



Summary Chart

Date of Birth: _____

Child's Name: _____

RUN-JUMP-THROW

LEVEL 1

LEVEL 2

LEVEL 3

Running	Running fast with short arms	Running fast with good style	Running fast over 40 metres with good style
	Running fast over 20m	Running fast over 40m	Simple drills – march or skip over 5m
	Starting from a standing start	Reacting quickly/agility skills	Reacting quickly – from a long lunge
	Running fast over low obstacles	A standing start	Running for 60m using a standing start
	Running in a shuttle relay	Running fast over low obstacles	Running fast for 40m over low obstacles
	Running/walking for 3min continuously	Passing and receiving a baton, Round the Markers Relay	Passing and receiving a baton in a relay using either hand
Jumping	Standing jump, 2 feet to 2 feet	Running/walking for 6min continuously	Running/walking for 8 – 10min continuously
	Jumping 1 foot to 2 feet, over low obstacle	Walk/jog 2 steps and leap over low obstacle	3 successive 2 foot to 2 foot jumps over a low obstacle
	Jog 4 steps and long jump into a pit	8 – 10 strides and long jump into a pit	3 hops and a jump into a pit – L and R foot
	Hop 3 times in a row, L foot and R foot	Hop over 3 obstacles in a row, L and R foot	3 successive leaps then jump into a pit
	Scissors springing action over low obstacle	Scissors jump from both sides over a low obstacle or elastic	8 – 10 strides and long jump into a pit
	2 hand front-on push throw with large ball, seated, kneeling or standing	2 hand side-on push throw with large ball, kneeling or standing	4 – 6 strides and scissors jump over a bar on preferred side
Throwing	1 hand front-on push throw with soft shot	1 hand side-on push throw with soft shot	1 hand overhead throw, use small ball from 3 step approach
	2 hand overhead throw with large ball	Sling quoit/object, seated, kneeling, or standing	Quoit/object sling from standing side-on
	1 hand overhead throw with small ball	1 hand overhead throw with small ball	2 hand standing heave with large ball, forward, overhead or shoulder



RUN-JUMP-THROW

This is to certify that

has successfully practised
Level _____ skill activities of
the Athletics New Zealand
Run-Jump-Throw
programme.

DATE

COACH

ATHLETICS NEW ZEALAND
COACH EDUCATION CO-ORDINATOR





EQUIPMENT TO GO WITH THROWING ACTIVITIES

RUN-JUMP-THROW

PUSHING ACTIVITIES	LEVEL 1: 6-8 years	LEVEL 2: 8-10 years	LEVEL 3: 10-13 years
Two-handed:	Medium balls e.g. small soccer ball (size 4).	Large balls e.g. soccer or netball (size 5).	Large balls e.g. soccer or netball (size 5).
One-handed:	Small soft shot.	Soft shot.	Soft shot.
Shot put:	Not appropriate.	8 and 9 years – M = 1.375kg F = 1.375kg 10 years – M = 1.92kg F = 1.92kg	11 years – M = 2.72kg F = 2.72kg 12 years – M = 3.25kg F = 2.72kg 13 years – M = 4.00kg F = 3.25kg
SLINGING ACTIVITIES	LEVEL 1: 6-8 years	LEVEL 2: 8-10 years	LEVEL 3: 10-13 years
All activities:	Not appropriate.	Rubber quoits. Small sandtubes. Filled rubber gardening gloves. Hoops	Rubber quoits. Small sandtubes. Hoops
Discus:	Not appropriate.	As appropriate – 0.75kg rubber discus.	All – 0.75kg rubber discus.
PULLING ACTIVITIES	LEVEL 1: 6-8 years	LEVEL 2: 8-10 years	LEVEL 3: 10-13 years
Two-handed throws:	Medium balls e.g. small soccer ball (size 4).	Large balls e.g. soccer or netball (size 5).	Large balls e.g. soccer or netball (size 5).
One-handed throwing activities:	Tennis ball, or small softball or small dense ball.	Rounders ball or small dense ball. Vortex ball.	Rounders ball or small dense ball. Vortex ball.
Javelin:	Not appropriate	Not appropriate.	13 years only – 600g javelin.
HEAVING ACTIVITIES	LEVEL 1: 6-8 years	LEVEL 2: 8-10 years	LEVEL 3: 10-13 years
All activities:	Not appropriate	Not appropriate	Large balls e.g. soccer or netball (size 5) Large ball in a bag Medicine ball – 1kg to 3kg