

Athletics Skills Award Program (ASAP)



CONTENTS

Introduction to ASAP	
What is ASAP?	3
The ASAP Co-ordinator	3
Introducing ASAP at your Centre	3
The ASAP Session	
What is an ASAP session?	4
Features of an ASAP session	4
The First Session	4
Teaching ASAP Skills	5
Example of a Teaching Method	5
Assessment	6
Description of Skills	
Level 1	7
Level 2	8
Level 3	9
Level 4	10
Level 5	11
Ideas for Practice and Teaching Points	
Level 1	12
Level 2	13
Level 3	14
Level 4	15
Level 5	16
Example ASAP Session Plan and Additional Resources	17
Assessment Sheets	18-22
Certificates	

Acknowledgement

The Athletics Skills Award program (ASAP) was developed by Darren Wensor, Development Officer with Little Athletics New South Wales (LANSW). The program has been amended to suit Little Athletics Queensland requirements. Permission to reproduce the program has been given by LANSW.

Introduction To ASAP

What is ASAP?

The Athletics Skills Award Program (ASAP) is a skills based certificate system which provides opportunities for participants to develop their abilities in a wide range of general skills as well as athletics events. ASAP aims to:

- To encourage the development of athletic skills
- To provide a guide as to how skills may be developed
- To provide a focus on skill development in Little Athletics

The program will provide young athletes with a sound base across the entire range of Track and Field events on which to build more advanced skills. It offers Centres a more structured approach to teaching skills to younger athletes and ultimately, discourages early specialisation.

ASAP can be conducted for any age group, however, the younger age groups who are just beginning to develop their skills and abilities would benefit the most. FUNDamentally an ASAP session is a FUN coaching session.

The ASAP Co-ordinator

No experience is necessary to be an ASAP co-ordinator. Enthusiasm, strong organisational and communication skills are basic qualities that would assist a successful ASAP co-ordinator. The ASAP co-ordinator conducts the group activity sessions with the aims of the program as the focus.

At your Centre level this person may be the Tiny Tots co-ordinator, an age marshal of the U6-U8 age groups or any other interested person.

Introducing ASAP at your Centre

- The ASAP Co-ordinator should thoroughly familiarise themselves with the aims, structure and content of the program.
- In conjunction with the Centre's program officer, create and insert weekly ASAP sessions into the Centre program (refer to page 18 for an example of a session plan).
- Ensure there is adequate equipment to conduct suitable ASAP sessions.
- All Centre coaches should be informed and copies of the skill tests should be distributed so that they may assist the athletes in their skills progressions.
- Inform participating athletes and parents of their participation in the program.
- Seek out suitable assistants who agree with the principles of ASAP, be interested in coaching / teaching athletes and if possible, have some experience in this area.
- Discuss and plan for assessment of the athletes (e.g. every 6-8 weeks).

The ASAP Session

What is an ASAP Session?

An ASAP session consists of a series of games, activities and drills designed to teach participants general Athletics related skills in a fun environment.

The length of the session will vary depending on various factors which may include:

- Number and age of participants
- Time available
- Equipment and space available
- Skill level of participants
- Weather conditions
- Centre program

Despite ASAP being an 'award' program, the emphasis should lie in the learning of the skills. It is important that the program is taught and not solely based on testing. Therefore, the use of ASAP does not merely entail the testing of the skills required, several times a season. A successful program will ensure that all participants receive sufficient opportunity to learn the skills prior to any testing.

The testing and subsequent certificates become a reward for learning, not as a mere assessment.

Features of an ASAP Session

A successful ASAP session should consist of the following basic elements:

- Participants enjoy the session
 - incorporate games, fun activities, different equipment, lots of action and enthusiasm from the co-ordinator
- Participants are active for the majority of the session
 - provide enough equipment which allows for maximum participation to avoid long lines and extended waiting periods
- Sessions flow smoothly
 - all equipment should be readily accessible and session progression should be logical (teach routine)
- A safe environment
 - supervision, rules and consequences with appropriate equipment
- Co-ordinator in control
 - provide fun activities to overcome boredom and prevent / deal with misbehaviour
- Improvement occurs
 - with varied drills and skills, good demonstrations and maximising activity time

The First Session

To make a favourable impression with participants and set the tone for future sessions, the first ASAP session of the season should be carefully planned. The following tips will help you establish a successful first session:

- Prior to the session have all equipment set up or close by
- Be positive with the words and actions used by taking control early
- Briefly introduce anyone who will be supervising the participants (e.g. co-ordinators, coaches and assistants)
- Set behaviour expectations, rules and consequences
- Begin with a fun, interesting and active warm up
- Maximise participation throughout the session
- Praise good behaviour and early improvements
- Quickly intervene and apply consequences to any misbehaviour
- Be prepared by being aware of what will follow. Let participants know what is in the next session
- Finish on a positive note

Teaching ASAP Skills

Each level of ASAP is an important step in the overall skill development and achievement for athletes. They promote the learning of many basic skills such as running, jumping, throwing, balance and general co-ordination that are vital, if the more complex skills that will be offered later in the program are to be achieved. It is suggested that the participants start at Level 1 and work through each level until all of the components are completed.

Therefore, it is essential that these skills are thoroughly taught and effectively tested. Athletes involved in the program should receive weekly sessions during which the skills, drills and games are incorporated. As the primary role of the co-ordinator is one of a skills teacher, effective methods in passing on information must be developed.

Example of a Teaching Method

Skills may be taught formally or informally. A formal situation involves the method of instruction known as

S.P.I.R. An explanation of S.P.I.R. is as follows:

S = Show (or demonstrate)

- Name the skill
- Show the skill
- Highlight key points of the skills (no more than three)
- Ask if there are any questions
- Demonstrate again, asking the participants to watch for key points

P = Practice

- Allow adequate time for practice of the skill

I = Instruct

- Observe the participants performing the skill and offer feedback or correct errors

R = Reinforce / Reward

- Allow more time for practice so that the skill is reinforced. Provide praise for good efforts

A more informal method of teaching involves the use of games and activities that feature a skill or skills to be developed. The aim of this method is to provide exposure to and the opportunity to experience skills in a fun environment. The informal method is well suited to younger age groups, however, both methods are beneficial and are very useful tools for co-ordinators.

Assessment

Every six to eight weeks an evaluation session should be held. It is recommended that the co-ordinators ask for the help of several assistants for such occasions. To conduct the evaluation session, the following should be carried out:

- Set up a circuit that allows the participants to rotate through a series of four or five skills (refer to page 18 for suggested layout).
- An 'examiner' should be placed on each stage of the circuit and supplied with a list of the names of those participating (refer to pages 20-24 for participant / skill lists).
- Place a 'tick' against a child's name where a successful completion of the skill component has been achieved. Each examiner should be aware as to what signifies a successful execution of a required skill (refer to pages 8 - 12 for description of the skills).

When a child has successfully completed all skills required within a level, they may be presented with the relevant certificate.

Please note that it may take a number of testing sessions to complete a level as the activities / skills tested should be altered each assessment session.

In order for the skills assessment to be worthwhile, it is important that a general standard is maintained, regardless of the examiner and/or location of the test. Sometimes performance of skills can be interpreted in different ways by the many people who assess them.

Participants must demonstrate the skills in each level in order for the minimum standards to be achieved. One of the main characteristics that must be exhibited in performing the required skills is confidence in execution.

The athlete must be confident in their performance of the skills. When assessing an athlete, examiners should ask themselves:

- Could the athlete perform the skill successfully many times over if asked to do so?
- Did the athlete exhibit control over their performance?
- Were the actions of the athlete relaxed and fluent?
- Did the athlete display efficient and developed form?

Only if the above aspects have been demonstrated for each skill, should an athlete be awarded competent in their assessment.

Description of Skills

Each level of the program and associated skills are listed in the following pages to provide co-ordinators with sufficient detail so that assessment can be conducted to a minimum standard.

Level 1

1. Run in a straight line

The athletes should display the ability to run 20 metres between two points in a straight line.

2. Look straight ahead when running

The athletes should look toward the direction that they are running.

3. Perform a hop

The athletes should demonstrate the ability to take off from the left or right foot and land on the same foot. This should be done in a balanced manner.

4. Jump and land safely on two feet

The emphasis of this test is on the safe landing. The athlete should demonstrate a confident, controlled landing, bending the knees to absorb any shock.

5. Balance on each leg for six seconds

A static balance on one foot and then the other for six seconds conducted with as little movement as possible.

6. Perform a chest pass in a forward direction from a kneeling position

Using a soccer ball, volleyball etc., the athletes should begin with the ball in front of their chest, with the elbows out to the side. The athletes apply even pressure with both hands and push the ball forward.

7. Throw a ball underarm using two hands in a forward direction

Gripping the ball with both hands between the legs, the ball should be thrown, lifted at least above the athletes' hip height. While there is no target, the ball should be propelled in a forward direction.

Level 2

1. Run in a lane

Athletes should demonstrate the ability to stay within their allocated lane for the duration of a race.

2. Keep arms bent while running

The athlete should be able to demonstrate a basic bent arm swing while standing still, and while running over approximately twenty metres. There should be minimal shoulder movement.

3. Skip with hands on hips

Demonstrate the ability to skip with hands on hips over approximately 20 metres.

4. Stretch out when jumping up high

The athlete should be able to demonstrate the ability to fully extend their legs after leaving the ground when jumping for height. Arms should also be used to stretch above the head.

5. Use arms when jumping forward and landing safely

A vigorous forward action of the arms should be seen when a horizontal jump is performed, with the athletes taking off from and landing on two feet.

6. Hop consecutively on each leg without stopping for three metres

The hopping should take place on the left or right leg and then alternated. It should be in a straight line between starting and finishing points. The free leg should not touch the ground at any time.

7. Chest pass a ball to a target three metres away

Using a soccer ball, volleyball etc., the athlete should begin with the ball in front of the chest and elbows out to the side. The athlete apply even pressure with both hands and push the ball forward. This skill is conducted from a standing position.

8. One hand underarm throw, stepping forwards with opposite foot

During the throwing action, the arm should be kept 'long', with a clear withdrawal and follow-through. A step forward with the opposite foot must be demonstrated.

Level 3

1. **Perform a standing start with the opposite arm and leg forward**
On each of the commands “On Your Marks” and “Set” the athlete should demonstrate each basic position. Look for weight transfer forward, bending at the hips and knee and the back heel off the ground.
2. **Run as ‘quietly’ as possible over 20 metres**
This encourages the use of light, quick movements and discourages ‘crashing’ steps.
3. **Skip with arms opposite to legs**
Athletes should be able to demonstrate skipping with arms opposite to legs, while staying on the balls of the feet and maintaining a relaxed upper body.
4. **Scissor jump over a rope or elastic bar placed on the ground**
Look for closest leg to the bar going over first. Athletes should land on their feet.
5. **Jump off on one foot and land on two**
Start by taking off on two feet and landing on two. Progress onto taking off from two feet and landing on one. Finally taking off on one foot and landing on two. Each completed from a standing position.
6. **Perform three consecutive standing long jumps**
As described. Each landing should be done in a controlled manner after each jump.
7. **Using one hand, ‘put’ a small bean bag or ball**
As described. Correct ‘pushing’ technique required.
8. **Demonstrate confident slinging action with appropriate object**
Using a quoit, hoop or bicycle tyre, the athlete should be able to sling this object in a forward direction, using a ‘long’ arm.

Level 4

- 1. Perform a standing start pushing forward using arms and legs**
As described. There should have no backward movement.
- 2. Run 'tall'**
The athlete should demonstrate good posture with the head held still, no excessive leaning forward or back.
- 3. Perform a 'half high knees' sprint drill over ten metres**
Athletes should be confident in being able to conduct 'high Knee' sprint drills over ten metres. Remember that athletes only have to perform this to a 'half high knee' position.
- 4. Run, leap over a low object and continue to run**
Athletes should demonstrate the ability to leap over low object (e.g. skipping rope) from one foot to the other and continue on an uninterrupted run.
- 5. Perform a scissor high jump onto a mat**
Using a short approach run, athletes must perform a correct scissor jump over a flexi bar, set at the height of the mat.
- 6. Perform a long jump from a running approach**
As described. Use of correct technique in taking off on one foot and use of correct landing technique on two feet is essential.
- 7. 'Put' a shot (of the appropriate size)**
After demonstrating a correct shot grip (i.e. shot sitting on the base of the fingers), the athlete should be able to perform a correct pushing action while keeping the elbow of the throwing arm, up. Stance is relatively unimportant.
- 8. Roll a discus underarm for five metres to a target two metres wide**
The athlete should hold the discus so that the edge of the discus sits on the top pads of the fingers. The discus must be rolled on its edge, released over the index finger.

Level 5

1. **Demonstrate sound posture and arm action while running fifty metres**
The athlete should demonstrate good posture by linking all elements of the running action, as described in Level 1 to Level 4.
2. **Use sound technique when performing 'skipping' sprint drills**
As described.
3. **Run over obstacles at correct hurdle distances**
Athletes should demonstrate confidence in running over low obstacles placed on the ground at correct hurdle distances.
4. **Take part in a shuttle relay**
Athletes must demonstrate sound baton passing technique.
5. **Demonstrate a confident scissors high jump technique**
Athletes must demonstrate the ability to use the scissors high jump technique, including landing on their feet and clear a bar, set at least of their own knee height.
6. **Long jump demonstrating a knee drive on take off**
As described.
7. **Perform a standing shot put, achieving an effective delivery position**
A front-on starting position is recommended. On delivery, the athlete should demonstrate a 'tall' position. The front leg should be straight, with the shoulders, chest and hips turned towards the front.
8. **Perform a slinging action with a discus**
Athletes must perform the skill from a standing position, with the correct grip and release used.

Ideas for Practice and Teaching Points

Listed in the tables on the following pages are some ideas for practice and teaching points that may assist the ASAP co-ordinator develop sessions. A detailed description of each skill can be found on the previous pages within the manual.

Level 1

Level 1 Skills	Ideas for practice	Teaching points
1. Run in a straight line	<ul style="list-style-type: none"> Run along a line Run from point to point Conduct fun races Conduct relay races 	<ul style="list-style-type: none"> Point feet to the front Point belly button in the direction of run
2. Look straight ahead when running	<ul style="list-style-type: none"> Conduct relay races Hold up colours, letters, numbers, etc. as the participant runs toward you and ask them to name it Place object in front of Participant for them to focus on 	<ul style="list-style-type: none"> Eyes forward Head still
3. Perform a hop	<ul style="list-style-type: none"> Hopping in and out of hoops Hopping over skipping ropes Incorporate hopping into games 	<ul style="list-style-type: none"> Take off and land on the same foot
4. Jump and land safely on two feet	<ul style="list-style-type: none"> Jump in and out of hoops Jump over low obstacles Standing jumps into a pit as part of a game (e.g. jump the river) Incorporate jumping into an obstacle course 	<ul style="list-style-type: none"> Soft landings Bend legs on landing Feet should land at the same time
5. Balance on each leg for six seconds	<ul style="list-style-type: none"> Balance games involving standing on one foot while balancing a bean bag on head, shoulder, knee etc. 	<ul style="list-style-type: none"> Eyes focused Head still
6. Perform a chest pass in a forward direction from a kneeling position	<ul style="list-style-type: none"> Chest pass balls, bean bags, etc. at a target (hoop or bucket bin) or partner Chest pass for distance 	<ul style="list-style-type: none"> Elbows up Push ball and reach to target Chest up
7. Throw a ball underarm using two hands in a forward direction	<ul style="list-style-type: none"> Roll / throw a ball to partner, target or hoop, under / over hurdle or obstacle 	<ul style="list-style-type: none"> Long, swinging arms Turn belly button to front for delivery

Level 2

Level 2 Skills	Ideas for practice	Teaching points
1. Run in a lane	<ul style="list-style-type: none"> Use markers to guide participants around bends Shuttle relays in lane 	
2. Keep arms bent while running	<ul style="list-style-type: none"> Practice while stationary Standing or sitting, running on the spot etc. 	<ul style="list-style-type: none"> Bent arms Shoulders still Elbows close to body
3. Skip with hands on hips	<ul style="list-style-type: none"> Incorporate action into game or relay (e.g. skipping relay, tag) 	<ul style="list-style-type: none"> Rhythm: Step-hop, step-hop, step-hop etc.
4. Stretch out when jumping up high	<ul style="list-style-type: none"> Participants pretend they are 'rockets' taking off Attempt to jump up to touch coordinators hand or grab ribbon etc. Clap hands above head (once or multiple) Jump with turns - e.g. 90, 180 degree turns Jump without arms to demonstrate difference 	<ul style="list-style-type: none"> Stretch out when jumping up Push ground away from you
5. Use arms when jumping forward and landing safely	<ul style="list-style-type: none"> Incorporate standing long jumps into a game format (e.g. jump the river, target jumps etc.) 	<ul style="list-style-type: none"> Use a big arm swing Land like a frog in the pit
6. Hop on each leg without stopping for three metres	<ul style="list-style-type: none"> Conduct hopping relays Incorporate hopping into obstacle courses Add hopping to games (e.g. hopping tag) Hop through a line of hoops 	<ul style="list-style-type: none"> Even rhythm
7. Chest pass a ball to target three metres away	<ul style="list-style-type: none"> Chest pass ball or bean bag to hoop or bucket bin, over obstacle or for distance etc. 	<ul style="list-style-type: none"> Reach arms out to target
8. One hand underarm throw, stepping forwards with opposite foot	<ul style="list-style-type: none"> Underarm throwing challenges at targets, over obstacles, to partners etc. 	<ul style="list-style-type: none"> Use 'long' throwing arm Reach out to target

Level 3

Level 3 Skills	Ideas for practice	Teaching points
1. Perform a standing start with opposite arm and leg forward	<ul style="list-style-type: none"> Practice over 10 - 30m Incorporate starting commands into running games 	<ul style="list-style-type: none"> Different arm and leg forward Balanced in set position
2. Run as 'quietly' as possible over twenty metres	<ul style="list-style-type: none"> Any running game or practice 	<ul style="list-style-type: none"> Up on toes and run softly to avoid elephant like stomping
3. Skip with arms opposite to legs	<ul style="list-style-type: none"> Emphasise arm action by giving participants a ribbon or something light to hold in each hand Incorporate skipping into relays and games (eg. skipping tag) 	<ul style="list-style-type: none"> Clap to required rhythm: clap-clap, clap-clap, clap-clap etc.
4. Scissor jump over a rope or elastic bar placed on the ground	<ul style="list-style-type: none"> Organise a scissors jump relay Incorporate the jump into an obstacle course 	<ul style="list-style-type: none"> Practice in small groups Leg closest to rope or bar goes over first Lift both legs up to the front
5. Jump off on one foot and land on two	<ul style="list-style-type: none"> Jump over skipping ropes placed on the ground. All long jump related practice and games 	<ul style="list-style-type: none"> Land softly
6. Perform three consecutive standing long jumps	<ul style="list-style-type: none"> Land in hoops, circled skipping ropes, circles drawn on sand, next to markers etc. 	<ul style="list-style-type: none"> Bend legs on landing Land softly Eyes to front Slight pause for control between jumps
7. Using one hand, 'put' a small bean bag or ball	<ul style="list-style-type: none"> Push or 'put' objects toward targets / bucket bins etc. 	<ul style="list-style-type: none"> Stretch out arm Hand to target
8. Demonstrate confident slinging action with appropriate object	<ul style="list-style-type: none"> Sling object to land in specified area 	<ul style="list-style-type: none"> 'Long' delivery arm

Level 4

Level 4 Skills	Ideas for practice	Teaching points
1. Perform a standing start pushing forward, using arms and legs	<ul style="list-style-type: none"> Practice over 10 - 30m Incorporate starting commands into running games Falling starts, starts from a prone position 	<ul style="list-style-type: none"> Step through (to front) with back leg Drive arms vigorously
2. Run 'tall'	<ul style="list-style-type: none"> Running over low obstacles. 'Rockets' - arms above head to give long, tall shape 	<ul style="list-style-type: none"> Body upright Hips high
3. Perform a 'half high knees' sprint drill over ten metres	<ul style="list-style-type: none"> Stepping over low ground markers, skipping ropes etc. 	<ul style="list-style-type: none"> Rhythmic action Light clean steps
4. Run, leap over a low object, and continue to run	<ul style="list-style-type: none"> 'Jump the river' relay using two skipping ropes as the river Incorporate skill as part of obstacle course 	<ul style="list-style-type: none"> Keep speed as approaching obstacle (never slow down)
5. Perform a scissor high jump onto a mat	<ul style="list-style-type: none"> Practice as a group and award points for correct technique and style 	<ul style="list-style-type: none"> Lift up hips on take off
6. Perform a long jump from a running approach	<ul style="list-style-type: none"> All running and jumping games and activities 	<ul style="list-style-type: none"> Land with feet together at the same time Soft landing
7. 'Put' a shot of appropriate size	<ul style="list-style-type: none"> All shot put related games (e.g. minefield), throw at targets etc. 	<ul style="list-style-type: none"> Hold shot at base of fingers - using correct grip Extend arm in a 'punching' action
8. Roll a discus underarm for five metres to a target two metres across	<ul style="list-style-type: none"> Any rolling discus games 	<ul style="list-style-type: none"> Release discus over index finger

Level 5

Level 5 Skills	Ideas for practice	Teaching points
1. Demonstrate sound posture and arm action while running fifty metres	<ul style="list-style-type: none"> Relaxed running Running drills 	<ul style="list-style-type: none"> Keep hips under body Use arms
2. Use sound technique when performing 'skipping' sprint drills	<ul style="list-style-type: none"> Practice over 10 - 30m 	<ul style="list-style-type: none"> Head still Eyes forward Shoulders square Knees up Extend support leg
3. Run over obstacles at correct hurdle distances	<ul style="list-style-type: none"> Practice over two or more hurdles Hurdle shuttle relays Hurdler V's Runner Fun competition over two or three hurdles 	<ul style="list-style-type: none"> Clear objects with an uninterrupted running action
4. Take part in a shuttle relay	<ul style="list-style-type: none"> All types of relays involving baton passing 	<ul style="list-style-type: none"> Incoming runner to reach out for a 'tall' baton Receiver to take baton in two hands
5. Demonstrate a confident scissors high jump technique	<ul style="list-style-type: none"> Scissors jump drills High Jump points score High Jump games 	<ul style="list-style-type: none"> Smooth approach Legs lifted to the front
6. Long jump demonstrating a knee drive on take off	<ul style="list-style-type: none"> Skipping with knee drive Knee drive on the spot Long jump from short approach 	<ul style="list-style-type: none"> Lift knee parallel to ground
7. Perform a standing shot put, achieving an effective delivery position	<ul style="list-style-type: none"> All shot put related games 	<ul style="list-style-type: none"> Block and balanced delivery 'Tall' delivery position Watch shot go
8. Perform a slinging action with a discus	<ul style="list-style-type: none"> Sling objects (e.g. quoits, hoops, towels) All release drills (e.g. rolling discus) Attempting to land discus flat Any games that uses skill 	<ul style="list-style-type: none"> Release flat discus Palm down on release

Example ASAP Session Plan

A program of events for ASAP should be very simple. If using this program as a part of the overall program for Tiny Tots and the U6 - U8 age groups, it can sometimes be difficult to find events that the athletes are able to complete within the guidelines of the LAQ specifications. However, using the skills mentioned in ASAP and along with a few games, a program can be created that is easy to follow and achieve.

It would be an advantage to set aside an area specifically for ASAP activities. By doing so, the area can be divided into four (as below). The activity / game listed are simply one example taken from the LAQ Games Manual. This is a sample for one week. If you are looking to make a longer program, rotate different drills, skills, games and activities in each section and finish each block (e.g. four to six weeks, however the Centre program is structured) with a round of assessment. Once assessment begins, each athlete should have had access to four to six different drills / skills and or games for each discipline.

Sample Area Layout

<p style="text-align: center;"><u>Area 1</u></p> <p style="text-align: center;">Running (Games, General running activities)</p> <p style="text-align: center;">Activity/Game: <i>Reverse Tag</i></p>	<p style="text-align: center;"><u>Area 2</u></p> <p style="text-align: center;">Jumping (Games, General Hopping and Jumping, High Jump, Long Jump)</p> <p style="text-align: center;">Activity/Game: <i>Jump The River</i></p>
<p style="text-align: center;"><u>Area 3</u></p> <p style="text-align: center;">Throwing (Games, General throwing activities, Shot Put, Discus, Vortex)</p> <p style="text-align: center;">Activity/Game: <i>Shower Ball</i></p>	<p style="text-align: center;"><u>Area 4</u></p> <p style="text-align: center;">Other (Games, Walks, Hurdles, Relays)</p> <p style="text-align: center;">Activity/Game: <i>Under and Over Relay</i></p>

Additional Resources

Other resources that may assist ASAP sessions:

- LAQ Games manual

For further information and / or assistance with ASAP, please contact the Association Office on (07) 3892 9400 or visit the LAQ website www.laq.org.au

ASAP Assessment Sheet Level 1

<div style="text-align: center; font-size: 48px; color: #ccc; opacity: 0.5; margin-bottom: 20px;">1</div> <p>Date: _____</p> <p>Co-ordinator: _____</p> <p>Centre: _____</p> <p>Group: _____</p> <p style="text-align: center; margin-top: 20px;">Names:</p>		1. Run in a straight line		2. Look straight ahead when running		3. Perform a hop		4. Jump and land safely on two feet		5. Balance on each leg for six seconds		6. Perform a chest pass in a forward direction from a kneeling position		7. Throw a ball underarm using two hands in a forward direction		COMPLETED / CERTIFICATE PRESTETED
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ASAP Assessment Sheet Level 2

<div style="text-align: center; font-size: 100px; opacity: 0.1; position: absolute; top: 50%; left: 50%; transform: translate(-50%, -50%); pointer-events: none;">2</div> <p>Date: _____</p> <p>Co-ordinator: _____</p> <p>Centre: _____</p> <p>Group: _____</p> <p style="text-align: right;">Names:</p>	
	1. Run in a lane
	2. Keep arms bent while running
	3. Skip with hands on hips
	4. Stretch out when jumping up high
	5. Use arms when jumping forward and landing safely
	6. Hop consecutively on each leg without stopping for three metres
	7. Chest pass a ball to a target three metres away
	8. One hand underarm throw, stepping forwards with opposite foot
	COMPLETED / CERTIFICATE PRESTETED
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ASAP Assessment Sheet Level 2

<div style="text-align: center; font-size: 100px; color: #ccc; opacity: 0.5; margin: 0 auto;">3</div> <p>Date: _____</p> <p>Co-ordinator: _____</p> <p>Centre: _____</p> <p>Group: _____</p> <p style="text-align: center;">Names:</p>	<p>1. Perform a standing start with the opposite arm and leg forward</p> <p>2. Run as 'quietly' as possible over 20 metres</p> <p>3. Skip with arms opposite to legs</p> <p>4. Scissor jump over a rope or elastic bar placed on the ground</p> <p>5. Jump off on one foot and land on two</p> <p>6. Perform three consecutive standing long jumps</p> <p>7. Using one hand, 'put' a small bean bag or ball</p> <p>8. Demonstrate confident slinging action with appropriate object</p> <p style="text-align: center;">COMPLETED / CERTIFICATE PRESTETED</p>
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ASAP Assessment Sheet Level 2

<div style="text-align: center; font-size: 48px; opacity: 0.3; margin-bottom: 20px;">4</div> <p>Date: _____</p> <p>Co-ordinator: _____</p> <p>Centre: _____</p> <p>Group: _____</p> <p style="text-align: center; margin-top: 20px;">Names:</p>	<p>1. Perform a standing start pushing forward using arms and legs</p> <p>2. Run 'tall'</p> <p>3. Perform a 'half high knees' sprint drill over ten metres</p> <p>4. Run, leap over a low object and continue to run</p> <p>5. Perform a scissor high jump onto a mat</p> <p>6. Perform a long jump from a running approach</p> <p>7. 'Put' a shot (of the appropriate size)</p> <p>8. Roll a discus underarm for five metres to a target two metres wide</p> <p style="text-align: center;">COMPLETED / CERTIFICATE PRESTETED</p>
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ASAP Assessment Sheet Level 2

<div style="text-align: center; font-size: 100px; color: #ccc; opacity: 0.5; margin: 0 auto;">5</div> <p>Date: _____</p> <p>Co-ordinator: _____</p> <p>Centre: _____</p> <p>Group: _____</p> <p style="text-align: center;">Names:</p>	
	1. Demonstrate sound posture and arm action while running fifty metres
	2. Use sound technique when performing 'skipping' sprint drills
	3. Run over obstacles at correct hurdle distances
	4. Take part in a shuttle relay
	5. Demonstrate a confident scissors high jump technique
	6. Long jump demonstrating a knee drive on take off
	7. Perform a standing shot put, achieving an effective delivery position
	8. Perform a slinging action with a discus
	COMPLETED / CERTIFICATE PRESTETED
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ASAP

Level 1

This certificate belongs to:

Has successfully completed all of the elements of
this award

Co-ordinator



Date

ASAP

Level 2

This certificate belongs to:

Has successfully completed all of the elements of
this award

Co-ordinator



Date

ASAP

Level 3

This certificate belongs to:

Has successfully completed all of the elements of
this award



Co-ordinator

Date

ASAP

Level 4

This certificate belongs to:

Has successfully completed all of the elements of
this award



Co-ordinator

Date



ASAP

Level 5

This certificate belongs to:

Has successfully completed all of the elements of
this award



Co-ordinator



Date

