

Level 2

How to organise the Athletic Activities (7-12 years)

Main award scheme: taking part

Section 1

Record of Achievement Card and Stickers

A Sticker can be awarded for any five activities completed up to a total of 30. Either, the Sticker can be an “instant” reward and received by the child as soon as five activities are completed or the child can collect six Stickers on a Record of Achievement Card.

Skills Award

All the activities at Level 2 have been given performance targets. The performances from five of these can be used to calculate a Skills Award - one from each of the Running, Jumping and Throwing Sections plus any other two activities from these sections.

RUNNING	JUMPING	THROWING
50m	High Jump	Seated throw
60m	Long Jump	Quoit
75m	Standing Long Jump	Light shot
40m hurdles	Standing Triple Jump	Rubber discus
How far can you run in 1 min?	Vertical Jump	Soft javelin
Shuttle run - 6 x 10m	3 x spring jumps	Soft hammer
Slalom run - 10 cones x 1m	Hop forward x 5 on each leg	Standing throw
Grab the bag	5 bounding strides	Small ball throw
Criss Cross	Pole Vault drill - sitting pull up	1kg Shot
Lie on front - get up - run 20m		Overhead heave
How far can you walk in 1 min?		Chest push
How far can you run in 5 min?		

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The awards in the Norwich Union shine:awards are signified by Colours. There are 8 Colours at Level 1, 7 at Level 2, 6 at Level 3 and 5 at Level 4 with the Gold award always being the highest Colour to achieve. This structure of Colours reflects the inherent progressive and developmental format of the scheme.

Where a child completes more than one activity in a group, the event with the best points score will be used. The sum of the points from the 5 events used can be compared with the aggregate tables to calculate which of the 7 Skills Award Colours has been achieved. Separate aggregate tables exist for age groups 7 to 9 years and 10 to 12 years.

Skills Award	Boys/Girls Aggregate Table Age 7 – 9 years	Boys/Girls Aggregate Table Age 10 – 12 years
GOLD	215	240
SILVER	198	221
BRONZE	181	202
BLUE	147	164
GREEN	113	126
YELLOW	78	87
ORANGE	16	54

Multi-Skills Award

The performances from seven events can be used to calculate a Multi-Skills Award by completing two from each of the Running, Jumping and Throwing Sections plus any other one from these Sections.

Where a child completes more than two activities in a group, the two events with the best points score will be used. The sum of the points from the 7 events used can be compared with the aggregate tables to calculate which of the 7 Multi-Skills Award Colours has been achieved. Separate aggregate tables exist for age groups 7 to 9 years and 10 to 12 years.

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Multi-Skills Award	Boys/Girls Aggregate Table Age 7 – 9 years	Boys/Girls Aggregate Table Age 10 – 12 years
GOLD	295	330
SILVER	272	304
BRONZE	248	277
BLUE	202	226
GREEN	155	173
YELLOW	106	119
ORANGE	21	52