

Star Awards for the under 11s in Triple Jump, High Jump and Javelin are focussed on helping the athletes to develop a good technique outside of the pressures of achieving specific performance targets for new events introduced to this age group. Whilst you may want to occasionally measure or record results, we encourage you to focus more strongly on the athletes developing their technique. To reflect this, yellow, green and red star benchmarks for these events are based on learning and demonstrating various aspects of technique as outlined in the table below. These standards will be integrated with the rest of their star charts and treated similarly to the other events.

As the age manager, we ask you to firstly encourage and work with the athletes each week on developing their skills. When they display a skill, please enter this into the results under the 'skills' version of the event with a:

- 1 for yellow
- 2 for green
- 3 for red

Please contact Grant Carlton if you have any challenges recording the results.

Skills Ref:	Description:	Success metrics		
		Level 1 (Yellow)	Level 2 (Green)	Level 3 (Red)
Javelin	Athletes should learn the following technique: 1) Side on stance, as javelin is withdrawn athlete steps forward onto left foot 2) Right foot steps forward in front of the left leg and is quickly grounded 3) Weight is transferred forward as the left foot steps towards the target 4) Sequential leg-hip-shoulder rotation as javelin is released on a 45 deg angle	Standing side on throw, with javelin withdrawn back (arm long behind). Pulling the javelin through with a bent arm, not bowling it. With nose landing first in to the ground, and does not step over the throws line	Same as yellow: but steps in to throw rather than being stationary	Side on position to start, arm withdrawn back, athlete can do 3 cross overs, pull the javelin through with a bent arm. Javelin land nose first in to the ground and does not step over throws line
Triple Jump	Athletes should learn the following technique: 1) Eyes focused forward throughout the jump 2) Smooth continuous run up with increasing speed 3) Hop – step – jump action in fluid sequence 4) Hop – take off and land on same foot 5) Step – leap from the hop landing foot to the other foot 6) Jump – one foot take off landing on two feet	From STANDING, athlete can hop, step, jump (landing on two feet) fluently without putting a foot down, or falling over on the grass, eyes focusing forward and not down	Athlete can add a 3 step approach before taking off in to a hop, step, jump (landing on two feet), remaining balanced throughout the movement with eyes focusing forward	Athlete can add a short stutter run up (no more than 6m), and take off from the board, in to a hop, step, jump (landing on two feet), remaining balanced throughout with eyes focusing forward. Once jump completed, walking out of the pit in the correct fashion.
High Jump	Athletes should learn the following technique: 1) From a standing start, take off foot begins the run up 2) Consistent inverted j-shaped run up with last 3 strides curving for an angled approach to bar 3) Start with a 3 stride run up before moving to 5 and 7 strides 4) Take off foot consistently lands 1/4 of the way along the crossbars from the nearest upright 5) Take off from outside foot with a flat plant, extending up on the toes 6) Both arms swing upwards as knee of inside leg drives upwards to horizontal 7) Inside arm reaches up and over the bar as back starts to arch 8) As hips clear the bar legs are slightly bent and raised towards sky 9) Landing occurs on the upper back, chin remains tucked in	1) From a standing start, take off foot begins the run up 2) Consistent inverted j-shaped run up with last 3 strides curving for an angled approach to bar 3) Start with a 3 stride run up	Same as yellow but: 4) Take off foot consistently lands 1/4 of the way along the crossbars from the nearest upright 5) Take off from outside foot with a flat plant, extending up on the toes 6) Both arms swing upwards as knee of inside leg drives upwards to horizontal 7) Inside arm reaches up and over the bar as back starts to arch	Same as green but off a 7 stride approach and: 8) As hips clear the bar legs are slightly bent and raised towards sky 9) Landing occurs on the upper back, chin remains tucked in