



### Infant Agility and Sportshall Athletics Awards Information

#### How does Infant Agility measure progress in PE?

Infant Agility supports the development of core physical skills (or Fundamental Movement Skills) including; coordination and agility, core stability and spatial awareness.

Activity	Skills measured	Activity	Skills measured
Balancer	Concentration, control and stability	Pitcher	Hand-eye coordination
Jumper	Leaping, landing and lower body strength	Catcher	Coordination and ball handling skills
Bouncer	Coordination, agility, rhythm	Bowler	Accurate sending skills and control
Launcher	Coordination, upper body strength	Stepper	Agility and coordination
Runner	Speed, agility, change direction	Thrower	Upper body strength
Striker	Control and accuracy of kicking	Skipper	Coordination, rhythm,

#### Infant Agility activity descriptions and expected progress

Activity	Test of...	Details of test	Recommended Levels		
			Reception	Year 1	Year 2
<b>Balancer</b>	Concentration, control and stability.	Balance on one leg, use partner to get initial balance. (Max 15 seconds per leg & 30 Seconds in total)	<b>10 seconds</b>	<b>15 seconds</b>	<b>20 seconds</b>
<b>Jumper</b>	Leaping, landing and explosive power.	Jump across agility mats or on standing long jump mat. Jump as far as possible.	<b>50cm+</b>	<b>80cm+</b>	<b>100cm+</b>
<b>Bouncer</b>	Coordination, agility, rhythm and timing.	Jump from side to side over infant agility wedge. 20 seconds to complete as many as possible.	<b>10 bounces</b>	<b>15 bounces</b>	<b>20 bounces</b>
<b>Launcher</b>	Single arm throw technique.	Launch a mini javelin as far as possible from an agility mat, using one arm. 3 attempts, furthest throw recorded.	<b>4 metres</b>	<b>5 metres</b>	<b>6 metres</b>
<b>Runner</b>	Speed, agility and rapid direction changes.	Two agility mats 10 metres apart. Runner must complete 4 lengths as quickly as possible.	<b>17 seconds</b>	<b>16 seconds</b>	<b>15 seconds</b>
<b>Striker</b>	Control and accuracy of kicking.	Set of 6 skittles placed 4 metres away. 6 kicks of a size 2 futsal. Skittles removed once knocked over.	<b>3 skittles</b>	<b>4 skittles</b>	<b>5 skittles</b>
<b>Pitcher</b>	Hand-eye coordination.	Throw under arm from 2 metres away. 3 beanbags per mat (12 in total) 1 point for each bag on relevant mat.	<b>5 points</b>	<b>7 points</b>	<b>9 points</b>
<b>Catcher</b>	Ball handling skills.	On an agility mat a child must attempt 6 throw (t), bounce (b) and catch (c) sequences. 1)t-c 2)t-clap-c 3)t-clapx2-c 4)b-c 2)b-clap-c 3)b-clapx2-c	<b>4 catches</b>	<b>5 catches</b>	<b>6 catches</b>
<b>Bowler</b>	Accurate sending skills.	Kneeling down on a agility mat roll a tennis ball at 6 smaller skittles 3 metres away. 6 attempts.	<b>3 skittles</b>	<b>4 skittles</b>	<b>5 skittles</b>
<b>Stepper</b>	Footwork, agility, coordination and spatial awareness.	4 x 8 metre shuttle, including 4 agility mats and 4 wedges. Children must place both feet on each mat.	<b>25 seconds</b>	<b>20 seconds</b>	<b>15 seconds</b>
<b>Thrower</b>	Two handed throw for distance.	Chest-push a size 3 football from an agility mat. 3 attempts. Furthest throw recorded.	<b>4 metres</b>	<b>5 metres</b>	<b>6 metres</b>
<b>Skipper</b>	Spatial awareness and timing.	20 seconds to complete as many skips on an agility mat, using a hoop, as possible.	<b>5 skips</b>	<b>10 skips</b>	<b>15 skips</b>



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How does Sportshall Athletics measure progress in PE?

Sportshall Athletics allows St John's to track the basic athletic level of their pupils. The skills which are measured include; co-ordination, balance, speed, rhythm, agility, upper and lower body strength.

Activity	Skills measured	Activity	Skills measured
Balance Test	Balance	Standing Triple Jump	Lower body strength, Rhythm, Coordination
Standing Long Jump	Lower body strength	Javelin Throw	Upper Body Strength, Coordination
Speed Bounce	Rhythm, Agility, coordination	Shuttle Run	Speed, Agility
Target Throw	Coordination	Vertical Jump	Lower body strength
Hi-Stepper	Speed, Coordination	Chest Push	Upper body strength

Aviva UKA Academy Primary Sportshall Awards expected progress

1	2	3	4	5	6	7	8	9	10	B	S	G	
			Most Children YEAR 3										
				Most Children YEAR 4									
					Most Children YEAR 5								
						Most Children YEAR 6							

<b>Gold</b>	Top 5% in Year 6
<b>Silver</b>	Top 15% in Year 6
<b>Bronze</b>	Top 50% in Year 6
<b>Step 10</b>	Top 50% for Year 5
<b>Step 9</b>	Top 50% for Year 4
<b>Step 8</b>	Top 50% for Year 3
<b>Steps 1-7</b>	Gives those children in bottom 50% targets to aim for.