (on ball of foot) with good posture and balance (both feet).	10b) Pivot 180° anti clockwise (on ball of foot) whilst maintaining balance (both feet).	10b) Pivot 3 quarter turn clockwise (on ball of foot) while maintaining balance (both feet).
			10c) Move laterally with heel to toe action.
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<p>10. Agility Pivoting / Rotation</p> <p>Athlete always starts from a standing position with feet shoulder apart, knees slightly flexed. High stages of pivoting relate to Discus & Hammer Technique</p>	10a) Pivot 360° turn anti clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) while maintaining balance.	10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) at speed while maintaining balance.
	10b) Pivot 360° turn clockwise (on ball of foot) while maintaining balance (both feet).	10b) Pivot quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance.	10b) Pivot quarter turn, followed by a half turn (on ball of foot) with weighted object whilst maintaining balance.
	10c) Basic Turn Hold a broom stick with extended arms, eyes focusing on the end of the stick and turn on the spot by moving the feet in an anti - clockwise direction.	10c) Heel - Toe Turns Turn through 90° balanced on the heel of the left foot, pivoting onto the ball of the right foot.	10c) Heel - Toe Turns: Turns through 120° balanced on the heel of the left foot then transferring their bodyweight onto the ball of the right foot, pivoting the body around and back to the starting position.
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11. AWARENESS	11a) Awareness of position of Centre of Mass (CoM) when standing upright.	11a) Awareness of how changing the size of the base helps with stability.	11a) Use counter balance to help maintain Centre of Mass over base.
		11b) Relationship between size of base and Centre of Mass:	11b) Moving body parts in an effective order (throwing - coordination).
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11. AWARENESS	11a) Use Centre of Mass and size of base to become more stable in actions.	11a) How moving Centre of Mass outside of the base can help certain movements (running quickly).	11a) Understand the relationship between speed and accuracy (an increase in one causes a decrease in the other)
	11b) Use order of body parts to generate more force in movement.	11b) Recognise how applying force in one direction gives an equal and opposite force in the other direction	
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12. RUNNING TECHNIQUE (Maximum Velocity/ Full Flight Running)	12a) Walk with relaxed shoulders and good upright posture.	12a) Jog/skip with relaxed shoulders and good upright posture.	12a) Run tall with relaxed shoulders a good upright posture.
	12b) Walk tall with high hips, good upright posture and balance.	12b) Jog/skip tall with high hips, good upright posture and balance.	12b) Run tall with high hips, good upright posture and balance.
	12c) Head up with focus in front.	12c) Walk with knee up, toe up action.	12c) Jog/skip with knee up, toe up action (good upright posture; no forwards or backwards lean).
	12d) Awareness of space and the safety of others.	12d) Walk with heel up (underneath buttocks), toe action (foot at 90°).	12d) Jog/skip with heel up, toe up action (good posture; no backwards lean).
		12e) Walk with relaxed pockets to sockets arm action.	12e) Jog/skip with relaxed pockets to sockets arm action.
			12f) Start, stop and change pace with control and response to instruction.
			12g) Run and change direction (applying appropriate force), demonstrating speed and agility.
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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
12. RUNNING TECHNIQUE (Maximum Velocity/ Full Flight Running)	12a) Run tall with relaxed shoulders, high hips, good upright posture and balance.	12a) Demonstrate relaxed running technique with no visual tension (all of Purple).	12a) All of Blue at increased speed.
	12b) Run tall with relaxed pockets to sockets arm action.	12b) Use a fast relaxed arm action emphasising the drive backwards (hammering a nail into the wall behind).	12b) Demonstrate an active foot strike on the forefoot with a quick, 'down and back' motion.
	12c) Run with knee up, toe up action (good upright posture: no forwards or backwards lean).	12c) Prior to touchdown (front swing phase) raise knee until leg is parallel to the ground.	12c) Maintain technical performance in competition conditions.
	12d) Run with heel up, toe up action (good upright posture: no forwards or backwards lean).	12d) Active and quick free leg with a 'down and back' motion before touchdown.	12d) Execute running isolation drills a) Alternate drills; b) Single side drills.
	12e) Active strike on fore front (ball) of foot.	12e) Support leg is strong with no visual collapse of leg.	
	12f) Run on curve with coordination and control.	12f) Run a controlled bend with smooth transition on to straight running.	
Name			

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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
13. SPRINT START & DRIVE PHASE (Acceleration)	13a) Take up a 'Ready Active Position': staggered feet, lowered centre of gravity, forward body lean.	13a) From a Ready Active Position 'Pushes off' down and back with feet.	13a) Use body lean and centre of gravity to assist start and accelerate quickly.
	13b) Ready Active Front (Strongest) foot on the line, rear foot about shoulder width behind, ensuring front arm opposite to front foot (left & right).	13b) Accelerate quickly from a variety of static positions: (standing, laying down, kneeling, etc).	13b) Bring foot through low (stepping over ankle) in 'Drive Phase'.
	13c) Respond rapidly to a stimulus	13c) Demonstrate basic (shallow angle) 'Falling Start' with balance and control.	13c) Demonstrate effective (deep angle) 'Falling Start' technique with no bending at the waist.
			13d) Falling Start: Demonstrate active use of arms with exaggerated arm split in initial steps.
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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
13. SPRINT START & DRIVE PHASE (Acceleration)	13a) Demonstrate quick reactions and rapid acceleration from a variety of starting signals.	13a) Demonstrate a crouch start with correct front (90°) and rear (120°-140°) leg angles, heels pressed back	13a) Demonstrate hips raised slightly higher than shoulders, with head in a neutral position
	13b) Demonstrate effective three point start technique.	13b) Head is level with the back, eyes look straight down	13b) Demonstrate balance and control during a sprint start, taking powerful progressive strides
	13c) Demonstrate a basic 'On your Mark' position (crouch start) with correct hands and feet spacing.	13c) Hold good posture and balance in the 'Set' position with good arm spacing.	13c) Rear leg moves forward rapidly in the drive phase while the body leans forwards
	13d) Measure out crouch start settings unsupported	13d) Demonstrate active use of arms with a big split of the arms in initial steps.	13d) Drive arms in opposition to legs
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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
<p>14. HURDLES</p> <p>Athletes should demonstrate good posture as per running technique throughout hurdles progression</p> <p>Shoulders and torso (body) should be aligned with the direction of travel (facing forwards) throughout the hurdle progressions.</p>	14a) Rhythm Run over low obstacles (cane) without hesitation	14a) As Red 14a, but with increased height (SAQ low hurdle).	14a) As Yellow 14a, but with increased height SAQ tall hurdles/ Sports Hall Low hurdles).
	14b) Sprint (not jumps) over obstacles (cane).	14b) Complete obstacle course showing rhythm, control and agility.	14b) Maintain good basic running technique when sprinting over obstacles.
		14c) Sprint over and between obstacles, using a consistent stride length and pattern.	14c) Use a 3 stride pattern between hurdles within hurdle grid
		14d) Sprint straight down the line of obstacles	14d) State a 'lead leg' preference when sprinting over hurdles.
			14e) Active use of arm action to aid running speed over hurdle:
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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
<p>14. HURDLES</p> <p>Athletes should demonstrate good posture as per running technique throughout hurdles progression</p> <p>Shoulders and torso (body) should be aligned with the direction of travel (facing forwards) throughout the hurdle progressions.</p>	14a) As Green 14a, but with increased height Sports Hall Medium hurdles).	14a) Demonstrate rhythm and running efficiency over increased height and distance (hurdles grid)	14a) Take off well in front of the hurdle (approximately? of the hurdle stride).
	14b) Understand that stride patterns determine which leg clears the hurdle first (lead leg).	14b) Identify optimal distance between hurdles to maintain 3 stride pattern (hurdle grid).	14b) Demonstrate good linear lead leg, with knee driving straight at hurdle in take off.
	14c) Show rhythm and does not 'reach for the hurdles	14c) Demonstrate hurdle walkover drills (low height) with good posture, balance and correct foot placement. i) Hurdle stepover; ii) Can-can; iii) Hurdle side steps.	14c) Drive forward more than upward at take off
	14d) Demonstrate confidence in leading with either leg to sprint over an obstacle.	14d) Demonstrate hurdle mobility drills with good posture and technique.	14d) Fully extend hip, knee and ankle joints at take of
	14e) Demonstrate a dynamic lead leg.		14e) Demonstrate lead and trail leg hurdle drills (run over drills) with good basic technique
	14f) Demonstrate a short lateral trail leg.		
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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
15. RELAY	15a) Complete relay challenge as part of a team.	15a) Change baton with visual exchange in stationary position (both hands).	15a) Change baton with non visual exchange in stationary position (both hands)
	15b) Co-operate with others in a team	15b) Use voice command for receiving partners	15b) Pass baton (stationary) using basic 'push pass' technique
		15c) Receive baton/object safely in stationary position (both hands).	15c) Receive baton (stationary) safely using 'Push Pass' technique (both hands).
			15d) Do all of the above at walking pace
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
15. RELAY	15a) Change baton with non visual exchange at jogging pace (both hands).	15a) Demonstrate confidence in unsighted exchanges at speed (running pace).	15a) Accelerate rapidly away from an incoming runner
	15b) Pass baton (jogging) using basic 'push pass' technique (both hands).	15b) Pass baton at 'Fast Stride' pace using 'push pass' technique (both hands).	15b) Catch an accelerating runner during relay changeover.
	15c) Receive baton safely (jogging) using 'Push Pass' technique (both hands).	15c) Receive baton safely at 'Fast Stride' pace using 'Push Pass' technique (both hands)	15c) Exchange baton in designated zone.
	15d) Stand in the correct position within the lane so as to avoid collision.	15d) Work within a team to develop performance	15d) Able to exchange baton on bend
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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
<p>16. ENDURANCE RUNNING TECHNIQUE</p> <p>Steady running is defined as approximately 70%-80 of maximum heart rate. Sustained Pace Running is approximately 80%-90%+ of maximum heart rate</p>	16a) Demonstrate all of Running Technique Stage 1 (Red).	16a) Demonstrate all of Running Technique Stage 2 (Yellow).	16a) Demonstrate all of Running Technique Stage 3 (Green).
	16b) Copy movement of leader with coordination and control	16b) Active mid foot contact when skipping	16b) Demonstrate an active mid foot action in order to sustain efficient running technique
	16c) Steady running for 1 minute	16c) Steady running for 2 minutes	16c) Demonstrate pace judgement to within 10 metres (+/-) of designated target.
	16d) Sustained Pace Running for 30 seconds	16d) Sustained Pace Running for 1 minute	16d) Steady running for 3 minutes
			16e) Sustained Pace Running for 2 minutes
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
<p>16. ENDURANCE RUNNING TECHNIQUE</p> <p>Steady running is defined as approximately 70%-80 of maximum heart rate. Sustained Pace Running is approximately 80%-90%+ of maximum heart rate</p>	16a) Demonstrate all of Running Technique Stage 4 (Purple).	16a) Demonstrate all of Running Technique Stage 5 (Blue).	16a) Demonstrate all of Running Technique Stage 6 (Black).
	16b) Demonstrate Arm Technique similar to sprinting action but less pronounced	16b) Heel is cycled underneath the buttock in recovery phase but not as pronounced as sprinting action	16b) Demonstrate relaxed rhythmical running with no visua tension for several minutes
	16c) Demonstrate pace judgement to within 5 metres (+/-) of designated target.	16c) Demonstrate consistent pace judgement over fixed distance.	16c) Demonstrate consistent pace judgement over varied distance (e.g. 800m & 1500m pace).
	16d) Steady running for 5 minutes	16d) Steady running for 10 minutes	16d) Steady running for 20 minutes
	16e) Sustained Pace Running for 3 minutes	16e) Sustained Pace Running for 5 minutes	16e) Sustained Pace Running for 10 minutes - 3km
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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
<p>17. RACE WALKING</p> <p>Steady walking is defined as approximately 70%-80 of maximum heart rate. Sustained Pace Walking is approximately 80%-90%+ of maximum heart rate</p>	17a) Steady walking for 1 minute	17a) Steady walking for 2 minutes	17a) Steady walking for 3 minutes
	17b) Sustained Pace Walking for 30 seconds	17b) Sustained Pace Walking for 1 minute	17b) Sustained Pace Walking for 2 minutes
	17c) Use bent arms (90°) driven backwards and forwards to balance leg action.	17c) Walk with relaxed full upright posture (with no bend a waist).	17c) Walk with relaxed shoulders and shoulders square to the front.
	17d) Walk gradually increasing the pace, not breaking into running (understanding the difference between a walk and a run)	17d) Walk with straight leg at contact and through vertical.	17d) Hands swing to the centre of the body and elbows drive backwards so hands end just above hips ('Chest to Pocket' arr action with hands).
	17e) Lands controlled on the heel	17e) One foot to maintain contact with the ground at all times	17e) Looks forward keeping the head level whilst race walking
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
<p>17. RACE WALKING</p> <p>Steady walking is defined as approximately 70%-80 of maximum heart rate. Sustained Pace Walking is approximately 80%-90%+ of maximum heart rate</p>	17a) Steady walking for 5 minutes	17a) Steady walking for 10 minutes	17a) Steady walking for 20 minutes
	17b) Sustained Pace Walking for 3 minutes	17b) Sustained Pace Walking for 5 minutes	17b) Sustained Pace Walking for 2km
	17c) Walk with strong push off from the rear foot	17c) Race walk on a line with balance and control, remaining tall (hips high) with relaxed arm action	17c) Walk short sprints maintaining good technique
	17d) Change length of stride from long to short and short to long	17d) Change cadence of stride from slow to fast retaining technique	17d) Walk with rhythm and relaxation (no visual tension), keeping the foot low to ground on recovery
	17e) Front foot planted on heel with toes up position	17e) Support leg is straight and remains extended as long as possible in the Rear Support Phase	17e) Front foot lands smoothly on the heel while rear foot is in heel up position
Name			

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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
18. LONG JUMP (Standing Long Jump)	18a) Demonstrate various jumps in response to instructions (jump for height, distance, 2 feet to 2 feet, etc).	18a) Use backward to forward arm swing to increase jumping distance.	18a) Identify preferred take off leg.
	18b) Demonstrate soft landing - bending at the knees to cushion impact.	18b) Jump for distance from two feet to two feet	18b) Use a short run (2 strides) to jump from one foot to two feet (both feet).
	18c) Take off from, and land in, different positions	18c) Demonstrate control and balance on landing - feet shoulder width apart; Centre of Gravity over base.	18c) Demonstrate soft controlled and landing into sand pit
		18d) Jump for distance from one foot to two feet (both feet	18d) Focus is forwards not downwards
			18e) Move body parts in an effective order to aid jump distance and efficiency.
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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
18. LONG JUMP (Standing Long Jump)	18a) Demonstrate fast controlled approach (optimum speed) with limited run up: 10 - 12 strides	18a) Achieve optimum speed after a controlled run up	18a) Perform a consistent sprint technique on the approach run
	18b) Demonstrate 'Active' flat foot at take off (dynamic down and back motion).	18b) Drive the free knee up and forwards	18b) Take off with power and control after a fast run up
	18c) Demonstrate basic head up, chest up, drive up and forwards	18c) Keep body upright and hips high at take off	18c) Demonstrate full extension of hip, knee and ankle joint (in that order) at take off.
	18d) Demonstrate awareness of the take off point	18d) Keep a tall upright body position in flight phase of jump	18d) Hold take off extension (body tension) during early flight
	18e) Mark out basic run up to achieve optimal speed and accuracy	18e) Judge distances accurately.	18e) Land with heels first, and bend knees to absorb momentum
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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
19. TRIPLE JUMP (Standing Triple Jump)	19a) Demonstrate all of Long Jump Stage 1 (Red).	19a) Demonstrate all of Long Jump Stage 2 (Yellow).	19a) Demonstrate all of Long Jump Stage 3 (Green).
	19b) Perform hop and jump combinations with balance and control (both feet for hops)	19b) Demonstrate a basic Hopscotch technique with control and balance (See Coordination)	19b) Demonstrate basic triple jump sequences from short run up (2 strides) with rhythm, balance and control
	19c) Link multiple step/jump combinations with balance and coordination.	19c) Demonstrate basic hop, step and jump movements with speed and balance from stationary position	19c) Perform combination jump sequences with rhythm, balance and control.
		19d) Hop for distance.	19d) Move body parts in an effective order to aid hop and step distance and efficiency.
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
19. TRIPLE JUMP (Standing Triple Jump)	19a) Demonstrate all of Long Jump Stage 4 (Purple).	19a) Demonstrate all of Long Jump Stage 5 (Blue).	19a) Demonstrate all of Long Jump Stage 6 (Black).
	19b) Active take off foot through each phase (see Long Jump Blue).	19b) Identify optimal distance between markers to maintain even jump pattern (rhythm) within triple jump grid	19b) Demonstrate full extension of hip, knee and ankle joint (in that order) at take off in each phase of the jump
	19c) Maintain even jump pattern (rhythm) between markers within triple jump grid.	19c) Maintain a tall upright body position throughout jump phases.	19c) Demonstrate the ability to keep the head and hips high and body upright throughout the jump phases
	19d) Move body parts in an effective order to maximise hop and step distance and efficiency	19d) Use arms to balance leg action.	19d) Demonstrate controlled vigorous use of arms to aid balance distance and power.
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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
20. HIGH JUMP (Vertical Jump)	20a) Use jumping combinations to move around a space (Side to side, 1 foot to 2 feet, etc).	20a) Jump quickly from side to side showing co-ordination and balance (Speed Bounce).	20a) Jump from side to side with balance, speed and rhythm (using an active foot on contact)
	20b) Bend then extend at the knees and ankles to aid jumping for height from a standing position	20b) Bend then extend at the hips, knees and ankles and use active backwards arm swing action to aid jumping for height from a standing position	20b) Move body parts in an effective order to aid jumping height and efficiency (basic triple extension - hip, knee then ankle)
	20c) Demonstrate a soft landing, landing flat-footed and bending at the knees to cushion impact	20c) Demonstrate control and balance on landing - feet shoulder width apart, Centre of Gravity over base of support and landing flat-footed.	20c) Use a short run (3-5m) to jump one footed for height reaching for a basketball hoop or cross bar
	20d) Run in and out of cones (curved lines and figure of 8's) with adequate control and balance (cones 5-7m apart).	20d) Run in and out curved lines and figure of 8's with reasonable speed, good balance and control. Focus is forward and not down	20d) Run in and out curved lines with speed, balance and control accelerating into each curve.
			20e) Perform a basic scissor jump over mini hurdles from a short run-up (from both sides).
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
20. HIGH JUMP (Vertical Jump)	20a) 'Scissor' over increased height (rubber bar) from a short curve run up (from both sides)	20a) Two footed 'Standing Flop' (onto 3, 2 and then 1 mats high) demonstrate safe landing (with the mid-upper back touching down first).	20a) Two footed 'Standing flop' (platform take off onto 2 mat: high) demonstrate safe landing (with the mid-upper back touching down first).
	20b) Scissor technique - Keep the head and upper body tall and upright (from both sides)	20b) Scissor and Basic Fosbury Drive vertically at take off, demonstrating active use of arms to aid jumping technique	20b) Scissor and Basic Fosbury Demonstrate acceptable extensions of hip, knee and ankle joint (in that order) at take of
	20c) Scissor technique - Drive the free leg (closest to the bar) up and over the bar, keeping the leg bent.	20c) Scissor and Basic Fosbury: drive the inside knee upwards to 90° at take off	20c) Stay tall and upright during and after take off (strong core position).
	20d) Scissor technique - Always land on the lead foot (from both sides).	20d) Demonstrate spatial awareness in clearing the bar with scissors technique (adjusts body to avoid the bar)	20d) Run tall, with correct upright trunk posture throughout the whole approach.
	20e) Run with control around a 'J' curve jumping for height at end of 'J'.	20e) When running round the curve, demonstrate a natural lean away from the bar.	20e) Uses a J shaped run-up of between 5 - 9 strides. The final 4- strides are on a curve.
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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
21. POLE VAULT			
	CHALLENGES DO NOT START UNTIL STAGE 4		
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
21. POLE VAULT	Carry Position	Step and Swing	Swing into Sand pit & Plant Drills
	21a) Hold the pole with hands shoulder width apart	21a) Undertake a push/plant drill on ground	21a) Hold pole with tip at eye level in preparation stage
	21b) Pole is held in 'V' formed by thumb and first finger of right hand (if right handed).	21b) Demonstrate relaxed running technique and good upright posture when carrying the pole (no backwards lean)	21b) Fully extend hip, knee and ankle at take off
	21c) Left hand is placed above the right hand, with the thumb closest to the body and elbow underneath the wrist	21c) Step into and swing on the pole with control (upper arm is fully stretched above head with arms shoulder width apart)	21c) From two stride approach, swing on the pole into a sand pit with control (arm positions as per Blue).
	21d) Keep pole tip high to start	21d) Maintain a firm upper hand grip throughout the swing, with the pole moving forwards at all times.	21d) Land on feet, and bend knees to cushion impact
Name			

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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
<p>22. SHOT PUT (Chest Push)</p> <p>All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</p>	22a) Wait for instruction from coach before throwing and retrieving implement safely.	22a) Demonstrate a standing two handed push throw (as Red) with knees bending then extending prior to throw (legs before arms).	22a) Move body parts in an effective order to aid a two handed push throw for distance and efficiency (from legs to hips to arms).
	22b) Push an object up and forwards to gain height and distances, and aim at a raised target.	22b) Demonstrate a standing two handed push throw, with flicking action through the wrist and fingers.	22b) Correctly hold a shot put in hand, with shot resting on fingers and not palm (dirty fingers, clean palm). Shot placed under the chin at the side of the neck and with elbow high.
	22c) Demonstrate a standing two handed push throw, extending arms through the elbows.	22c) Demonstrate a standing two handed push throw (as above) stepping into the throw.	22c) Demonstrate a kneeling single arm push throw, with extension through elbow and wrist.
		22d) Demonstrate a two handed backward, overhead toss, bending & extending "legs before arms".	22d) Demonstrate a kneeling single arm push throw (as Green 22c) with rotation through waist to increase force.
			22e) Identify preferred putting/pushing arm.
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
<p>22. SHOT PUT (Chest Push)</p> <p>All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</p>	22a) Demonstrate a two handed push throw (Yellow - Red) with increased weight (Size 4 football - 1, 2 or 3 kg Med Ball)	22a) Keep the throwing elbow high throughout the movement	22a) Left leg, then hip block prior to putting the shot (transferring force).
	22b) Demonstrate a standing frontal single arm push throw, with rotation through waist to increase force.	22b) Transfer body weight from the right leg to the left leg (right handed) in delivery phase (moving from 'Low to High',	22b) Demonstrate full triple extension of the right leg (hip, knee then ankle).
	22c) Standing Shot Put: turn shoulders away from the direction of the throw in preparation (starting) position	22c) In delivery phase, drive and turn the right hip up and forwards over the straightening left leg.	22c) Drive hips forwards and upwards before releasing
	22d) Demonstrate 'Power Position' with left toes in line with the heel of the right foot (right handed thrower).	22d) Keep the left arm high in the delivery phase	22d) Push right arm long and high extending at the elbow, then wrist and finally flicking with the fingers
	22e) Demonstrate 'Power Position' with both legs bent and weight on the ball of the right foot (right handed thrower)	22e) Perform an effective push throw (see Yellow to Blue) to reach a target on the ground.	22e) Increase the weight of the Shot Put while maintaining technique.
Name			

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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
<p align="center">23. JAVELIN (Tennis Ball, Howler & Turbo Jav Throw)</p> <p>Athlete must keep their elbow above shoulder height for all pulling throws.</p> <p>All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</p>	23a) Demonstrate a standing two handed overarm throw, bending then extending the arms at the elbows(Football Throw).	23a) Demonstrate a standing two handed overarm throw, stepping into the throw (Football Throw).	23a) Demonstrate a single overarm throw (as Yellow to Green) with rotation through waist to increase force(Tennis Ball Throw).
	23b) Demonstrate a standing single handed overarm 'Tennis Ball Throw', extending the arm at the elbow, with visual follow through	23b) Demonstrate a standing single handed overarm 'Tennis Ball Throw' with flicking action through the wrist and fingers, with visual follow through	23b) Demonstrate a standing single handed overarm pull throw (as Green 23b), stepping into the throw (left foot in front,
		23c) Stand side on, with left foot forwards, looking ahead over the left shoulder.	23c) Identify preferred pulling arm.
		23d) Throwing arm held extended backwards and is then pulled forwards rapidly, bending then extending at the elbow	23d) Correctly hold Turbo Javelin and Howler
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
<p align="center">23. JAVELIN (Tennis Ball, Howler & Turbo Jav Throw)</p> <p>Athlete must keep their elbow above shoulder height for all pulling throws.</p> <p>All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</p>	23a) Demonstrate Tennis Ball Technique (Red to Yellow) with a Turbo Jav, Howler or equivalent.	23a) Demonstrate a standing frontal throw with a javelin (appropriate weight).	23a) Standing Throw: extend the right leg at the knee and ankle to drive the right hip forward over a straightened left leg
	23b) Demonstrate a single arm throw (Turbo Javelin/Howler) as Purple 23a with three stride approach (left, right, left).	23b) Standing Throw: hold the javelin back with an extended arm and palm high (facing towards the sky)	23b) Standing Throw: after the hip drive, pull the javelin 'through the point' with the elbow high and close to the ear.
	23c) Correctly hold a Javelin in hand demonstrating either 'Thumb and First finger' grip or 'Thumb and Second finger' grip	23c) Standing Throw: stand side on with feet shoulder width apart, left foot in front with foot pointing forwards	23c) Standing Throw: free arm is rapidly brought into the side of the body, with the shoulder remaining as far forward as possible creating a stretch of chest.
	23d) Correctly explain the safety elements and rules relating to javelin.	23d) Standing Throw: the free arm is reached out in the direction of the throw when the throwing arm is held back	23d) Standing Throw: keeps body high (straight) release position.
Name			

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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
24. DISCUS (Soft Discus, Bean Bag & Quoit)	24a) Demonstrate a 'Sling Throw' with long arm and relaxed shoulder (Using a Hula hoop, Quoit or bean bag)	24a) Correctly hold a Discus (soft discus) in hand, with finger spread comfortably across the implement	24a) Bowl the discus on the ground to a partner, releasing off the index finger.
	24b) Demonstrate a 'Sling Throw' with tall upright posture and good balance.	24b) The rim of discus rests across the finger pad:	24b) Flip toss the discus in the air (forwards and upwards) releasing off the index finger
			24c) Demonstrate a single arm sling throw with rotation through waist, to increase force.
			24d) Identify preferred slinging arm
Name			

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White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
24. DISCUS (Soft Discus, Bean Bag & Quoit)	24a) Standing Side Throw: start with left shoulder in direction of the throw, feet 1 1/2 shoulder-widths apart	24a) Standing throw from Power Position: start with shoulders square to the back of the circle.	24a) Standing throw from Power Position: initiate the throw with a vigorous action of the right hip and leg turning to the front.
	24b) Standing Side Throw: swing Discus backwards and then pull forwards, pivoting on the right foot (right handed thrower).	24b) Standing throw from Power Position: demonstrate 'Power Position' with left toes in line with the heel of the right foot (right handed thrower).	24b) After the hip has driven, pull arm through long, fast and last
	24c) Standing Side Throw: turn the right heel out while pushing the right hip forwards and blocking with the left leg	24c) Standing throw from 'Power Position': demonstrate 'Power Position' with a 'Chin-Knee-Toe' alignment	24c) Keep the arm 'long and relaxed' throughout the throw
	24d) Standing Side Throw: release the discus about head height, releasing off the index finger.	24d) Standing throw from 'Power Position': swing the discus backwards-upwards with palm down (do not break the movement).	24d) Left leg, then hip, brace prior to release (transferring force)
			24e) Increase the weight of the Discus while maintaining technique.
Name			

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White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
<p>25. HAMMER (Soft Hammer)</p> <p>The Hammer is a unique throwing event where the athlete must move in harminy with the implement rather than simple just applying force to the implement.</p> <p>All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</p>	<p>CHALLENGES DO NOT START UNTIL STAGE 4</p>		
Name			

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ATHLETICS 365 COACH ASSESSMENT SHEET

White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
26. LIFESTYLE AND SUPPORT	26a) Wear the appropriate clothing for training.	26a) Keep a record of own development in Achievement Booklet	26a) Keep a record of own development in Achievement Booklet
	26b) Parent/guardian and athlete keep record of height (seated and standing).	26b) Parent/guardian and athlete keep record of height (seated and standing).	26b) Parent/guardian and athlete keep record of height (seated and standing).
	26c) Arrive on time for sessions	26c) Good level of attendance.	26c) Inform coach(es) of other non athletics activities
	26d) Can name some things at which they are good	26d) Jointly set basic goals* with coach.	26d) Jointly set own goals* with coach support.
	26e) Understand and follow simple club rules (track and field and indoor rules)	26e) Know how to use equipment safely	26e) Take into account the group's safety when using equipment
	26f) Come with an appropriate drink (water) for session:	26f) Can explain the need to warm up and cool down	26f) Correctly warm up for each session, following the coach's instructions.
Name			

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ATHLETICS 365 COACH ASSESSMENT SHEET

White Stage 0	Developing		
	Red Stage 1	Yellow Stage 2	Green Stage 3
27. PSYCHO BEHAVIOURAL	27a) Undertake a simple task on their own, with evidence of confidence.	27a) Try several times if not successful at first, and understand that mistakes are part of learning.	27a) Use positive statements when undertaking challenges and addressing mistakes.
	27b) Make eye contact when communicating with others	27b) Ask for help to support their learning when required	27b) Show and tell others their ideas happily, and demonstrate skills to a group.
	27c) Describe different movements	27c) Focus on the sound of a technique, and verbalise this	27c) Focus on how a movement feels and sounds, and verbalise this.
	27d) Demonstrate good listening and observation skills describing what they have seen performed.	27d) Compare movements, actions and skills with those of others	27d) Focus on a task independently, and begin to challenge themselves
	27e) Observe and copy others	27e) Select and link movements together	27e) Recognise similarities and differences in movements and expression.
	27f) Work sensibly with others (taking turns and sharing with others appropriately).	27f) Work well with and motivate partner or a group	27f) Work well with a partner or a group and give helpful constructive feedback.
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Skill Goals = To develop part of an athlete's technique or movement. This in turn will help improve the personal and competition goals. Such as using legs before arms to help throw further
 Personal Performance Goals = Run a certain time, throw a certain distance, jump a certain height, etc
 Competition / Outcome Goals = To win or qualify for a Competition

ATHLETICS 365 COACH ASSESSMENT SHEET

White Stage 0	Practicing		
	Purple Stage 4	Blue Stage 5	Black Stage 6
27. PSYCHO BEHAVIOURAL	27a) Cope with, and react well to, mistakes and identify positive new goals.	27a) Show self motivation, a commitment to practise and a clear desire to improve.	27a) Set more challenging goals, based on self confidence
	27b) Show determination to improve performance through practise.	27b) Make changes once they, or others, have evaluated their performance.	27b) Accept critical feedback and act on it, remaining calm and positive when things become difficult
	27c) Compare how similar movements feel and/or sound, and verbalise this.	27c) Focus on the rhythm and sound of a technique, and verbalise this.	27c) Identify when a technique feels right or wrong, and verbalise this.
	27d) Remain focused on own task under pressure (competitive task).	27d) Identify own positive or negative trigger points.	27d) Can use positive and negative trigger points to aid performance.
	27e) Link actions and develop sequences of movements that express their own ideas.	27e) Change tactics, rules or tasks to make activities more fun or challenging.	27e) Adapt and adjust skills, movements or tactics so they are different from, or in contrast to, others'.
	27f) Work well and competes with partner or a group fairly, acknowledging 'winning and losing'	27f) Work well in competition as an individual and as part of a team (contributing to team decisions)	27f) Show support to others in group
Name			

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