











# Youth Sport Award - Targets Overview

		10yrs + (Trans')	11yrs + (KS3)	14yrs + (KS4)	16yrs + (KS5)	+18yrs	Minimum points required*	
	WELLBEING	1 week 120min/week	1 week 120min/week	1 week 120min/week	1 week 120min/week		10	 <b>GO</b> PASS: 30 MERIT: 50
	ACHIEVEMENT	2+ hrs of training	2+ hrs of training	2+ hrs of training	2+ hrs of training		8	
	LEADERSHIP	10+ hours of volunteering in sport	10+ hours of volunteering in sport	10+ hours of volunteering in sport	10+ hours of volunteering in sport		10	
	WELLBEING		4 weeks + 180min/week	4 weeks + 180min/week	4 weeks + 180min/week		20	 <b>BRONZE</b> PASS: 80 MERIT: 112
	ACHIEVEMENT		5+ hrs of training	5+ hrs of training	5+ hrs of training		20	
	LEADERSHIP		25+ hours of volunteering in sport	25+ hours of volunteering in sport	25+ hours of volunteering in sport		25	
	WELLBEING			6 weeks + 300min/week	6 weeks + 300min/week		30	 <b>SILVER</b> PASS: 150 MERIT: 210
	ACHIEVEMENT			Sporting qual's RQF L1 or equivalent	Sporting qual's RQF L1 or equivalent		50	
	LEADERSHIP			50+ hours of volunteering in sport	50+ hours of volunteering in sport		50	
	WELLBEING				12 weeks + 420min/week		60	 <b>GOLD</b> PASS: 400 MERIT: 560
	ACHIEVEMENT				Sporting qual's, RQF L1, L2 or equiv.		100	
	LEADERSHIP				100+ hours of volunteering in sport		100	
	EVENT				Event & Portfolio		100	
	WELLBEING					12 weeks + 150min/week	60	 <b>PLATINUM</b> PASS: 500 MERIT: 700
	ACHIEVEMENT					Sporting qual's, RQF L1, L2, L3 or equiv.	100	
	LEADERSHIP					200+ hrs sport volunteering	200	
	EVENT					Event & Portfolio	100	

**Notes:**

The Award targets in the **bold** boxes have been selected to be achievable yet challenging at the relevant age and stage. Schools/clubs running mixed capability cohorts or wanting to do an 'introduction' with older groups may choose to drop down to lighter levels to match their young peoples' needs.

**WELLBEING:** 1 week of target minutes of moderate to vigorous activity = 5 points. Points for extra weeks beyond the goal count, and Bonus goals can be achieved to add further points.

**ACHIEVEMENT:** Qualifications and courses have different points values, which can be added up to achieve the goal.

**LEADERSHIP:** 1 hour of volunteering = 1 point. Bonus points can be achieved based on the complexity of the volunteering.

\*Bonus points from one or more strands of the Award are required to reach the minimum number of points to pass, and the Reflect strand must be completed.