**KS1 Conversion Sheet**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Points** | **Sprint** | **Jump** | **Throw** | **Bounce** |
| **2** | **16+ seconds** | **60 cm+** | **0 -10 m** | **0 – 14** |
| **4** | **15 seconds** | **80 cm +** | **10 m +** | **15 +** |
| **6** | **14 seconds** | **1 m +** | **13 m +** | **20 +** |
| **8** | **13 seconds** | **1.2 m +** | **16 m +** | **25 +** |
| **10** | **12 seconds** | **1.3 m +** | **19 m +** | **30 +** |
| **12** | **11 seconds** | **1.4 m +** | **22 m +** | **35 +** |
| **14** | **10 seconds** | **1.5 m +** | **25 m +** | **40 +** |
| **16** | **9 seconds** | **1.6 m +** | **28 m +** | **45 +** |
| **18** | **8 seconds** | **1.7 m +** | **31 m +** | **50 +** |
| **20** | **7 seconds** | **1.8 m +** | **34 m +** | **55 +** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Points** | **Sprint** | **Jump** | **Throw** | **Bounce** |
| **2** | **15+ seconds** | **40 cm** | **0-3.9m** | **0-5** |
| **4** | **14 seconds** | **50 cm** | **4 m +** | **6 +** |
| **6** | **13 seconds** | **60 cm** | **6 m +** | **10 +** |
| **8** | **12 seconds** | **70 cm** | **8 m +** | **14 +** |
| **10** | **11 seconds** | **80 cm** | **10 m +** | **18 +** |
| **12** | **10 seconds** | **90 cm** | **12 m +** | **22 +** |
| **14** | **9 seconds** | **1 m** | **14 m +** | **26 +** |
| **16** | **8 seconds** | **1.10m** | **16 m +** | **30 +** |
| **18** | **7 seconds** | **1.20 m** | **18 m +** | **33 +** |
| **20** | **6 Seconds** | **1.3 m** | **20m +** | **35 +** |

**KS2 Conversion Sheet**