

scottishathletics 

# INSPIRED BY ATHLETICS 2016-17


The National Athletics Programme  
for PRIMARY SCHOOLS  
in Scotland



Scottish Schools'  
Athletic Association 

jogscotland 

  
The Scottish  
Government

sportscotland 

  
BRITISH  
ATHLETICS

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## FOREWORD - Eilidh Doyle

Returning home with a Bronze medal from the Rio Olympics and being part of the most successful Team GB of all time has been the highlight of my career to date. It is crucial that we must use the euphoria generated from Rio to capitalise on the interest and inspire every child in Scotland to take part in sport or be physically active.

Competing in Rio was a fantastic follow on from my medal successes (Commonwealth & European) in 2014 but it is important to remember that my first experience of athletics was in school and if it hadn't been for that positive introduction then it is unlikely that I would have now medalled at the Commonwealth Games, European championships, World Championships or the Olympic Games.

As the national schools ambassador for athletics, I encourage all schools to participate in athletics in its various forms and I look forward to hearing about progress and seeing the results as opportunities grow across Scotland. I am honoured to continue my role as Schools Ambassador for **scottishathletics** for 2016/17 and I'm sure that you will find this information booklet and the ongoing support from **scottishathletics** useful. **Eilidh Doyle, Bronze Medallist, Rio Olympics 2016**



## FOREWORD - Andrew Butchart

I am delighted to become a National Schools Ambassador for athletics in Scotland. The opportunities that are being offered to schools in Scotland through **scottishathletics** support are fantastic and I wish everyone all the best with their endeavours.

Having recently broken the long standing Scottish record for the 5000m as well as being the Scottish 3000m record holder, my performance in Rio couldn't have been better, finishing 6th in my first Olympic final but also breaking the Scottish record in the process, was just amazing.

I am only too aware of how important taking part in athletics is as I am a great example of how taking part at school can lead to a career in athletics. As a pupil at Dunblane High School, my interest in athletics started after doing a few cross-country races before joining my local club, Central AC. I am delighted to be able to continue to support athletics through my role as National Schools Ambassador and look forward to see more people take part in sport in the coming years.

**Andrew Butchart - Olympic Finalist, Rio Olympics 2016**



## INTRODUCTION

Last year more than 35,000 individual children in Scotland participated in athletics events in schools within their local authority area and over 500 teachers and volunteers participated in an athletics CPD course or workshop. The vast majority of children who participate in the sport do so because they first enjoyed it at school. More than 90% of Scotland's international athletes identify their school teacher(s) as the person responsible for motivating them to participate in the sport and the starting point for future glory.

As the national governing body for athletics in Scotland, **scottishathletics** are fully aware of our responsibility to support the development of athletics across all secondary schools in Scotland. Our aim is that every child in Scotland will have the opportunity to participate in the sport of athletics through schools and clubs, in an environment that encourages effort and learning, improving performance and developing competitiveness and is supported by well qualified coaches, enthusiastic volunteers and in an inclusive and developmental-focused environment.

**scottishathletics** are working closely with the Scottish Government, the Active Schools Network, **jogscotland**, the Scottish Schools Athletic Association and British Athletics to create an exciting developmental programme for athletics that can be easily accessed by schools.

We are working in partnership to develop a framework for athletics in Scotland that is based on the principles of long-term athlete development and links closely to the Curriculum for Excellence that will ensure that activities, skills and competition formats are all relevant to the age and stage of the participant.

## 2

### The Scottish Schools Athletic Association

The Scottish Schools Athletic Association is dedicated to promoting the enjoyment of athletics in schools and the development of athletics through the organisation of some of the premier age-group specific events in the country.

The list below provides an overview of the events that the SSAA organise throughout the year.

- ✓ Primary Schools Cross Country Championships
- ✓ Primary Schools Road Relay Championships
- ✓ Secondary Schools Indoor Track & Field Championships
- ✓ Secondary School Cross Country Championships
- ✓ Secondary Schools Track & Field Championships
- ✓ Secondary Schools Pentathlon & Relay Championships
- ✓ Secondary Schools Inter-Area Match & Disability Events
- ✓ Secondary Schools Road Race Championships
- ✓ Various Schools International Events & Invitation Coaching Days

For full details of all SSAA activities and a full list of the SSAA events calendar please visit their website at [www.ssaa.co.uk](http://www.ssaa.co.uk)

## 3

### The Active Schools Network

The aim of the Active Schools Network is to offer all children and young people opportunities and motivation to adopt active, healthy lifestyles, now and into adulthood - this works in parallel with the aims and objectives of **scottishathletics**. The Active Schools Network is a fundamental partner for the athletics family at a national level but more importantly the relationships between schools, Active Schools Co-ordinators and clubs established at a local level are key to the long-term development of athletics.

As well as Active Schools Co-ordinators supporting the implementation of athletics activities, both within the curriculum and through extra-curricular programmes, volunteering sits at the heart of their programmes with the recruitment of a network of volunteers being highlighted as a key area of focus for Active Schools Managers and Co-ordinators.

It is imperative that local athletics clubs are in direct contact with their local Active Schools Coordinator. Not only will this provide a direct link for clubs into schools but ASCs can promote opportunities to school children as well as supporting the recruitment of new volunteers where clubs are formally linked with schools.

## 4



### National Primary Schools Participation Programmes

This programme provides free support to teachers and volunteers and works alongside the Active Schools Network to deliver opportunities to participate in athletics within primary schools. It brings together some existing ideas within athletics as well as creating new and inspiring activities to ensure appropriate activities for all. These will involve;

#### 4.1 Primary Teacher Education Opportunities - FREE

**scottishathletics** is responsible for the administration and delivery of Teacher Education courses across Scotland.

**scottishathletics**, in partnership with the other home countries athletics federations, have created a fantastic new teaching resource for athletics (launched in August 2015), simply titled – **Run, Jump & Throw for Primary School Teachers**.

The new Run, Jump, Throw resource has been designed to place running, jumping and throwing at the heart of school physical education whilst also supporting teachers in delivering athletics activities in an inclusive, exciting and engaging manner. The resources also provide cross-curricular learning suggestions that support the integration of Curriculum for Excellence.

Run, Jump, Throw embraces a child's natural desire to move, focusing upon running, jumping and throwing, the building blocks of athletics, which in turn underpin nearly all other sports and physical activities.

Within this resource teachers will find three Teaching Sections covering the main stages of development: ages 5 – 7 years, ages 7 – 9 years and ages 9 – 12 years.

Within each of the three Teaching Sections teachers will find:

- Two examples of Schemes of Work
- Two blocks of six-week Lesson Plans
- Over 20 Activity Cards covering progressions of running, jumping and throwing activities

In addition teachers will find information on How to Measure a pupil's progression and improvement along with a series of support cards (including pupil cards, Top Tip Inclusion cards, Team Relays and Timed Runs information cards).

**Length of course:** 3 hours or additional hours if required

**Please note** - at present these courses are free for local authorities with the teacher resource packs included, free of charge. Normally workshops are co-ordinated via Active Schools networks or Local Education Departments. Please contact Jim Goldie, Coach Education Manager for more details (see [contacts page](#)) or visit [www.scottishathletics.org.uk/teachers/teacher-cpd/](http://www.scottishathletics.org.uk/teachers/teacher-cpd/)

The Teacher Resource Pack can also be purchased separately – price £35 contact [joanne.dennis@scottishathletics.org.uk](mailto:joanne.dennis@scottishathletics.org.uk)



## 4.2 Junior jogscotland, recreational running activities and cross country running

This recreational programme provides a fun and simple way to get children active in Scotland through a range of activities and games suitable for primary school aged children. Using the Junior jogscotland resources combined with traditional cross country activities teachers can promote the fact that physical activity is fun and will appeal to even the most non-engaged of children. It is also a great way to introduce youngsters to different athletics activities, progressing towards Sportshall Primary and Giant Heptathlon activities.

Junior jogscotland provides a fun and simple way to get children active through a range of games suitable for primary school-aged children. The programme of running-related games can be used for as little as a 10 minute run-around for youngsters to let off steam, to more sustained running games. The games are a great way to show children that physical activity is fun, and will appeal to even the most inactive of youngsters.

Junior jogscotland is not about creating top athletes but encouraging every child to enjoy physical activity.

scottishathletics will provide a one-stop-shop of education to teachers in schools to introduce the Junior jogscotland resources alongside Sportshall athletics and general introductory athletics activities. This will be provided on a local authority basis (*see teacher education opportunities pages*)

Further information on Junior jogscotland can be viewed at <http://www.jogscotland.org.uk/junior>

## 4.3 Indoor Programme (primarily winter activities)

The Indoor Programme provides the ideal format in which to introduce young people to athletics and multi-skills competition in an indoor environment.

The programme can be used in several ways by schools including:

- ✓ Introductory class PE sessions
- ✓ Learning physical literacy and basic movement skills
- ✓ Introducing children to basic principles of competition and working as part of a team
- ✓ Introducing young people to competition in a fun team based format
- ✓ Encouraging mass participation with teams including up to 30 children
- ✓ Promoting local delivery through a programme of cluster schools events
- ✓ Opportunity for schools to participate in local authority and Regional competition events

Teachers can utilise the Sportshall athletics formats to introduce indoor athletics, basic skill development and fun competition to children. The Sportshall format also provides a great opportunity for comparatively large teams to represent a school which is a key factor in the success and appeal of indoor athletics, with the focus placed firmly on the achievements of the team and the importance of supporting each other.

scottishathletics will offer teacher education opportunities as well as supporting events that are organised across local authorities in Scotland.

For further information visit the British Athletics website -

<http://academy.britishathletics.org.uk/sportshall/> or for information on events in your local area contact your scottishathletics National Club Manager for information on events in your local area.

(*see contacts page*)

Regional events can be found in the events section of this booklet.

#### 4.4 Outdoor Programme (spring / summer)

The Outdoor Programme provides the ideal format in which to introduce young people to track & field athletics and multi-skills competition in an outdoor environment.

The programme can be used in several ways by schools including:

- ✓ Introductory class PE sessions
- ✓ Learning physical literacy and basic movement skills
- ✓ Introducing children to basic principles of competition and working as part of a team
- ✓ Introducing young people to competition in a fun team based format
- ✓ Encouraging introductory track & field athletics competition
- ✓ Promoting local delivery through a programme of cluster schools events
- ✓ Linking schools to appropriate local authority events

Through the teacher education programme we will utilise outdoor athletics formats to develop the skills of primary school children and will ensure appropriate introductory competition opportunities are available at a local level.

#### 4.5 Inspire Clubs (Run, Jump & Throw Clubs)

The Inspire Clubs are a national programme specifically targeted at the Active Schools Network and will be a partnership between local authorities, schools and clubs with athletics activities being created as extra-curricular school activity on a weekly basis linking with the local athletics club. There are very few models that exist as part of a formal school environment and we aim to link a cluster of primary schools to their secondary school and the local club, thus providing a clear pathway from classroom to playground to local community club.

This will provide several opportunities;

- ✓ The Inspire Club is a programme for children/athletes to gain an opportunity to participate in athletics activity all year round.
- ✓ The Inspire Club is aimed at children who have never taken part in an athletics programme and would like/need more input before joining an affiliated athletics club.
- ✓ The Inspire Club will offer a wide range of activity for all children including all aspects of running, jumping and throwing linking to appropriate competition opportunities.

For more information on how to create an Inspire Club within your school or schools cluster please contact your National Club Manager. (*see contacts page*)

#### 4.6 INSPIRE Parallel Success Project

scottishathletics and Scottish Disability Sport will work closely with local partners and the Scottish Schools Athletic Association to provide more participatory and competitive opportunities for disabled school pupils in Scotland. scottishathletics and Scottish Disability Sport will continue to work in partnership to provide training and competition opportunities for athletes with a physical, sensory or learning disability, to take part in athletics to enable them to reach their full potential. They will do this by providing a pathway for athletes from beginner level in schools right through to high performance, providing local and national competitions and fun festivals for all.

For more information please contact our National Disability Athletics Officer, Shona Malcolm. (*see contacts page*)

### 4.7 World Marathon Challenge

The Eveque Sportshall Development Team have developed an annual international simultaneous relay competition. This incorporates both the World Marathon Challenge (suggested for Secondary aged students) and the 5000m Challenge (for lower Primary aged children). Students from all over the world will compete simultaneously to break (and set!) new World Records over the Marathon and 5000m distances!

#### When is it?

We know schools have busy schedules, so this year we're offering a two week window: you can run your event any time from 26th September to 7th October 2016.

We've designated the 5th October 2016 as the main event when we're inviting as many teams as possible from around the world to run their marathons simultaneously\*.

\* For those teams running simultaneously on 5th October, start time is 11am BST.

#### Who can take part?

Teams can be entered into one of two age categories:

- Juniors - 13 and under
- Any age - adults can take part too!

The main World Marathon Challenge competition is for mixed teams made up of equal numbers of boys and girls from the same school, in the 13 and under category.

There are additional competition categories for single gender teams, non-school teams and teams of older runners.

We recommend that primary school teams enter the 5000m Challenge instead of completing the full marathon.

#### How does it work?

The World Marathon Challenge is simple and inexpensive to set up. Here's how the event works:

- ✓ Stage your event on a running track or field. The marathon distance is divided into sections of 200m.
- ✓ Teams are made up of 26 to 36 runners - each person completes up to 9 sections.
- ✓ Results are logged on our World Leaderboard, with awards for the winners.
- Find out about the competitions for UK teams.
- ✓ **The challenge:** try to beat the world marathon record!

#### How to take part?

For information on how to take part in the World Marathon Challenge please visit the web page:

<http://www.sportshall.org/secondary/secondary-endurance/secondary-endurance-world-marathon-challenge>



#### 4.8 The Daily Mile

The aim of the Daily Mile is to improve the physical, mental, emotional and social health and wellbeing of our children – regardless of age or personal circumstances

It is a profoundly simple but effective concept, which any primary school or nursery can implement. The impact can be transformational - improving not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing.

The Daily Mile is easy to implement and fun to do. It's simple, free and only takes just over 15 minutes, with children averaging a mile each day:

- Children run outside in the fresh air – and the weather is a benefit, not a barrier.
- There's no set up, tidy up, or equipment required.
- Children run in their uniforms so no kit or changing time is needed.
- It's social, non-competitive and fun.
- It's fully inclusive; every child succeeds, whatever their circumstances, age or ability.

For further information on The Daily Mile and how to get involved, please visit:

<http://thedailymile.co.uk/wp-content/uploads/2016/05/DailyMile-Booklet-160510.pdf>

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#### 4.9 UKA Rules for Competitions - Rule 107

It is imperative that young athletes are protected and that events including distances, weights and safety aspects are considered. As such, UK Athletics have created Rule 107 which advises clubs, schools and competition providers with clear guidelines on what rules must be adhered to when providing track and field athletics.

We have created a summary sheet for schools which can be downloaded from the following link:

[www.scottishathletics.org.uk/teachers/](http://www.scottishathletics.org.uk/teachers/)

**Note:** UK Athletics Rules do not specifically provide competition guidelines for athletes under the age of 11yrs.

This does not preclude provision by organisers of competitions for events for athletes younger than 11yrs, with correspondingly reduced distances to be run and lighter or modified implements to be used.



#### 4.10 Primary School Competition Opportunities

Whilst most local authority areas will organise competitions for primary schools in cross country, track & field and sportshall activities, a number of regional and national events are also available to primary schools across Scotland;

The following events are arranged by the Scottish Schools Athletic Association;

- Scottish Primary Schools Road Relay Championships (October)
- Scottish Primary Schools Cross Country Championships (April)

For full details of SSAA events please visit their website at [www.ssaa.co.uk](http://www.ssaa.co.uk)

**scottishathletics** along with UK Athletics arrange a number of Regional Sportshall Events across Scotland. In most cases schools will qualify through their local authority events into the Regional Final.

The dates for the Regional Sportshall events for 2016-17 are:

- Monday 20th February 2017 Grampian Region
- Tuesday 21st February 2017 Tayside & Fife Region
- Wednesday 22nd February 2017 East Region
- Thursday 23rd February 2017 Central Region
- Friday 24th February 2017 West Region

Due to the unique geography in the Highlands & Islands Sportshall Activity is organised and delivered at a local level.

For more information on events in your local area please contact your respective National Club Manager ([see contacts page](#))



## Athletics in Scottish Schools -

### Participation Pathway and Opportunities

Participation Pathway	Competition Pathway	Progression for Athletes from Curriculum Activity	Coach Education Pathway	
			Teacher Specific Education	General Coach Education / UK Athletics Pathway
SSAA National Schools Representation	SIAB & UK Schools Internationals (SSAA Representation)	<b>scottish</b> athletics National Squads & National Academy	Event Specific Courses (must complete Athletics Coach Level 2 previously)	Event Specific Courses (must complete Athletics Coach Level 2 previously)
Inter-Area Select Competitions	SSAA Scottish Schools Inter-Area Competitions	<b>scottish</b> athletics National Academy	UKA Athletics Coach or Level 2 & above Event Specific Courses (must complete Athletics Coach Level 2 previously)	UKA Athletics Coach or Level 2 & above Event Specific Courses (must complete Athletics Coach Level 2 previously)
Secondary School Cross Country, Track & Field Activities and Competitions	Local Authority and SSAA Secondary Cross Country / Track & Field / Road Relay / Pentathlon Championships	Local Athletics Clubs	Secondary Schools Athletics Workshops (bespoke) (2-6 hour workshops available)	UK Athletics Coach Award (or Level 2)
Giant Heptathlon (S1 & S2) - Introduction to Track & Field Athletics	Local Authority to Regional Finals to National Finals	Local Athletics Clubs	Secondary Schools Athletics Workshops (bespoke) (2-6 hour workshops available)	UK Athletics Coach Award (or Level 2)
Primary School Introductory Cross Country and Track & Field Activities	Local Authority Primary Schools Events + SSAA Scottish Primary School Cross Country & Road Relay Championships	Inspire Clubs or Local Athletics Clubs	Primary Teachers Run, Jump, Throw Workshop & Resources (3 Hours)	UK Athletics Coach Award (or Level 2)
Sportshall Primary Athletics Activity (P3-P7) & Sportshall Primary Competitions (P6 & P7)	Cluster Schools to Local Authority Events to Regional Events	Inspire Clubs (after-school)	Primary Teachers Run, Jump, Throw Workshop & Resources (3 Hours)	UKA Coaching Assistant Award (or Level 1)
Junior <b>jogscotland</b> Activities (Primary School-Aged Physical Activity introduction)	No Competition - Informal Fun Games Activity	After-School Clubs & Activities	Primary Teachers Run, Jump, Throw Workshop & Resources (3 Hours)	Athletics Leader (introductory level)



For more information or if you have any questions please feel free to contact the **scottishathletics** National Development Team – contacts below

**Head of Development** (National)

Mark Munro  
Tel. 07557 433 856  
Email [mark.munro@scottishathletics.org.uk](mailto:mark.munro@scottishathletics.org.uk)

**National Coach Education Manager**

Jim Goldie  
Tel. 07739 506 733  
Email [jim.goldie@scottishathletics.org.uk](mailto:jim.goldie@scottishathletics.org.uk)

**National Club Manager** (West of Scotland)

Lindsay McMahon  
Tel. 07918 796 648  
Email [lindsay.mcmahon@scottishathletics.org.uk](mailto:lindsay.mcmahon@scottishathletics.org.uk)

**National Club Manager** (North of Scotland)

Julie Mollison  
Tel. 07818 592 639  
Email [julie.mollison@scottishathletics.org.uk](mailto:julie.mollison@scottishathletics.org.uk)

**National Club Manager** (East of Scotland)

Jamie McDonald  
Tel. 07776 370 199  
Email [jamie.mcdonald@scottishathletics.org.uk](mailto:jamie.mcdonald@scottishathletics.org.uk)

**Disability Athletics** (National)

Shona Malcolm  
Tel. 07731 832 567  
Email [shonamalcolm@scottishathletics.org.uk](mailto:shonamalcolm@scottishathletics.org.uk)

**jogscotland** (National)

Programmes Development Coordinator  
Jo Stevens  
Tel. 0131 539 7341  
Email [jo.stevens@scottishathletics.org.uk](mailto:jo.stevens@scottishathletics.org.uk)

**Coaching & Executive Administrator**

Joanne Dennis  
Tel. 0131 476 7328  
Email [joanne.dennis@scottishathletics.org.uk](mailto:joanne.dennis@scottishathletics.org.uk)



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Mark Shearman