



Gymrun Accreditation 2021-22

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

Actions & Competencies

1. Developing physical fitness and health

- 1.1 Have observed at least one Gymrun Five Challenges 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, Throw Down Lines, Gym Mats, Benches, Rulers/Jump Mats, 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 - 84 Bounce (line not hurdle), 32 Sit, 36 Dip, 180cm Jump, 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. 49 Jenkins Way. Frenchay. Bristol BS16 2NS

All data and badges will be returned to your school.

Name(s) of Teacher(s)/Coach(es):	Completed Section 1 Demonstrated competence in Sections 2-5
	Accreditor: Mike Weeks

