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## POINTS SHEET

Simply time or measure the events below to work out the points for each person competing. The person who has the highest points overall is the winner.

### ADULTS SCORES

EVENT	Target Throw	Speed Bounce	5 x 2m Shuttle Run	Long Jump	Obstacle
Points earned	Measurements/Distance/Times				
<b>5</b> <b>GOLD</b>	8 secs or less	53 Speed Bounces (SB) and above	12 secs or less	2.0m and above	13 secs or less
<b>4</b> <b>SILVER</b>	8 – 12 secs	52 – 43 SB	12 – 15 secs	2.0m – 1.7m	13 - 15 secs
<b>3</b> <b>BRONZE</b>	12 – 18 secs	42 – 30 SB	15 – 20 secs	1.7m – 1.5m	15 - 19 secs
<b>2</b>	18 – 28 secs	29 - 20 SB	20 - 30 secs	1.5m – 1.0m	19 - 25 secs
<b>1</b>	28 secs and above	19-0 SB	30 secs and above	1.0m – 0m	25 secs and above

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### KS2 CHILDREN SCORES

EVENT	Target Throw	Speed Bounce	5 x 2m Shuttle Run	Long Jump	Obstacle
Points earned	Measurements/Distance/Times				
<b>5</b> <b>GOLD</b>	8.5 secs or less	53 speed bounces (SB) and above	13 secs or less	1.90m and above	14 secs or less
<b>4</b> <b>SILVER</b>	8.5 - 13 secs	52 – 43 SB	13 -16 secs	1.90m – 1.70m	14 - 16 secs
<b>3</b> <b>BRONZE</b>	13 – 20 secs	42 – 30 SB	16 - 22 secs	1.70m – 1.50m	16 - 20 secs
<b>2</b>	20 - 30 secs	29 - 20 SB	22 - 35 secs	1.50m – 1.0m	20 - 30 secs
<b>1</b>	30 secs and above	19 - 0 SB	35 secs and above	1.0m – 0m	30 secs and above

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### EYFS & KS1 CHILDREN SCORES

<b>EVENT</b>	<b>Target Throw</b>	<b>Speed Bounce</b>	<b>5 x 2m Shuttle Run</b>	<b>Long Jump</b>	<b>Obstacle</b>
<b>Points earned</b>	Measurements/Distance/Times				
<b>5 GOLD</b>	23 secs or less	39 speed bounces (SB) and above	18 secs or less	1.6m and above	18 sec or less
<b>4 SILVER</b>	24 – 28 secs	33 – 38 SB	19-22 secs	1.6m – 1.4m	19 – 25 secs
<b>3 BRONZE</b>	28 – 40 secs	25 – 32 SB	22 - 30 secs	1.4m – 1.0m	25 – 40 secs
<b>2</b>	40- 60 secs	11 – 24 SB	30-45 secs	1.0m – 70cm	40 - 60 secs
<b>1</b>	1 minute and above	10 – 0 SB	45 secs and above	70cm – 0cm	1 min and above

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