



Fun Athletics for U11's: Exploring Starting Blocs

What is Starting Blocs?

- A complete resource for those working with the 4-9 age range.
- **Fun**
- Exciting
- Inclusive
- Giving children the confidence to participate in physical activity
- Developing fundamental skills



Physical Skills + Confidence + Motivation + Lots of Opportunities = Physical Literacy

What should activity look like?



What should activity look like?

- Game orientated
- Inclusive
- *FUN*
- Not based on performance

- Develop a child's skills, confidence
- Creating a *positive experience* in physical activity
- Child centred
- Not athletics for 'mini adults'



STEP



How does Starting Blocs support this?

	Seen it once	Getting there	Consistent	Level 1
Agility	A			The child is able to change direction whilst running in a game format.
Balance	B			Can stand on one leg for 10 seconds
Coordination	C			Can coordinate their arms and legs as they are running, eg. opposite arms and legs, driving backwards and forwards
Locomotor / FMS	L			Is able to explore different movement patterns through their own discovery and through play
Body Management	BM			Has body and spacial awareness - they are aware of where their body is in relation to others / objects
Manipulative Actions	MA			Is able to roll a ball underarm towards a target
Run	R			Can coordinate their arms and legs as they are running, opposites and arms driving backwards to forwards
Jump	J			Can demonstrate various jumps in response to instructions (eg. jumps for height, distance, 2 feet to 2 feet, 1 foot to 2 feet)
Throw	T			Is able to listen for the instruction to throw and collect, and only throw / collect when told to do so
Health & Wellbeing	H			Is able to work as part of a team, develop relationships and is able to interact effectively with other participants

Balance

Good For...

Balance

1 Challenge 1: Balance Mix up

How to... Practice balancing on different body parts

Equipment Required... None

2 Challenge 2: Balance Mix up 2

How to... Practice balancing on two points, three points etc. Explore different types of balances, closing one eye, closing both eyes.

Equipment Required... None

3 Challenge 3: Balance Pick up

How to... Balance on one leg and pick up, put down cones with one hand. Vary by moving cone with free foot.

Equipment Required... Cones

4 Challenge 4: Balance Musical statues

How to... Musical statues, when the music stops balance on 'x' amount of body parts.

Equipment Required... Music player

5 Challenge 5: 10 Second Balance

How to... Balance on one leg for 10 seconds.

Equipment Required... None



- Resource includes;
 - Game cards (currently 25),
 - Challenge cards (currently 13 challenges)
 - Guidance documents for both providers and deliverers
 - Skills Passport
 - Management, Administration & Booking system
 - Comprehensive orientation workshop for all providers & coaches





FUN



03 TOUCH BASE



Equipment Required...

Lot of coloured cones or spots.

How to...

Scatter the coloured cones or spots around the area of play. Children jog around the area and when a colour is called by the coach, children must sprint to the nearest cone of that colour.

Look For...

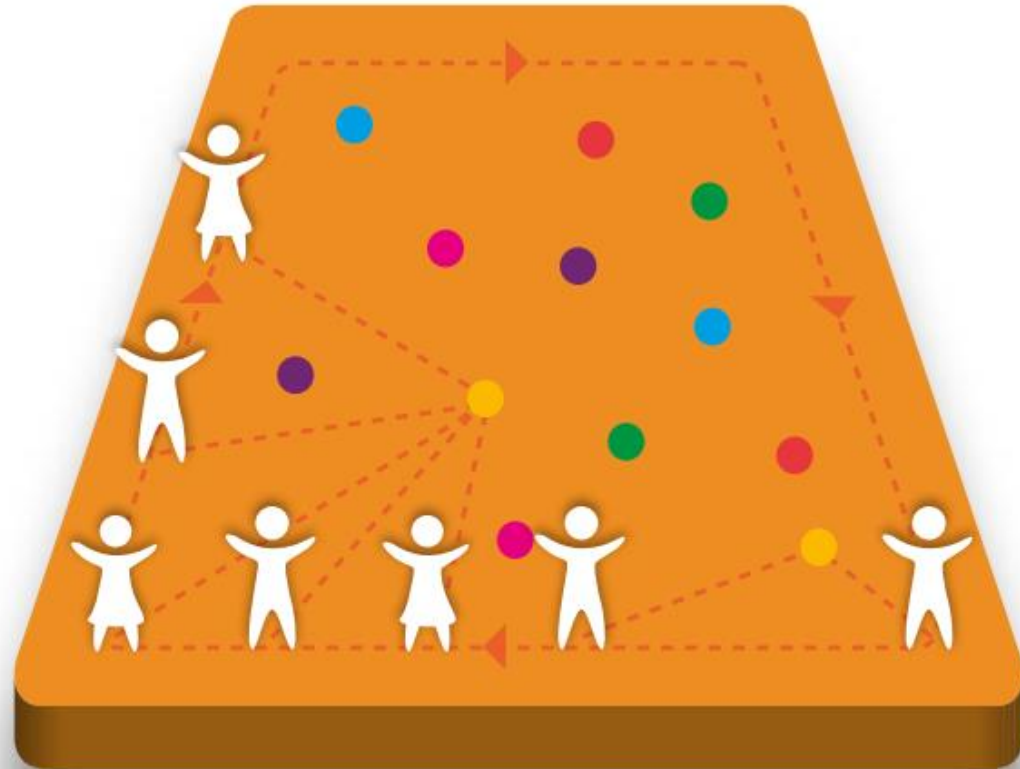
- Children are able to change direction whilst running in a game format.
- Children are able to coordinate arms and legs whilst moving.
- Children are able to explore different movement patterns when the coach implements them, eg. galloping, skipping, jumping.

Progression...

Increase/decrease the speed of the commands given.
Increase/decrease the speed of the activity/movement.
Add in alternative movement actions to move around the playing area.

Step...

- Space** Increase/decrease the size of the playing area.
- Task** Increase/decrease the activity time. Add in different ways to move around the area.
- Equipment** Increase/decrease the number of coloured cones/spots.
- People** Increase/decrease the number of children playing.



Summary. . .



Fun, innovative program

Offers lots of opportunities to young children

Helps structure your coaching approach to introducing young children to Athletics

Encourages children on a sporting pathway for life