

**ATHLETICS 365**



# CHALLENGES AND CURRICULUM



**Physical Conditioning Fundamentals of Movement and Postural Control**

Beginner White Stage 0	Developing			Practising			Emerging			
Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9		
<p><b>1. Static Balance, Strong Stable Core &amp; Postural Control - Floor work (Front &amp; Back Support)</b></p> <p><i>It is assumed that, where appropriate, all challenges are completed in both directions and using both hands or feet. All positions should be held for 10-15 seconds.</i></p>	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).	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).	1a) Hold a back support position with only one foot in contact with the floor. Transfer a tennis ball on and off the stomach from one side to the other (close eyes to increase challenge).	1a) Hold a front support position with two points on an uneven surface, and transfer a tennis ball on and off the back (close eyes to increase challenge).	1a) Hold a back support position with three points on an uneven surface, and transfer a tennis ball on and off the stomach from one side to 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).	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).	1b) Hold a full front support position with one point on an uneven surface. Transfer a tennis ball on and off the back (close eyes to increase challenge).	1b) Hold a back support position with two points on an uneven surface, and transfer a tennis ball on and off the stomach using different hands (close eyes to increase challenge).	1b) Hold a back support position with three points on an uneven surface, and transfer a tennis ball on and off the stomach using different hands (close eyes to increase challenge).	
	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.	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).	1c) Hold a full back support position with one point on an uneven surface. Transfer a tennis ball on and off the stomach using different hands (close eyes to increase challenge).	1c) Hold a full front support position with three points on an uneven surface, and transfer a tennis ball on and off the back (close eyes to increase challenge).	1c) Hold a front support position with all four points on an uneven surface, and transfer a tennis ball on and off the back (close eyes to increase challenge).	
<p><b>2. Static Balance, Strong Stable Core &amp; Postural Control - Seated Balance</b></p> <p><i>It is assumed that all challenges are completed, where appropriate, in both directions and with both hands.</i></p>	2a) Balance for 10 seconds with 1 foot and 1 hand touching the floor.	2a) Balance with eyes closed for 10 seconds with no hands or feet touching the floor.	2a) Balance with eyes closed for 10 seconds with no hands and no feet touching the floor, while receiving a small force.	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.	2a) Balance on an uneven surface, reach for and pick up cones to both sides without losing balance.	2a) With eyes closed, sit with hands and feet in the air for 10 seconds whilst balanced on a Swiss ball.	2a) With eyes closed, sit with hands and feet in the air for 10 seconds whilst balanced on a Swiss ball, and receiving a small force.	
	2b) Balance for 10 seconds with 1 foot or 1 hand touching the floor.	2b) With both hands and feet off the floor and knees bent, pick up a cone from one side, swap hands and place it on the other side.	2b) Pick up a cone from one side, bring it across the body and place it down on the other side with the same hand.	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 Black 2a, but with eyes closed and receiving a small force.	2b) As Bronze 2a, but while receiving a small force.	2b) Sit with hands and feet in the air for 10 seconds, whilst balanced on a Swiss ball and receiving a small force.	2b) With eyes closed, balance for 10 seconds whilst kneeling on a Swiss ball.	
	2c) Balance for 10 seconds with no hands or feet touching the floor with knees bent.	2c) Balance for 10 seconds with no hands or feet touching the floor, while receiving a small force.	2c) As Green 2b, but with eyes closed.	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° in both directions (without putting feet or hands down) on the floor and then on a bench.	2c) Sit with hands and feet in the air for 10 seconds whilst balanced on a Swiss ball.	2c) Balance for 10 seconds while kneeling on a Swiss ball.	2c) With eyes closed, balance for 10 seconds whilst kneeling on a Swiss ball and receiving a small force.	
<p><b>3. Static Balance &amp; Postural Control - Single and double leg Standing</b></p> <p><i>It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning for each challenge.</i></p>	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.	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.	3a). Stand on one foot and complete 5 squats with eyes closed and on an uneven surface	3a). Stand on one foot and complete 10 squats into ankle extensions with EC and on an uneven surface	3a). On an uneven surface, place down cones at 3, 6, 9, and 12 o'clock and then pick them up with the same hand	
	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.	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.	3b) Stand on one foot and complete 10 ankle extensions with eyes closed, and on an uneven surface	3b) Stand on one foot with eyes closed, place cones at 3, 6, 9, and 12 o'clock and then pick them up with the same hand.	3b) On an uneven surface, stand on one foot with eyes closed, place cones at 3, 6, 9, and 12 o'clock and then pick them up with the same hand.	
	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.	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.	3c) On an uneven surface, stand still on one foot with eyes closed for 30 seconds while receiving a small force.	3c) Stand on one foot and complete 5 squats into ankle extensions with eyes closed.	3c) Stand on one foot with eyes closed and on an uneven surface, while receiving a small force	3c) Stand on one foot with eyes closed and on an uneven surface, place cones at 3, 6, 9, and 12 o'clock, and pick them up with the same hand while receiving a small force.
	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.	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.	3d) Stand still on one foot and pick up cones (same hand) at 12, 3, 6 & 9 o'clock.			



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**6. Coordination & Dynamic Balance - Jumping Movements**

*All landing to be controlled and with soft knees, good posture and balance finish.*  
*It is assumed that all challenges are completed where appropriate with both legs and/or both directions.*

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.	6a) Single leg hops backwards.	6a) Jump from 2 feet to 1 foot with tuck, finishing with controlled one foot landing on a line.	6a) Jump from 2 feet to 2 feet with 360° turn.	6a) Straddling a line (one foot either side of vertical line) tuck jump and land forwards into a lunge position along the line.	6a) Straddling a line (one foot either side of vertical line) tuck jump backwards and land into a lunge position along the line.	6a) Straddling a line (one foot either side of vertical line) tuck jump with 180° turn and land into a lunge position along the line.
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.	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.	6b) As Orange 6a, with a tuck jump, and with a light medicine ball above head (arms extended), landing with the medicine ball above the head.	6b) On a low beam, jump from 2 feet to 2 feet with a 360° turn and land in balance.	6b) Jump from 2 feet to 2 feet with a 180° turn, starting on the floor facing away from a beam and landing in balance on a low beam.
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.	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.	6c) As Orange 6b, but with tuck jump, swing a light medicine ball across chest during flight, landing with the ball on one side of body.	6c) Jump forwards from 2 feet to 2 feet, starting on the floor and landing in balance on a low beam.	6c) Jump from 2 feet to 2 feet with tuck and a 180° turn, starting on the floor facing away from beam and landing in balance on a low beam.
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.	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.	6d) On a low beam, jump from 2 feet to 2 feet with a 180° turn, and land in balance.		

**7. Coordination Floor movement patterns & footwork (all travelling)**

*It is assumed that all challenges are completed, where appropriate, with both lead legs and/or both directions.*

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.	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.	7a) 3 step zigzag, with a knee raise across the body just before change of direction, travelling forwards then backwards.	7a) 3 step zigzag, with a knee raise across body just before change of direction, travelling forwards then backwards with eyes closed.	7a) Increase lateral tempo to maximum for all silver challenges.
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.	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.	7b) 3 step zigzag pattern, lifting heel up behind and across body just before change of direction, travelling forwards then backwards.	7b) 3 step zigzag pattern, lifting heel up behind and across body just before change of direction, travelling forwards then backwards, with eyes closed.	7b) Coach or partner apply an inconsistent small force for all silver challenges.
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.	7c) Hopscotch, with same knee drive, travelling forwards then backwards.	7c) Hopscotch, with alternate knee drive, travelling forwards then backwards.	7c) Speed Skaters backwards.	7c) 3 step zigzag pattern alternating between 2 x knee raise and 2 x heel up as described above, travelling forwards then backwards.	7c) 3 step zigzag pattern alternating between 2 x knee raise and 2 x heel up as described above, travelling forwards then backwards with eyes closed.	7c) Hopscotch with alternate knee drive, alternating between forwards and backwards every 2 jumps by using a 180° jump.
		7d) Hopscotch 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.	7d) All above with increased speed.		

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<p style="text-align: center;"><b>8. Agility (All Change!)</b> Change of Speed / direction, level or body shape</p> <p><i>Athletes must ensure that they complete all challenges turning / moving in both directions.</i></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.	8a) Sprint forwards, then change to backwards running after 10m (moving in the same direction throughout) over 30m.	8a) Sprint forwards and change direction on cue (2 cones located left & right of athlete approximately 45°).	8a) Box drill Sprint forwards over 5m, lateral over 5m, backwards over 5m and lateral over 5m, displaying good technique.	8a) <b>Star Drill.</b> Shoulders always facing forwards. Sprint to cone on coaches cue, displaying good technique. Must visit all four cones.	8a) <b>Star Drill</b> (In pairs) as in Black but reacting to partners movements by mirroring.	8a) <b>Drop and get up:</b> Athlete throws a reaction ball in the air, drops to a press up position and gets back up to catch ball after one bounce.
	8b) <b>Ladder Drill</b> 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.	8b) Move laterally at speed between 2 cones over 10m. Change direction by leaning into the intended direction and pushing off the outside foot.	8b) Sprint backwards and change direction on cue (2 cones located left and right of athlete approximately 45°).	8b) <b>Box drill</b> Sprint forwards over 5m, cross over lateral over 5m, backwards over 5m and cross over lateral over 5m, displaying good technique throughout.	8b) 3 Point line drill Ball Challenge (with 3 ball feeders). Change direction on cue (over 30 secs).	8b) <b>Box Drill</b> (in pairs) as <b>Blue 8a</b> . Introduce jumping and 'to ground movements' whilst mirroring partner.	8b) Mirroring partner's movements (staying within 2m) multi directional (forwards, backwards running, lateral, etc).	
	8c) <b>Ladder Drill</b> Move laterally and slowly with both feet in and out each square with arm drive.	8c) High knee drill forwards and then backwards with good posture (over 5m).	8c) Skipping drill forwards and then backwards with good posture (over 5m).	8c) High knee drill laterally (both left and right) with good posture (over 5m).	8c) Skipping drill laterally (both left and right) with good posture (over 5m).	8c) <b>Drop and get up:</b> Athlete throws a tennis ball in the air, drops to a press up position and gets back up to catch ball after one bounce.	8c) <b>Ladder Drill</b> lcky shuffle backwards 2 feet out.		
	8d) <b>Ladder Drill</b> Move laterally with fast feet, bringing both feet in and out of each square and with good arm drive and posture.	8d) <b>Ladder Drill</b> Start both feet in square and move laterally and diagonally, stepping out with both feet, missing out the next square along and then back in.	8d) <b>Ladder Drill</b> Spotty dogs (fast) with both feet in each square before moving laterally.	8d) <b>Ladder Drill</b> Move laterally and with fast feet in and out of each square with good arm drive. Sprint forwards on coach's cue.	8d) <b>Ladder Drill</b> lcky shuffle 1 foot in backwards.				
		8e) <b>Ladder Drill</b> Spotty dogs - moving laterally one square at a time alternating feet with only one foot in each square.	8e) <b>Ladder Drill</b> lcky shuffle with 1 foot in.	8e) <b>Ladder Drill</b> lcky shuffle 2 feet out.					
	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.	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.	9a) As Purple 9a, now standing in the centre of a 'T shape' area with 3 different partners standing on the edge of the 'T' 1 metre away. Partners randomly drop a tennis ball one at a time.	9a) Complete all Black challenges, but start by lying on the floor.	9a) As Black 9a, but coach to specify catching hand at same time as dropping random ball. Catch the ball after 1 bounce. Start from 1m, 2m then 3m away from partner.
	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.	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.	9b) As Bronze from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.	9b) Complete all Bronze challenges, but with a cross area (4 different partners dropping the ball randomly - one at a time).	9b) As Gold 9a, but athlete now catches with opposite hand to that specified.
	9c) As red 9b, from 3m away.	9c) As Yellow 9b, from 3m away.	9c) As Green 9b from 3m away.	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.	9c) As Bronze 9b from 3m, remember no 'run through' allowed.	9c) Facing partner from 2m then 3m away, partner drops a reaction ball. Catch after one bounce.	9c) As Gold 9a but with mini hurdle (6 inch) in the way positioned half way between athlete and partner.

<b>Physical Conditioning Fundamentals of Movement and Postural</b>	<b>10. Agility</b> Pivoting / Rotation  Athlete always starts from a standing position with feet shoulder apart, knees slightly flexed. <i>High stages of pivoting relate to Discus &amp; Hammer Technique</i>	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).	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.	10a) Pivot half turn, followed by a second half turn anti clockwise (on ball of foot) while maintaining balance.	10a) Pivot 3 quarter turn, followed by a half turn anti clockwise (on ball of foot) while maintaining balance.	10a) Pivots 3 quarter turn, followed by a half turn anti clockwise (on ball of foot) with good rhythm (daah, da, da).	
		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).	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.	10b) Pivot half turn, followed by a second half turn clockwise (on ball of foot) while maintaining balance.	10b) Pivot 3 quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance.		
				10c) Move laterally with heel to toe action.	<b>10c) Basic Turn</b> 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.	<b>10c) Heel - Toe Turns</b> Turn through 90° balanced on the heel of the left foot, pivoting onto the ball of the right foot.	<b>10c) Heel - Toe Turns:</b> 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.	<b>10c) Heel - Toe Turns: As Black 10c)</b> now with the knees close together when rotating and when the left foot reaches 120° 'steps through' with the right foot to land.	<b>10c) Heel - Toe Turns</b> Turn through 180° (as Bronze 10c), continue to turn another 180° onto the ball of the left foot, lift the right foot, and place the right foot down to complete 360° turn.	<b>10c) Heel - Toe Turns</b> Turn through 270° balanced on the heel of the left foot, and pivot onto the ball of the right foot.	
	<b>11. AWARENESS</b>	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.	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).	11a) Understand how the length of a lever impacts on effectiveness of a movement.	11a) Recognise how reaction (speed of response) can be affected by the number of internal and external influences (other athletes, noises, athlete's thoughts etc).	11a) Awareness of how to use Yellow - Silver to aid technique and performance.	
			11b) Relationship between size of base and Centre of Mass.	11b) Moving body parts in an effective order (throwing - coordination).	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.					

\* The Physical Conditioning Challenges have been produced with the support of Create Development.



<b>Technical &amp; Tactical - Running over obstacles</b> Hurdles and Obstacle Races	<b>14. HURDLES</b>  <i>Athletes should demonstrate good posture as per running technique throughout hurdles progression. Shoulders and torso (body) should be aligned with the direction of travel (facing forwards) throughout the hurdle progressions.</i>	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).	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 2/3 of the hurdle stride).	14a) Keep eyes and chest facing forwards.	14a) Keep head level throughout the run (as if travelling along a moving pavement).	14a) Legs, arms and torso work in a continuous action.
		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.	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.	14b) Drive the lead leg heel towards the hurdle in flight.	14b) Pull trail leg knee through fast with heel close to buttocks.	14b) Sustain good hurdle technique throughout a race over 5 obstacles.
			14c) Sprint over and between obstacles, using a consistent stride length and pattern.	14c) Use a consistent stride pattern between hurdles within hurdle grid.	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.	14c) Lean body forward keeping shoulders ahead of hips in clearance phase.	14c) Land with an active foot (forefoot contact).	14c) Hurdle from sprint start (7-8 strides dependent on athlete's size).
			14d) Sprint straight down the line of obstacles.	14d) State a 'lead leg' preference when sprinting over hurdles.	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 off.	14d) Use a fast arm action when clearing a hurdle. (Lead arm is forwards but not across body).	14d) Demonstrate good hurdling technique over correct height and spacing for age group.	14d) Analyse own hurdling technique and that of others.
				14e) Active use of arm action to aid running speed over hurdles.	14e) Demonstrate a dynamic lead leg.	14d) Demonstrate a short lateral trail leg.	14e) Demonstrate lead and trail leg hurdle drills (run over drills) with good basic technique.	14e) Demonstrate hurdle walkover and runover drills at increased speed whilst maintaining technique.	14e) Understand the advantage of short levers in hurdling.	14e) Demonstrate clear understanding of race and competition tactics.
<b>Running in Teams</b> Relays	<b>15. RELAY</b>	15a) Complete relay challenge as part of a team.	15a) Change baton with visual exchange in stationary position (both hands).	15a) Change baton with <b>non visual</b> exchange in stationary position (both hands).	15a) Change baton with <b>non visual</b> exchange at jogging pace (both hands).	15a) Demonstrate confidence in unsighted exchanges at speed (running pace).	15a) Accelerate rapidly away from an incoming runner.	15a) Demonstrate confidence in unsighted exchanges at high speed (sprinting speed).	15a) Use three point start position as an outgoing runner.	15a) Perform a sprint start with relay baton.
		15b) Co-operate with others in a team.	15b) Use voice command for receiving partners.	15b) Pass baton (stationary) using basic 'push pass' technique.	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.	15b) Pass and receive at high speed (sprinting speed) using the push pass technique (both hands).	15b) Use acceleration zone to maximise speed of change over.	15b) Perform effective relay exchange in competition conditions.
			15c) Receive baton/object safely in stationary position (both hands).	15c) Receive baton (stationary) safely using 'Push Pass' technique (both hands).	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.	15c) Use check marker to judge incoming runner.	15c) Show clear understanding of the 4 x 100m & 4 x 400m rules.	15c) Analyse and provide feedback on performance of a team.
				15d) Do all of the above at walking pace.	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.	15d) Run with baton in right hand for bend running and left hand for straights running.		

Endurance Running and Race Walking

Beginner	Developing			Practising		Black Stage 6	Emerging		
	White Stage 0	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4		Blue Stage 5	Bronze Stage 7	Silver Stage 8
<p><b>16. ENDURANCE RUNNING TECHNIQUE</b></p> <p><i>Steady running is defined as approximately 70%-80 of maximum heart rate.</i> <i>Sustained Pace Running is approximately 80%-90%+ of maximum heart rate</i></p>	16a) Demonstrate all of Running Technique (Section 12) Stage 1 (Red).	16a) Demonstrate all of Running Technique (Section 12) Stage 2 (Yellow).	16a) Demonstrate all of Running Technique (Section 12) Stage 3 (Green).	16a) Demonstrate all of Running Technique (Section 12) Stage 4 (Purple).	16a) Demonstrate all of Running Technique (Section 12) Stage 5 (Blue).	16a) Demonstrate all of Running Technique (Section 12) Stage 6 (Black).	16a) Demonstrate all of Running Technique Stage 7 (Bronze).	16a) Demonstrate all of Running Technique Stage 8 (Silver).	16a) Demonstrate all of Running Technique Stage 9 (Gold).
	16b) Copy movement of leader with coordination and control.	16b) Active mid foot contact when running.	16b) Demonstrate an active mid foot action in order to sustain efficient running technique.	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 visual tension for several minutes.	16b) Adjust running pace smoothly (accelerates and decelerates rapidly).	16b) Maintain pace and technique as fatigue occurs.	16b) Maintain technical performance in competition conditions.
	16c) Steady running for 1 minute.	16c) Steady running for 2 minutes.	16c) Demonstrate pace judgement to within 10 metres (+/-) of designated target.	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).	16c) Maintain own pace regardless of other athletes' pace.	16c) Demonstrate pace judgement and ability to accelerate when required.	
	16d) Sustained Pace Running for 30 seconds.	16d) Sustained Pace Running for 1 minute.	16d) Steady running for 3 minutes.	16d) Steady running for 5 minutes.	16d) Steady running for 10 minutes.	16d) Steady running for 20 minutes.	16d) Steady running for 30 minutes.	16d) Steady running for 45 minutes.	16d) Steady running for 60 minutes.
			16e) Sustained Pace Running for 2 minutes.	16e) Sustained Pace Running for 3 minutes.	16e) Sustained Pace Running for 5 minutes.	16e) Sustained Pace Running for 10 minutes.	16e) Sustained Pace Running for 3km - 5km.	16e) Sustained Pace Running for 5km - 8km.	16e) Sustained Pace Running for 5km - 10km.
<p><b>17. RACE WALKING</b></p> <p><i>Steady walking is defined as approximately 70%-80 of maximum heart rate.</i> <i>Sustained Pace Walking is approximately 80%-90%+ of maximum heart rate</i></p>	17a) Steady walking for 1 minute.	17a) Steady walking for 2 minutes.	17a) Steady walking for 3 minutes.	17a) Steady walking for 5 minutes.	17a) Steady walking for 10 minutes.	17a) Steady walking for 20 minutes.	17a) Steady walking for 30 minutes.	17a) Steady walking for 45 minutes.	17a) Steady walking for 60 minutes.
	17b) Sustained Pace Walking for 30 seconds.	17b) Sustained Pace Walking for 1 minute.	17b) Sustained Pace Walking for 2 minutes.	17b) Sustained Pace Walking for 3 minutes.	17b) Sustained Pace Walking for 5 minutes.	17b) Sustained Pace Walking for 2km.	17b) Sustained Pace Walking for 3km - 4km (Maintain rhythmical action over full distance).	17b) Sustained Pace Walking for 5km (Maintain rhythmical action over full distance).	17b) Sustained Pace Walking for 5km to 10km (Maintain rhythmical action over full distance).
	17c) Use bent arms (90°) driven backwards and forwards to balance leg action.	17c) Walk with relaxed full upright posture (with no bend at waist).	17c) Walk with relaxed shoulders and shoulders square to the front.	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.	17c) Walk with circular hip action.	17c) Maintain correct control of circular hip action at different distances and speeds.	17c) Maintain correct control of circular hip action under full competition conditions.
	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 arm action with hands).	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.	17d) Pull leg back quickly (with a sweeping motion) on heel strike.	17d) Show ratio of approximately 60:40 behind:infront of CoM at different distances and speeds.	17d) Shows ratio of approximately 60:40 behind:infront of CoM under full competition conditions.
	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.	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 a heel up position.	17e) Both legs are extended with toes pointing ahead in the double support phase.		

		Beginner	Developing			Practising			Emerging		
		White Stage 0	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
Jumping for Distance Long Jump and Standing Long Jump	18. LONG JUMP AND STANDING LONG JUMP	18a) Demonstrate various jumps in response to instructions (jumps 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.	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.	18a) Demonstrate minimum bending of the take off leg.	18a) <b>Sail technique:</b> Hold thigh parallel to the ground during flight phase.	18a) Demonstrate basic technical competence of <b>Hang Technique.</b>	
		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).	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.	18b) Bring arms above head during flight phase.	18b) Arms reach for toes just before landing and trunk is bent forwards.	18b) Demonstrate plyometric ability using jumping, hopping and bounding drills.	
		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.	18c) Demonstrate basic head up, chest up, drive forwards and up.	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.	18c) Bring legs forward together prior to landing.	18c) Collapse body forwards or sideways pulling heels into the sand and hips towards heels.	18c) Analyse own jumping technique and that of others.	
			18d) Jump for distance from one foot to two feet (Taking off from both feet).	18d) Focus is forwards not downwards.	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.	18d) Reach legs out in front at landing.	18d) Bound with fluency and control (single and double footed).	18d) Performance of good technique in competition conditions.	
				18e) Move body parts in an effective order to aid jump distance and efficiency.	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.	18e) Demonstrate understanding of flight techniques through jumping off a raised surface.			
Multiple Jumps Triple Jumps, Standing Triple Jump & Hopscotch	19. Triple Jumps And 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).	19a) Demonstrate all of Long Jump (Section 18) Stage 4 (Purple).	19a) Demonstrate all of Long Jump (Section 18) Stage 5 (Blue).	19a) Demonstrate all of Long Jump (Section 18) Stage 6 (Black).	19a) Demonstrate all of Long Jump Stage 7 (Bronze).	19a) Demonstrate all of Long Jump Stage 8 (Silver).	19a) Demonstrate all of Long Jump Stage 9 (Gold).	
		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 Section 7 Coordination).	19b) Demonstrate basic triple jump sequences from short run up (2 strides) with rhythm, balance and control.	19b) Active take off foot through each phase - See Long Jump (Section 18) Stage 5 (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.	19b) Bring take off leg through with thigh parallel to the ground in Hop Phase.	19b) Perform a basic triple jump off a maximum of 8 strides.	19b) Fluency and consistency of technique.	
		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.	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.	19c) Drive knee high and hold it high and parallel to ground during flight in Step Phase.	19c) Demonstrate speed with even rhythm, balance and range throughout the three phases.	19c) Demonstrate perception and the ability to adjust.	
			19d) Hop for distance.	19d) Move body parts in an effective order to aid hop and step distance and efficiency.	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.	19d) Demonstrate an 'Active' free leg.	19d) Demonstrate gradual increase in height at each phase.	19d) Performance of good technique in competition conditions.	

<b>Jumping for Height</b> High Jump, Pole Vault and Vertical Jump	<b>20. High Jump And Vertical Jump</b>	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).	20a) 'Scissor' over increased height (rubber bar) from a short curved 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 mats high) demonstrate safe landing (with the mid-upper back touching down first).	20a) Demonstrate the 'A' position on Take off (trunk upright, thigh parallel to ground and toe up).	20a) Demonstrate Fosbury Flop technique with increased speed on approach.	Moderately lowers centre of mass in penultimate stride.	
		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 to upwards 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).	20b) Scissor technique Drive vertically at take off, 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 off.	20b) Clearance occurs approximately over the middle of the bar at the highest point of the jump.	20b) Clearance occurs approximately over the middle of the bar and lands safely with the mid-upper back touching down first.	20b) Demonstrate an 'Active' foot plant at take off with quick and flat, down and back action.	20b) Knees are spread to allow for greater body arch.
		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.	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).	20c) Lift legs clear of the bar and lands safely with the mid-upper back touching down first.	20c) Push hips upwards to 'arch' over the bar.	20c) Analyse own jumping technique and that of others.	
		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.	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.	20d) Use daa, da,da rhythm for the last three contacts.	20d) Accelerate into the jump with the feet in front.	20d) Performance of good technique in competition conditions.	
				20e) Perform a basic scissor jump over mini hurdles from a short run-up (from both sides).	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 4-5 strides are on a curve.	20e) Leading arm reaches up and stops in flight phase.			
	<b>21. Pole Vault</b>				<b>Carry Position</b>	<b>Step and Swing</b>	<b>Swing into Sand pit &amp; Plant Drills</b>	<b>Short run and swing into Sand pit</b>	<b>Short run up and swing onto Mat</b>	<b>Medium run up and swing onto Mat</b>	
					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.	21a) Start the plant by curling and pressing the pole in a forward and upward direction two strides from take off.	21a) The wrist of the lower hand is higher than the elbow when planting.	21a) Perform Black to Silver criteria with increased speed and extended run up (maximum of 8 steps).	
					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.	21b) Keep body upright, with shoulders square to the front and forward focus.	21b) Drive chest and arms upwards and forwards in plant phase.	21b) Turn to and push away from pole onto mat after swing through.	
					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).	21c) From four stride approach, jump and swing on the pole into a sand pit with control (arm positions as per Blue).	21c) Drive the free knee forwards and upwards in plant and take off phases.	21c) Foot plant is flat (smooth heel to toe roll) and active, and uses a quick "down and back" motion.	
					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.	21d) From swing position, land on front foot and run on.	21d) Keep top arm straight throughout the plant and swing.		



<b>Throwing - Sling / Rotation</b> <small>Discus</small>	<b>24. Discus Soft Discus, Bean Bag &amp; Quoit</b>	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 fingers spread comfortably across the implement.	24a) Bowl the discus on the ground to a partner, releasing off the index finger.	24a) <b>Standing Side Throw:</b> start with left shoulder in direction of the throw, feet 1 1/2 shoulder-widths apart.	24a) <b>Standing throw from Power Position:</b> start with shoulders square to the back of the circle.	24a) <b>Standing throw from Power Position:</b> initiate the throw with a vigorous action of the right hip and leg turning to the front.	24a) <b>One Turn Throw:</b> step into the circle, with discus behind the body, onto the left foot.	24a) Start at rear of the circle with back to direction of throw, legs shoulder width apart, knees slightly bent with weight on the balls of the feet.	24a) Land in the 'Power Position' with shoulders well back, and with control and balance after rotation.			
		24b) Demonstrate a 'Sling Throw' with tall upright posture and good balance.	24b) The rim of discus rests across the finger pads.	24b) Flip toss the discus in the air (forwards and upwards) releasing off the index finger.	24b) <b>Standing Side Throw:</b> swing Discus backwards and then pull forwards, pivoting on the right foot (right handed thrower).	24b) <b>Standing throw from Power Position:</b> 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.	24b) <b>One Turn Throw:</b> drive forward off the left foot, place right foot at centre of circle and whip the left foot through creating the 'Power Position'.	24b) Move body weight onto ball of left foot, which turns in the direction of the throw, taking a running stride to the middle of the circle.	24b) From 'Power Position', continue rotating on the right foot to drive the hips forwards, ahead of the shoulders.		
				24c) Demonstrate a single arm sling throw with rotation through waist, to increase force.	24c) <b>Standing Side Throw:</b> turn the right heel out while pushing the right hip forwards and blocking with the left leg.	24c) <b>Standing throw from 'Power Position':</b> demonstrate 'Power Position' with a 'Chin-Knee-Toe' alignment.			24c) Keep the arm 'long and relaxed' throughout the throw.	24c) <b>One Turn Throw:</b> keep hips 'open' with correct right heel left to alignment.	24c) Place right foot at centre of circle and whip the left foot through, creating the 'Power Position'.	24c) Keep the discus back and high, pulling arm through long, fast and last.	
				24d) Identify preferred slinging arm.	24d) <b>Standing Side Throw:</b> release the discus about head height, releasing off the index finger.	24d) <b>Standing throw from 'Power Position':</b> swing the discus backwards-upwards with palm down (do not break the movement).				24d) Left leg, then hip, brace prior to release (transferring force).	24d) <b>One Turn Throw:</b> keep the throwing arm up throughout the sequence.		
											24e) Increase the weight of the Discus while maintaining technique.	24e) Release object at an angle of approximately 30-40°.	
	<b>Pivoting</b>  <i>Pivoting Challenges make up part of the Physical Conditioning Section. Please sign off athletes in this section.</i>	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).	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.	10a) Pivot half turn, followed by a second half turn anti clockwise (on ball of foot) while maintaining balance.	10a) Pivot 3 quarter turn, followed by a half turn anti clockwise (on ball of foot) while maintaining balance.			10a) Pivots 3 quarter turn, followed by a half turn anti clockwise (on ball of foot) with good rhythm (daah, da, da).	
		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).	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.	10b) Pivot half turn, followed by a second half turn clockwise (on ball of foot) while maintaining balance.	10b) Pivot 3 quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance.			

Throwing - Swing / Rotation  
Hammer

**25. HAMMER**  
**Soft Hammer**

*The Hammer is a unique throwing event where the athlete must move in harmony with the implement rather than simply just applying force to the implement*

*All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.*

**Hammer**  
**Rotation / Pivoting**  
Pivoting Challenges make up part of the Physical Conditioning Section. Please sign off athletes in this section.

			25a) Demonstrate a dynamic heave throw with straight back.	25a) Demonstrate a dynamic heave throw with an increased weight (1 - 3kg D ball /medicine ball)	25a) <b>Preparatory Swings:</b> stand with feet slightly wider than shoulder-width apart and back to the direction of the throw.	25a) <b>Preparatory Swings:</b> as the hammer reaches the low point again, extend the arms.	25a) <b>Standing Throw:</b> 'Accelerate the hammer'. starts throw by executing 2 - 3 preparatory swings with balance and control and gradually increasing the speed	25a) <b>Standing Throw:</b> drive hips upwards and forwards before release
			25b) Demonstrate a dynamic heave throw with rotation through waist to increase force.	25b) Demonstrate a dynamic heave throw now using adapted equipment (quoit on a rope, small ball in long sock, large ball in a bin liner or rubber hammer)	25b) <b>Preparatory Swings:</b> keep back straight, legs slightly bent and weight evenly balanced on both feet.	25b) <b>Preparatory Swings:</b> trunk, chest and shoulders rotate to the right side when hammer reaches the high point of its orbit.	25b) <b>Standing Throw:</b> 'Sit down and stays seated' (legs slightly bent) during the swing phases.	25b) Demonstrate good form and release (Black - Silver) after 2 - 3 turns.
			25c) Demonstrates a dynamic heave throw with arms extended throughout the throw	25c) Demonstrate correct grip of hammer. Handle held in the left hand (placed on the middle section of the fingers) and right hand covering the left hand	25c) <b>Preparatory Swings:</b> use body and weight distribution on the feet to counter the pull of the hammer. (But not excessively).	25c) <b>Preparatory Swings:</b> athlete 'looks through the window' formed by their arms - right arm at the high point of the hammer's orbit.	25c) <b>Standing Throw:</b> accelerates the hammer from slow to fast and from low to high in final swing prior to release	
			25d) Demonstrate a dynamic heave throw moving the ball from low to high (releasing high).	25d) Uses a strong but relaxed grip, with hands making a U shape and with thumbs held crossed or parallel. (Athletes preference).	25d) <b>Preparatory Swings:</b> Extend the arms and swings the hammer from low (just off the right foot) to a high point (above the left shoulder)	25d) <b>Preparatory Swings:</b> use hips, and not arms, to generate the main force, moving in the sequence of legs then hips/trunk, then arms.	25d) <b>Standing Throw:</b> releases the hammer over the left shoulder extending the arms and remaining in a fixed position after release with eyes looking skyward	
					25e) <b>Preparatory Swings:</b> accelerate the hammer in the double support phase as long as possible.	25e) <b>Preparatory Swings:</b> arms stay long and relaxed, keeping the Hammer in as longer radius as possible.		
		10c) Move laterally with heel to toe action.	10c) <b>Basic Turn</b> 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) <b>Heel - Toe Turns</b> Turn through 90° balanced on the heel of the left foot, pivoting onto the ball of the right foot.	10c) <b>Heel - Toe Turns:</b> 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.	10c) <b>Heel - Toe Turns: As Black 10c)</b> now with the knees close together when rotating and when the left foot reaches 120° 'steps through' with the right foot to land.	10c) <b>Heel - Toe Turns</b> Turn through 180° (as Bronze 10c), continue to turn another 180° onto the ball of the left foot, lift the right foot, and place the right foot down to complete 360° turn.	10c) <b>Heel - Toe Turns</b> Turn through 270° balanced on the heel of the left foot, and pivot onto the ball of the right foot.

	Beginner	Developing			Practising		Emerging				
	White Stage 0	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9	
Lifestyle and Support and Psycho Behavioural	26. LIFESTYLE AND SUPPORT	26a) Wear the appropriate clothing for training.	26a) Keep a record of own development in Athlete's Handbook.	26a) Keep a record of own development in Athlete's Handbook.	26a) Keep a record of own development in Athlete's Handbook.	26a) Keep a record of own development in Athlete's Handbook.	26a) Keep a record of own development in Athlete's Handbook.	26a) Keep a record of own development in Athlete's Handbook.	26a) Keep a record of own development in Athlete's Handbook.	26a) Keep a record of own development in Athlete's Handbook.	
		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).	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).	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).	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.	26c) Keep record of non athletics activities.	26c) Practise newly learnt skills at home.	26c) Able to prioritise goals for medium and long term and agree with coach.	26c) Understand and set SMARTER goals.	26c) Has developed own event(s) strategy to aid focus.	26c) Execute event strategy in competition and maintain focus.	
		26d) Can name some things at which they are good.	26d) Jointly set basic goals* with coach for training sessions.	26d) Jointly set own goals* with coach support.	26d) Recognise strengths and weaknesses and set appropriate goals*.	26d) Set short term (3-4 weeks) goals* with coach support.	26d) Set medium (term length) goals* with coach support.	26d) Set long term (one year) skills, personal & competition goals and agree with coach.	26d) Set defined milestones to measure progress of long term plan with coach support.	26d) Review goals and reset new goals where necessary with coach agreement.	
		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.	26e) Understand the importance of a good healthy diet.	26e) Understand the importance of a good nights sleep.	26e) Describe how puberty can affect development.	26e) Understand what types of food should be eaten pre and post training.	26e) Understand what types of food help give people energy and help with recovery.	26e) Resourceful in their approach to learning and seek advice from a variety of sources to enhance their performance.	
		26f) Come with an appropriate drink (water) for sessions.	26f) Can explain the need to warm up and cool down.	26f) Correctly warm up for each session, following the coach's instructions.	26f) Correctly cool down for each sessions following the coach's instructions.	26f) Able to warm up and cool down correctly with limited guidance.	26f) Able to warm up and cool down correctly on own (selecting the appropriate activities).	26f) Able to design own warm up and cool down (selecting the appropriate activities).			
	27. PSYCHO BEHAVIOURAL	27a) Undertake a simple task on their own, while appearing confident in their own ability.	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.	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.	27a) Show a positive attitude towards competition.	27a) Show positive self belief when competing.	27a) Respond well to defeat and see the bigger picture.	
		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.	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.	27b) Demonstrate resilience in their learning, and regularly choose to revisit/reinforce a skill or group of skills.	27b) Acknowledge and consistently seek opportunities to work on their weaknesses.	27b) Demonstrate the determination to develop, and is committed to self-reflection and self-improvement, regardless of their success.	
		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.	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.	27c) Focus on a specific element of a technique, and discuss with coach.	27c) Focus on a specific element of a technique, and adjust through self evaluation.	27c) Observe a technique, and provide feedback to partners.	
		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	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.	27d) Willing to stick to game plan or take appropriate risks by adapting actions quickly in pressure situations.	27d) Stay focused in competition.	27d) Maintain performance in high pressure situations such as competitions.	
		27e) Observe and copy others.	27e) Select and link movements together.	27e) Recognise similarities and differences in movements and expression.	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'.	27e) Disguise what they are about to do next.	27e) Improvise in order to achieve the required outcome.	27e) Change a game plan in response to opponents' actions to surprise them.	
		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	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.	27f) Act as a 'Leader' to others in the group.	27f) Act as a role model to others in the group.	27f) Act as a role model to others in the club.	

\* **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