



# Gymrun Accreditation

‘We seek to meet the highest professional standards in the delivery of the Gymrun Five Challenges assessment. An accredited Gymrun assessor will meet the following actions and competencies.’

## Actions & Competencies

### 1. Developing physical health (in all pupils)

- 1.1 Have observed at least one Gymrun assessment lesson delivered by Gymrun
- 1.2 Have attended the Gymrun workshop and visited the Gymrun website

### 2. Gymrun Five Challenges

- 2.1 Understand all timings and measurements (refer to website, wall chart or scorecards)
- 2.2 Accurately describe the correct techniques (refer to website or wall chart)

### 3. Set up

- 3.1 Consider different ways the facilities can be set up to maximize the space available
- 3.2 Check all equipment:  
Pencils, Scorecards, Hurdles, Gym Mats, Benches, Rulers/Jump Mats, Marker Cones, Trundle Wheel

### 4. Delivery

- 4.1 Encourage every pupil to focus on personal competition
- 4.2 Reinforce the importance of honesty and positivity in the recording process
- 4.3 Accurately demonstrate each challenge. Continually reinforce correct technique
- 4.4 Check the accuracy of the scorecards, and in particular the run scores:  
Top 5% in Year 6 (nationally) - 56 Bounce, 32 Sit, 36 Dip, 180cm Jump or 14 Lap Run

### 5. Follow up

- 5.1 Pass all completed scorecards, arranged by class, to the school’s PE Coordinator to be sent to:  
Gymrun Ltd. 145 Woodward Close. Wokingham. Berkshire. RG41 5UT

All data and badges will be returned to the school.

Teacher/Coach:	has completed Section 1 and has demonstrated competence in each task in Sections 2-5.
Date:	Accreditor:

