

4: Testing yourself

Sportshall Challenge 1: 20 Second Speed Bounce

Equipment

- Speed Bounce Mat (or home-made 20cms high soft wedge)
- Stopwatch (or mobile phone timer)
- Whistle (or clap your hands)

Rules

- Stand on the mat with both feet together to one side of the wedge.
- On the whistle (or clap), complete as many bounces as possible in 20s.
- Both feet must touch the same side of the mat together for a bounce to count.
- A bounce is considered void if the wedge is jumped on.
- The test finishes on the whistle (or clap).

Tips

- Counting in increments of two, i.e. 2, 4, 6, 8, 10, is recommended.

Sportshall UK Championship Records	(30 seconds)
Girls under 13	99
Boys under 13	93
Girls under 15	96
Boys under 15	99



Award	Primary Girls	Primary Boys	Secondary Girls	Secondary Boys
Gold	48	49	51	54
Silver	44	46	48	49
Bronze	37	39	44	46
Step 10	34	36	40	42
Step 9	29	32	36	38
Step 8	26	29	32	34

To qualify for a Sportshall Award you need to complete either 5 or 10 events
For more information please visit www.sportshall.org

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Sportshall Challenge 2: Standing Long Jump

Equipment

- Metromat of Standing Long Jump (or measuring tape and suitable surface to jump on)

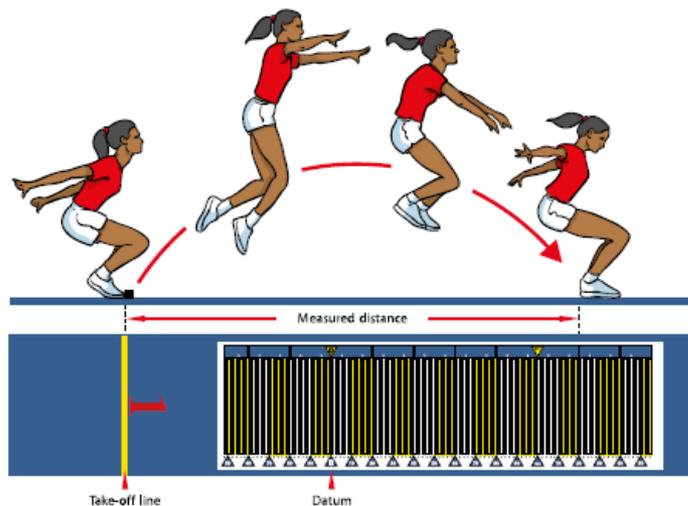
Rules

- A two-footed take-off from a standing position with both feet behind the take-off line.
- Measurement is taken from the take-off line to the back of the closest heel on landing.
- The participant may step forward after the jump however, any step back or touching of the mat behind the feet is a no jump.

Tips

- Participants should bend at the knees and swing arms for lift.

Sportshall UK Championship Records	
Girls under 13	2.51m
Boys under 13	2.87m
Girls under 15	2.69m
Boys under 15	2.96m



Award	Primary Girls	Primary Boys	Secondary Girls	Secondary Boys
Gold	1.72m	1.76m	1.83m	1.92m
Silver	1.64m	1.68m	1.74m	1.78m
Bronze	1.55m	1.57m	1.64m	1.68m
Step 10	1.52m	1.54m	1.58m	1.60m
Step 9	1.44m	1.50m	1.54m	1.56m
Step 8	1.38m	1.44m	1.50m	1.52m

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Sportshall Challenge 3: Vertical Jump

Equipment

- Vertical Jump Tip-2-Tip
(or home-made measuring scale)

Rules

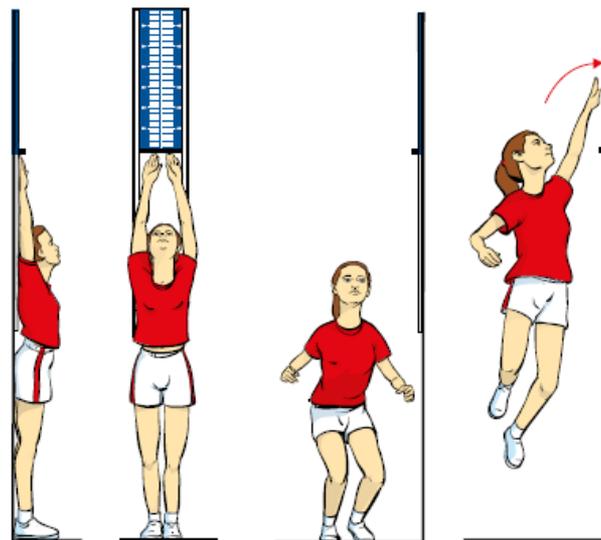
- Standing with your back, head and heels touching the wall, push the slider up as far as you can with both hands. If using a home-made scale, get someone to make a mark at the top of your finger tips when fully stretched.
- Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point you can. If using a home-made scale, take the number reached away from the mark where you started and calculate the difference to get the height jumped.

Tips

- Bend both knees and swing the arms for lift to take-off.

Sportshall UK Championship Records

Girls under 13	75cm
Boys under 13	77cm
Girls under 15	74cm
Boys under 15	-



Award	Primary Girls	Primary Boys	Secondary Girls	Secondary Boys
Gold	40cm	42cm	45cm	48cm
Silver	38cm	39cm	31cm	43cm
Bronze	33cm	34cm	38cm	39cm
Step 10	31cm	32cm	35cm	36cm
Step 9	27cm	29cm	32cm	34cm
Step 8	25cm	27cm	29cm	31cm

4: Testing yourself

Sportshall Challenge 4: Target throw

Equipment

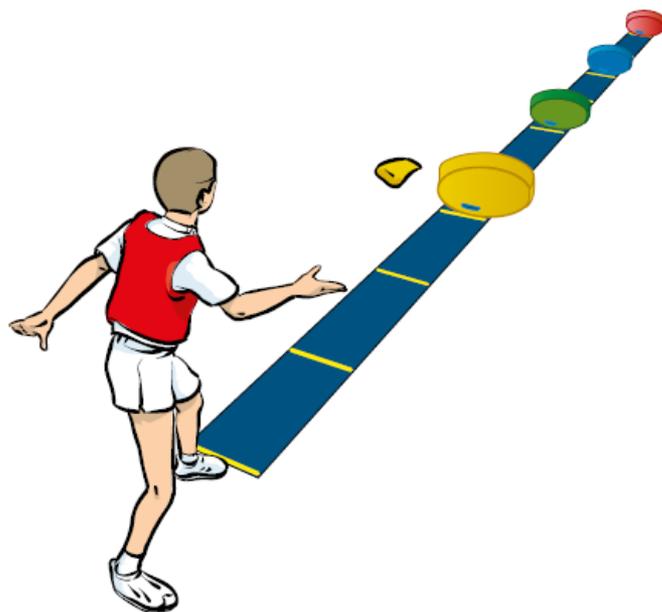
- Target Throw Set (or 12 bean bags/other suitable items, 4 targets set at 3m, 5m, 7m and 9m)

Rules

- Standing behind the throwing line, throw 3 bean bags into the nearest target and continues for each target.
- 2 points scored if a bean bag lands in correct target.
- 2 points scored if it lands directly in but then bounces out.
- 1 point is scored if the bean bag bounces and ends up in the target.
- 1 point is scored if it lands only partly in the correct target.
- Points scored are added to form the total score which is recorded.

Tips

- Place your opposite leg to the throwing arm forward to help balance.



Award	Primary Girls	Primary Boys	Secondary Girls	Secondary Boys
Gold	16	16	17	18
Silver	14	15	16	17
Bronze	12	13	14	15
Step 10	11	12	13	14
Step 9	9	10	12	12
Step 8	8	9	11	11

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4: Testing yourself

Sportshall Challenge 5: Standing Triple Jump

Equipment

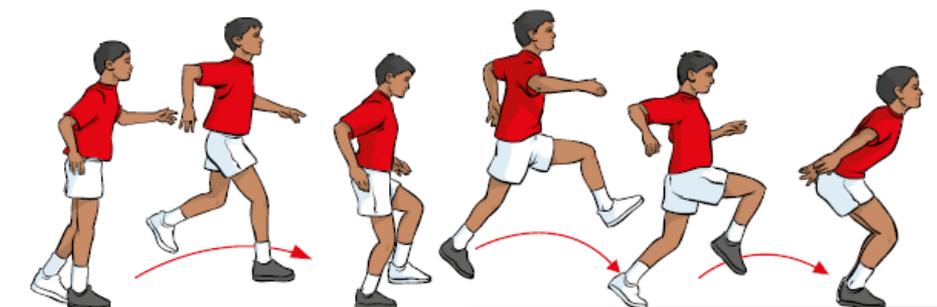
- Standing Triple Jump Mat (or measuring tape and suitable surface to jump on)

Rules

- A one-footed take-off from standing from behind the take-off line.
- Complete a hop, step and a jump.
- Measurement is taken from the take-off line to the back of the closest heel on landing.
- The participant may step forward after the jump however, any step back or touching of the mat behind the feet is a no jump.

Tips

- When first trying this, hold your free leg for the 'hop' then let go for the 'step'

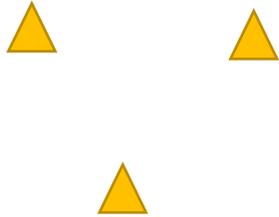


Award	Primary Girls	Primary Boys	Secondary Girls	Secondary Boys
Gold	4.98m	5.10m	5.28m	5.48m
Silver	4.75m	4.86m	5.04m	5.16m
Bronze	4.40m	4.50m	4.75m	4.86m
Step 10	4.25m	4.35m	4.55m	4.65m
Step 9	4.00m	4.15m	4.35m	4.45m
Step 8	3.80m	4.00m	4.15m	4.25m

Sportshall UK Championship Records	
Girls under 13	8.10
Boys under 13	7.98
Girls under 15	-
Boys under 15	9.01

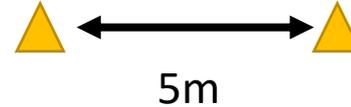
Athletics Circuit

1) Endurance Run



2) Standing Long Jump

3) Sprint Run 20 x 5m



4) Speed Bounce



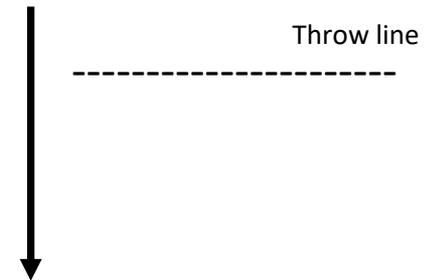
5) Vertical Jump

6) Standing Triple Jump

7) Target Throw



8) Ball Throw



Children should always work a safe distance apart. Throwing activities should be set out so that children will be throwing away from the other stations. Ensure that they do not cross the throwing line to collect the objects thrown until all throwing has stopped.

Athletics Circuit guide

1. Endurance Run

Set out three cones or markers as per the diagram. One by one, children will walk to one cone, jog to the next and then sprint to the last before going back to the start and repeating the sequence. How many in set time. Children could vary the run by skipping and hopping.

2. Standing Long Jump

Children will perform a standing long jump onto a mat or soft surface. They should concentrate on movement from a squatting position to help them gather momentum to jump. Children should also use their arms to help their 'explosive' movement and ensure maximum progress.

3. Sprinting

Set out two cones or markers (5m apart). At the whistle, children will sprint between the two cones. Time how long it takes to do 20 shuttles

4. Speed Bounce

Stand on the mat with both feet together to one side of the wedge. (can just use line) Complete as many bounces as possible in 20s. Both feet must touch the same side of the mat together for a bounce to count. A bounce is considered void if the wedge is jumped on.

5. Vertical Jump

Standing with your back, head and heels touching the wall, mark at the top of your finger tips when fully stretched with chalk or use marked scale. Turn side on, jump and touch wall / scale at the highest point you can. Take the number reached away from the mark where you started

6. Standing Triple Jump

A one-footed take-off from standing from behind the take-off line. Complete a hop, step and a jump. Measure from take-off line to the back of the closest heel on landing.

7. Target Throw

Stand behind the throwing line, throw 3 bean bags into the nearest target (hoop) and continues for each target. • 2 points scored if a bean bag lands in correct target. 2 points scored if it lands directly in but then bounces out. 1 point is scored if the bean bag bounces and ends up in the target. 1 point is scored if it lands only partly in the correct target.

8. Javelin Action/Ball Throw

Using a tennis ball, pupils will stand behind the throwing line, with one foot in front of the other and sideways on for good form. They will then use an overarm throw with a slightly bent arm. They should concentrate on keeping the elbow high