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**KS1 Virtual Indoor Athletics – Scoring**

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| Events  |  **1point** | **2 points** | **3 points**  | **4 points**  | **5 points**  |
| Shuttle run 4x10m  | More than 16 secs | Between  15.9 -15.0 secs | Between 14.9-14.1   | Between 14.0.-13.6 | Faster than 13.5 |
| Speed Bounce  | Between 0-12 | Between 13-15 | Between 15-17  | Between 18-20 | 21 or more  |
| Long Jump  | Less 1.-50cm  | Between 51cm -99cm  | Between 1.00m-1.24m | Between 1.25m -1.49m | 1.50m or more  |
| Chest Push  | Less than  2.49m  | Between 2.5m – 2.99m | Between 3.00m – 3.49m | Between 3.50-4.00 m  | 4.10M or more  |
| Target Throw  | 1-2 accurate throws | 3-5accurate throws | 6-8 accurate throws | 9-11 accurate throws | 12 accurate throws |