



ESAA Awards Primary through to Secondary, guidelines on how to use them

The ESAA Awards Scheme is designed to be inclusive, adaptable and challenging, taking young people, on a clear pathway from the start of their initial participation in athletic activity through a journey of progression and success. As they go from playground fun in Stage 1 to Podium at Stage 9 students will learn how to set goals and challenges for themselves. Through the medium of Teachers, Coaches, Parents and other students they will learn about problem solving, motivation and achievement. From Podium at Stage 9 students can plot the next phase of their athletic development by aiming for County, ESAA Entry and ESAA National Standards to continue their pursuit of athletic success and work towards achieving their athletic dream.

Teachers/Coaches can adjust activities enabling all students to participate whatever their ability or physical challenges. The weights of implements can be adjusted to help develop enjoyment and confidence in using different implements with the goal being to develop a level of competence to be able to use the correct weights. Heights and distances between hurdles can be lowered and shortened to enable a competent and rhythmic three stride pattern with good technique over the hurdle allowing speed to develop between hurdles, at the start and in the run out to the finish. Students must then challenge themselves once they have confidence to achieve correct hurdle heights and distances as they work through the stages. The same principles can be applied with the Sprints and Endurance events with students working over distances that allow them to maintain speed and good technique in the arm and leg action. They must then challenge themselves to discover what skills they need to develop as they move up the distances. In the Endurance events students need to discover their own level of stamina and learn as the distances increase that pace judgement may become an essential skill component as they move forward.

Throws Awards Suggested for School Ages (Yrs 3 to 6 but NOT on the current poster).

The table below is of suggested events and are just guidelines, but it is what is appropriate for the developing child.

| Year 3 and 4 Suggested Events: | Year 5 and 6 Suggested Events: | U15's (Year 7, 8 and 9) Suggested Events: |
|---|--|---|
| 50m Sprints 400m Endurance Run Standing Long Jump | 75m Sprints 600m Endurance Run 60m Hurdles | 100m, 200m, 300m 800m, 1500m, 60m – 80m Hurdles |

| | | |
|--|--|--|
| Long Jump (short approach) Alternative / Complimentary Events Howler Throw Push Throw Vertical Jump | Standing Long Jump Long Jump (short approach) Standing Triple Jump High Jump Alternative / Complimentary Events Howler Throw Push Throw | Standing Long Jump Long Jump, Triple Jump, High Jump Shot, Discus, Javelin |
|--|--|--|

Howler and Turbo Javelin Suggested Tables

The English Schools AA and England Athletics are committed to supporting young people physical and skill development and helping to recognise and reward their own personal achievements.

It is important to recognise that sometimes activities and the equipment used to deliver athletics events need to be adapted for the age and stage of the child.

With this in mind we have developed a series of complimentary throwing tables NOT set out in the poster, which schools and teachers can use to deliver an alternative challenge.

Howler Scoring Table

| Awards Names | 1 Star | 2 Star | 3 Star | Bronze | Silver | Gold | Plat | Elite | Podium |
|---------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Throws Progressions | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Stage 5 | Stage 6 | Stage 7 | Stage 8 | Stage 9 |
| Boys Howler | 1.00 | 5.00 | 10.00 | 15.00 | 20.00 | 25.00 | 30.00 | 35.00 | 40.00 |
| <i>Differential</i> | | 4.00 | 5.00 | 5.00 | 5.00 | 5.00 | 5.00 | 5.00 | 5.00 |
| Girls Howler | 1.00 | 5.00 | 9.00 | 13.00 | 17.00 | 21.00 | 25.00 | 29.00 | 33.00 |
| <i>Differential</i> | | 4.00 | 4.00 | 4.00 | 4.00 | 4.00 | 4.00 | 4.00 | 4.00 |

Turbo Javelin Scoring Table

| Awards Names | 1 Star | 2 Star | 3 Star | Bronze | Silver | Gold | Plat | Elite | Podium |
|---------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Throws Progressions | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Stage 5 | Stage 6 | Stage 7 | Stage 8 | Stage 9 |
| Boys Turbo Javelin | 1.00 | 5.00 | 9.00 | 13.00 | 17.50 | 22.00 | 27.00 | 32.00 | 37.00 |
| <i>Differential</i> | | 4.00 | 4.00 | 4.00 | 4.50 | 4.50 | 5.00 | 5.00 | 5.00 |
| Girls Turbo Javelin | 1.00 | 5.00 | 8.00 | 11.00 | 14.00 | 17.00 | 20.50 | 24.00 | 28.00 |
| <i>Differential</i> | | 4.00 | 3.00 | 3.00 | 3.00 | 3.00 | 3.50 | 3.50 | 4.00 |

The three main aims of the Awards are; Allow students to develop in their own time, at their own pace with , Confidence, Competence and be Competitive in a range of Athletic activities. The badges have been redesigned and are now a modern, metal, pin badge. Badges will be £3 and purchased online.