

## Five Star Five Steps Scoring

Sprint 50m around cones placed 25m apart.

13s + **5 points**

14s + **4 points**

14.5s + **3 points**

16s + **2 points**

19s+ **1 point**

Hurdles 50m around cones placed 25m apart. Two SAQ hurdles placed on each 25m straight, spaced appropriately for each child. (See hurdling guidance)

13.5+ **5 points**

14.5+ **4 points**

15.5+ **3 points**

17.5+ **2 points**

**20+ 1 point**

High Jump

1m **5 points**

85cm **4 points**

70cm **3 points**

55cm **2 points**

40cm **1 point**

Standing long jump

2m + **5 points**

1.75m+ **4 points**

1.50m+ **3 points**

1.25m+ **2 points**

1m+ **1 point**

Standing triple jump

7m+ **5 points**

6m+ **4 points**

5m+ **3 points**

4m+ **2 points**

3m+ **1 point**

Soccer ball chest push

7m+ **5 points**

6m+ **4 points**

5m+ **3 points**

4m+ **2 points**

5m+ **1 point**

Throwing the vortex

25m+ **5 points**

20m+ **4 points**

15m+ **3 points**

10m+ **2 points**

5m+ **1 point**

Combined Award

**5 Star Award 10 points**

**4 Star award 8 points**

**3 Star Award 6 points**

**2 Star award 4 points**

**1 Star Award 2 points**