

**Unlocking a child's potential**  
**- Exploring the world**  
**of physical literacy**



# Today...

---



- Understand the child development process and how this links to physical literacy.
- Provide interventions of how best to support this within your environment.

# “They can’t compete until 9 so what’s the point?”

---



- Traditionally Athletics clubs don't take children until age 9.
- We need to capitalise on a child's 'skill hungry' years and not rely on others to achieve this.
- The skills they learn at this age will positively influence them to be more robust athletes in the future.



# Athlete Development



# What is Physical Literacy?

---

Video



**Physical skill + Confidence + Motivation + Lots of Opportunities = Physical Literacy**







# Expected stages of development

---



Prone



Rolling Over



sitting

# Expected stages of development

---



Crawling



standing



walking

# Expected stages of development

---



running



balance



co-ordination





## ALLIGATOR



START POINT



END POINT

### Technical Points

- ✓ Body close to the floor
- ✓ Move opposite arm and leg
- ✓ Stay on toes

### Common Errors

- ✗ Hips higher than shoulders
- ✗ Knee inside of elbow
- ✗ Body too far from the floor

## BEAR



START POINT



END POINT

### Technical Points

- ✓ Walk feet forward until knees are outside of elbows
- ✓ Chest up
- ✓ Feet flat

### Common Errors

- ✗ Heels off the floor
- ✗ Feet rolling in
- ✗ Rounded back

## INCHWORM



START POINT



END POINT

### Technical Points

- ✓ Walk feet towards your hands
- ✓ Legs straight
- ✓ Push hips as high as possible

### Common Errors

- ✗ Excessive knee bend
- ✗ Limited range of movement
- ✗ Arched lower back in start position

## MONKEY WALK



▶ START POINT



END POINT ◻

### Technical Points

- ✓ Flat back
- ✓ Push hips as high as possible
- ✓ Move opposite arm and leg

### Common Errors

- ✗ Rounded back
- ✗ Excessive knee bend
- ✗ Instability during movement

## TABLE TOP



▶ START POINT



END POINT ◻

### Technical Points

- ✓ Flat back
- ✓ Start - Knees under hips & wrists under shoulders
- ✓ On toes, move opposite arm and leg with hips as still as possible

### Common Errors

- ✗ Arched at lower back
- ✗ Hips above shoulders
- ✗ Pelvis moving side to side

## CRAB



▶ START POINT



END POINT ◻

### Technical Points

- ✓ Start - heels under knees, wrists under shoulders
- ✓ Hips up, chest high
- ✓ Move opposite arm and leg

### Common Errors

- ✗ Hips dropping
- ✗ Pelvis moving side to side
- ✗ Body too close to the floor

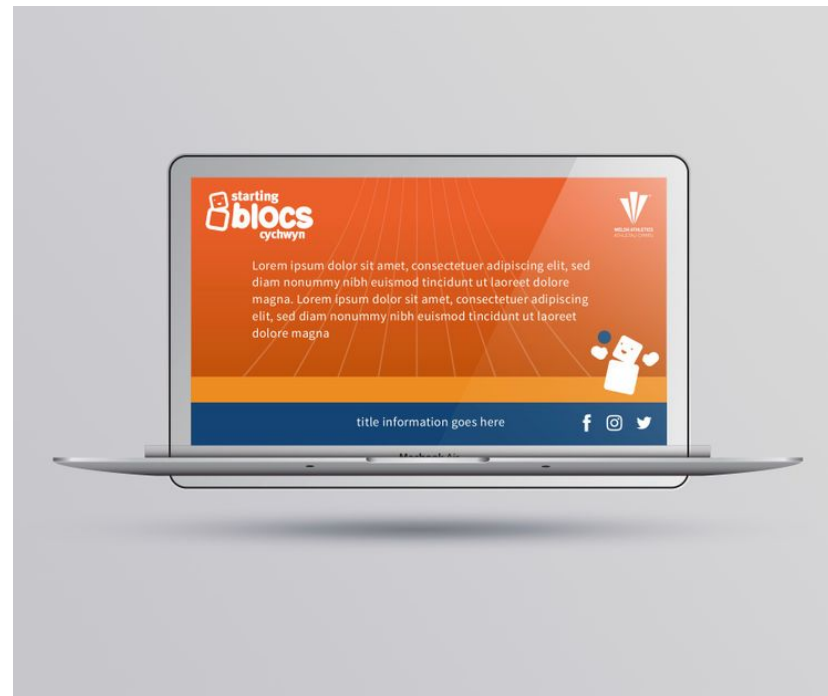


# How can I implement it?

---



- Think about how you will get coach, club & parent buy in.
- Deliver a mini workshop 'in house' to coaches / parents?
- Utilise available resources eg. Physical Prep & Starting Blocs.
- With older athletes look at introducing ABC's in a warm up.



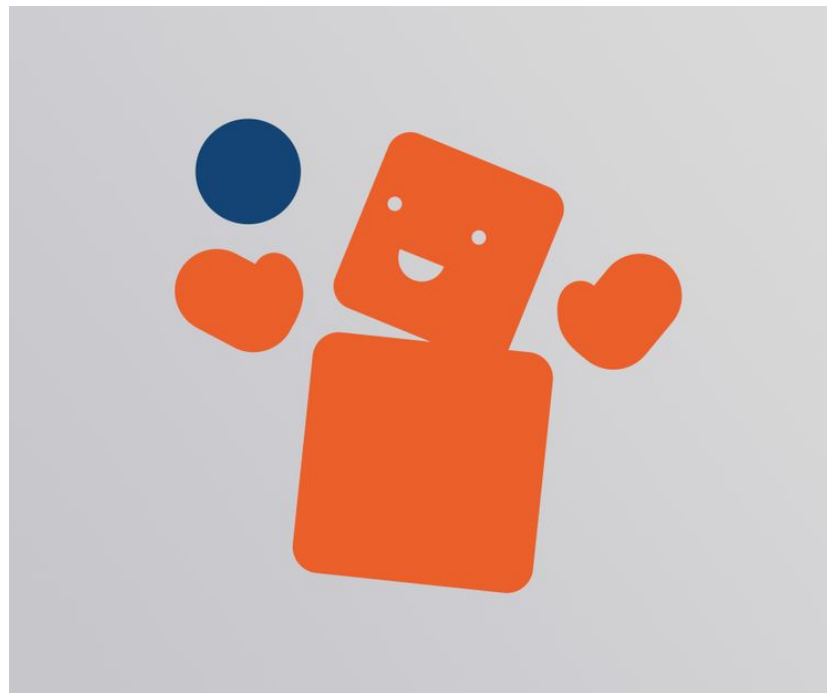
the fun introduction to athletics  
welsh translation goes here



further fun in athletics  
welsh translation goes here



physical preparation for athletics  
welsh translation goes here



# Summary

---



- Introducing ABC's in a fun way is key.
- It's never too late to start.
- Fundamentals are essential when creating a resilient performance athlete.
- Share learning & good practice with other clubs and coaches!
- Child centred approach.



# Any Questions?

---



**Hannah Pretty**

[hannah.pretty@welshathletics.org](mailto:hannah.pretty@welshathletics.org)

07864613647