



scottishathletics 

National Athletics Programme for Schools in Scotland

sportscotland



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Athletics for Schools in Scotland

1. Introduction

Athletics makes a unique contribution to Scottish society and in particular is a fantastic tool for enhancing the learning and development of children within Scotland's schools. Athletics and athleticism are the foundation for all sports and physical activities, not only does it improve health and physical activity but it can help develop confident individuals, build self-esteem, create successful learners and provide life lessons as well as providing a direction and purpose for children and adults alike – not to mention endless hours of fun and enjoyment!

In 2010, more than 30,000 children in Scotland participated in athletics events in schools within their local authority area and the vast majority of children who participate in the sport do so because they first enjoyed the sport 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 primary and secondary schools in Scotland. We are entering a fantastic era of events in this country with the 2012 London Olympics closely followed by the Commonwealth Games in Glasgow in 2014, never again will we have such an opportunity to excite, motivate and inspire children to participate in the sport. 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 Schools Athletic Association and UK 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 Schools Cross Country Championships
- Secondary Schools Track & Field Championships
- Secondary Schools Pentathlon & Relay Championships
- Secondary Schools Inter-Area Match & Disability Events
- Secondary Schools Road Relay Championships
- Various Schools International Events & Invitation Coaching Days

Full details of all SSAA activities can be viewed at; www.ssaa.co.uk

3. The Active Schools Network

The fundamental 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 are fundamental partners for the athletics family, both at a national level but more importantly, the relationships between schools, active schools coordinators and clubs are key to the long-term development of athletics.

The Active Schools Network is working towards two key aims:

- To continue to increase opportunities for all children and young people to be engaged in physical activity and sport.
- To strengthen pathways to participation and performance through sustainable school to community links.

As well as Active Schools Coordinators supporting the implementation of athletics activities both within the curriculum and through extra-curricular programmes, the recruitment of a network of volunteers is highlighted as a key area of focus for Active Schools Managers and Coordinators and volunteers sit at the heart of the work of Active Schools. 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 in the recruitment of new volunteers where clubs are formally linked with schools.

4. Teacher Education Opportunities

scottishathletics is responsible for the administration and delivery of Teacher Education courses across Scotland. Changes have been made to the athletics CPD courses available for teachers and to the Elevating Athletics resource, which has previously been distributed free of charge to every local authority school in the country.

4.1 Aviva Elevating Athletics Resources

Aviva Elevating Athletics is a set of resources designed to place running, jumping and throwing at the heart of school physical education and to support teachers in delivering athletics activity in an inclusive, exciting and engaging manner. It has been written by physical education experts with extensive experience of teaching and coaching athletics at school, club and international level.

The aim of Aviva Elevating Athletics is:

- To bring the sport of athletics to life and make it accessible
- To provide teachers with a creative and practical resource that will help them encourage and motivate youngsters participate and achieve in athletics
- To ensure that athletics is taught in a more inclusive and engaging manner, with modern approaches that are less reliant on formal didactic delivery and focus more on learning
- To ensure all children receive a positive experience of athletics, where the emphasis is on participation, enjoyment, mastery and the acquisition of skills, so that they maintain interest in the sport
- To create a greater understanding that running, jumping and throwing underpin the vast majority of sports, and ensure children acquire and develop these skills throughout their education
- To reach out and appeal to a much wider audience of young people to ensure we have a sustainable number of 16-17 year olds in the sport, who are committed to competing at senior level

It is important that schools support the development of athleticism in youngsters, certainly up to the age of 13-14. Good teaching at the very early stages is crucial, along with appropriate year on year progression. It takes time to develop the fundamental skills and understanding associated with movements underpinning the ability to run, jump and throw. All schools should now have received the Elevating Athletics resource, comprising of written materials and a supporting DVD – if not, please contact your **scottishathletics** Regional Manager (see contacts page).

For the **Primary pack** please visit; www.youthsportdirect.org/uk-athletics-elevating-athletics-primary-pack/p37

For the **Secondary pack** please visit; www.youthsportdirect.org/uk-athletics-elevating-athletics-primary-pack/p38

4.2 Teacher Education Courses

Aviva's Elevating Athletics Fund is offering teachers the opportunity to attend courses on teaching athletics free of charge. For more information please contact your **scottishathletics** Regional Manager (see contact page).

Courses available are:

Certificate in Teaching Primary Athletics

This course highlights safe and inclusive teaching methodology, which initially focuses on developing competency in the fundamental movement skills that underpin athleticism before examining how to apply these skills to running, jumping and throwing events. The additional programmes and resources available to support delivery, measurement and assessment are signposted, and the inclusion of all children and the first steps into competition are highlighted.

Length of course: 2 – 6 hours depending on local requirements.

Certificate in Teaching Secondary Athletics

This course builds upon what is presented in the primary resource. It focuses upon the ongoing acquisition and further development of the fundamental movement skills that underpin athleticism. It highlights progressions for students of all abilities, presenting clear technical models and safe and inclusive teaching methodologies. The additional programmes and resources available to support delivery, measurement and assessment, citizenship and problem solving are signposted and inclusion of all pupils and ongoing steps into competition are highlighted.

Length of course: 2-6 hours depending on local requirements.

scottishathletics - Additional Coach Education Opportunities For Teachers

scottishathletics also offer a full range of coach development opportunities, to find out more please contact your **scottishathletics** Regional Manager (see contacts page) or visit; www.scottishathletics.org.uk

FREE AVIVA ACADEMY UPGRADE FOR SCHOOLS IN SCOTLAND!

scottishathletics have recently struck a deal with UK Athletics that allows free access for Scottish teachers to the Aviva Elevating Athletics resources and all Aviva Academy products **until Christmas 2011** - saving the £30 fee.

Please find below the link and instructions on how your teachers can access Aviva Elevating Athletics Resources Online for FREE.

Step 1. Go to <http://academy.uka.org.uk>

Step 2. Click on register. This can be found below the yellow Aviva banner at the very top of the page. (No1 sponsor of UKA since 1999)

Step 3. Once registered, email Andy Paul - apaul@uka.org.uk to let him know that you have joined and he will then upgrade your membership so that teachers can have access to all Aviva Academy products (usually £30).

Athletics in Scottish Schools

5. Participation Pathway & Opportunities

Participation Pathway		Competition Pathway		Progression for Athletes from Curriculum Activity		Coach Education Pathway			
						Teacher Specific Education		General Coach Education/ UK Athletics Pathway	
SSA National Schools Representation	SIAB & UK Schools Internationals (SSAA Representation)	scottishathletics National Squads & Regional Academies	UK Athletes Level 3 & Above Event Specific Courses (must complete UKA Level 1 & 2 previously)	UKA Level 3 & Above Event Specific Courses (must complete UKA Level 1 & 2 previously)	UKA Athletics Coach Award (Level 2)				
Inter-Area Select Competitions	SSAA Scottish Schools Inter-Area Competitions	scottishathletics Regional Academies	UK Athletes Level 3 & Above Event Specific Courses (must complete UKA Level 1 & 2 previously)	UKA Level 3 & Above Event Specific Courses (must complete UKA Level 1 & 2 previously)	UKA Athletics Coach Award (Level 2)				
Secondary School Cross Country, Track & Field Activities and Competitions	Local Authority & SSAA Secondary Cross Country/Track & Field/Road Relay/Pentathlon Championships	Local Athletics Clubs	Elevating Athletics Secondary Teaching Certificate	UKA Athletics Coach Award (Level 2)	UKA Athletics Coach Award (Level 2)				
Giant Heptathlon (S1 & S2) - Introduction to Track & Field Athletics	Local Authority to Regional Finals to National Finals	Local Athletics Clubs	Elevating Athletics Secondary Teaching Certificate (2-6 hour course available)	UKA Athletics Coach Award (Level 2)	UKA Athletics Coach Award (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	Run, Jump and Throw Clubs or Local Athletics Clubs	Elevating Athletics Primary Teaching Certificate (2-6 hour course available)	UKA Children's Coach Award (Level 2)	UKA Children's Coach Award (Level 2)				
Sportshall Primary Athletics Activity (P3-P7) & Sportshall Primary Competitions (P6 & P7)	Cluster Schools to Local Authority Events to Regional Finals	Run, Jump and Throw Clubs (after-school)	Elevating Athletics Primary Teaching Certificate (2-6 hour course available)	UKA Assistant Coach Award (Level 1)	UKA Assistant Coach Award (Level 1)				
Junior jogscotland Activities (Primary School Aged Physical Activity Introduction)	No Competition - Informal Fun Games Activity	After-School Clubs & Activities	Junior jogscotland Workshop (2 hours)	UKA Athletics Leaders Award (Introductory Level)	UKA Athletics Leaders Award (Introductory Level)				

Participation Programme Opportunities for Schools in Scotland

There are several programmes on offer to schools in Scotland that support curriculum delivery as well as providing intra & inter-school competition opportunities.

These are:

- Aviva Sportshall Primary (P3-P7) • scottishathletics Giant Heptathlon (S1 & S2) • Aviva Parallel Success (Disability)
- Junior jogscotland (Primary introduction to fitness) • UKA Awards • scottishathletics Run, Jump & Throw Clubs (extra-curricular)
- Aviva Startrack (School Holiday Programmes)

5.1 Aviva Sportshall Primary

Aviva Sportshall Primary provides the ideal format in which to introduce young people to athletics and multi-skills competition. 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

Standard competition formats in Scotland are recommended for primary 6 and 7 children, however, the programme can be introduced to children and primary 4 and primary 5 levels.

The provision of opportunity for comparatively large teams to represent a school is a key factor in the success and appeal of Sportshall, with the focus placed firmly on the achievements of the team and the importance of supporting each other. Events are organised across local authorities in Scotland leading to Regional Finals which take place between February and April each year – cluster and local authority events should take place in the lead up to Regional Finals to allow a structured approach to competition in each area.

The dates for Regional Finals can be found in the events calendar section of this booklet.

Supporting Sportshall Primary are two new initiatives;

A. Sportshall Primary Awards - the Sportshall Awards are designed to...

- Support the teaching of key athletic skills
- Encourage and reward individual progress
- Engage whole classes, year groups and schools
- Monitor and encourage improvement in fitness levels
- Enable intra-school, inter-school and virtual competition
- Assist preparations for Sportshall competition

B. Sportshall Leaders Awards aimed at...

Secondary pupils supporting Sportshall Primary events through a range of certified courses.

For more information about events and programmes in your area or how to become involved please contact your **scottishathletics** Regional Manager (see contacts page) or visit; www.sportshall.org/VTL/Sportshall_Primary.aspx

5.2 **scottishathletics Giant Heptathlon**

Giant Heptathlon is an exciting competition format (with optional coaching) for Secondary One and Two year groups. It provides a great opportunity for Secondary Schools to introduce the basic principles of athletics within a fun, team based environment that can be used as part of PE curriculum sessions or in a more formal competitive structure within the school or across local authority areas.

Since Giant Heptathlon was piloted in 2008, the programme has grown significantly and in 2011-12 **scottishathletics** will be formalising local authority to Regional Finals across Scotland leading to a National Finals competition in April. Teams (schools) will engage in a range of athletics based activities under the guidance of qualified coaches. Activities will encompass sprinting, hurdling, relays, endurance, jumps and throws with an indoor and outdoor version available. Athletes will work around seven stations, taking part in each event, and will remain in their school teams at each event. The Giant Heptathlon event can be delivered between 2-5 hours depending on the time available.

Various resources are available to schools and for more information please visit;
<http://www.scottishathletics.org.uk/index.php?p=198>

The dates for Regional and National Finals can be found in the events calendar section of this booklet. For more information about events in your area or how to become involved please contact your **scottishathletics** Regional Manager (see contacts page).

5.3 **Aviva Parallel Success**

scottishathletics and Scottish Disability Sport 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 do this by providing a pathway for athletes from beginner right through to high performance, providing local and national competitions and fun festivals for all. By linking athletes with clubs and coaches this provides better training opportunities for all concerned. Scottish Disability Sport delivers disability awareness training and inclusion training, whilst **scottishathletics** deliver "How to Coach Athletes with a Disability" and "Coaching Wheelchair Racer" courses to coaches, school teachers, and Active School Coordinators.

Most recently, **scottishathletics** and Scottish Disability Sport have been working with the Scottish Schools Athletic Association to provide more competitive opportunities for disabled school pupils in Scotland.

If you would like more information on any of the above please contact:

Shona Malcolm
Disability Athletics Development Officer
Email: shonamalcolm@scottishathletics.org.uk
Phone: 0131 539 7348 or 07731 832567



5.4 Junior jogscotland

Junior jogscotland provides a fun and simple way to get children active in Scotland 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 promote the fact that physical activity is fun, and will appeal to even the most unsporty of children. It is also a great way to introduce youngsters to different athletics activities, progressing towards Sportshall Primary and Giant Heptathlon activity in S1.

A two hour workshop is available for teachers, Active Schools Coordinators or volunteers who would like to create Junior jogscotland activity in their school.

To discuss the opportunities for your school or to order a pack today call 0131 273 3003 or visit; www.jogscotland.org.uk/junior

5.5 UKA Awards

The Aviva UKA Academy Awards offer an effective test for children / potential athletes as they learn to enjoy all aspects of running, jumping and throwing.

The Aviva Awards can be used by schools to recognise and reward personal development in athletics. With awards catering for children of all abilities from primary school upwards and helping develop individual athletics skills by setting realistic targets.

The Aviva Awards programme is the ideal way for teachers and coaches to re-enforce the lesson content: e.g. teachers who may already use Aviva Elevating Athletics, can use Awards to reward their pupils and they are progressive so young athletes can climb up the scale of achievement as they develop.

For more information on the UKA Awards please visit; <http://academy.uka.org.uk/awards>

*Please note that **scottishathletics** are currently working with a range of partners (inc. UKA) to develop an awards programme that is directly relevant to school and club athletics in Scotland (and links to Curriculum for Excellence). We would anticipate that this will sit alongside the existing UKA Awards and will be available for implementation for the summer of 2012.



5.6 scottishathletics Run, Jump & Throw Clubs (extra-curricular)

What is it?

- A Run, Jump and Throw Club (RJT Club) is a programme for children/athletes to gain an opportunity to participate in athletics activity all year round.
- A Run, Jump and Throw Club is aimed at children who have taken part in an introductory athletics programme at school or in a local/school competition and would like/need more input before joining an affiliated athletics club.
- The normal organisers of a programme would be a local authority working with a local athletics club and a cluster of schools.
- The Run, Jump and Throw Club should offer a wide range of activity for all children including all aspects of running, jumping and throwing.

Who is it for?

- Children aged from 5 to 14 years old.
- Firstly for everyone attending the Run, Jump and Throw Club it should promote a wide variety of activity.
- For the youngest age category – activity should be multi activity/skill based using a variety of fun games and activities promoting general skill development of fundamental movement skills.
- For the oldest age – activity should still remain general developing run, jump and throw activity but can start introducing the general concepts of training in a fun environment. By the age of 9 and upwards athletes may be ready to join an affiliated athletics club. Again each athlete will develop at different stages and to ensure progression into the club an agreement should be established between Run, Jump and Throw organisers and athletics clubs.

Can Run, Jump & Throw clubs be based at a school?

RJT clubs are essentially a partnership between local authorities, schools and clubs and there are some excellent models across the country of RJT clubs being created as extra-curricular school activity on a weekly basis linking with the local athletics club. Some of the best models link a cluster of primary schools to their secondary school. **scottishathletics** actively promote this model of activity and if your school is interested in creating a RJT club, this process can be supported by your local Athletics Development Officer/Sports Development Officer or by your **scottishathletics** Regional Manager.



5.7 Aviva Startrack (Holiday Programmes)

- Aviva Startrack is a UKA holiday scheme, which provides the opportunity for young people between the ages of 5 and 15 to take part in a fun introduction to athletics.
- Organisers, usually local authorities, in partnership with athletic clubs and schools, apply annually for inclusion on the scheme.
- Courses may vary in length but are normally held over a period of one week during the summer holiday period and advertised in conjunction with the major athletics championships of that year (i.e. Olympic, European, Commonwealth Games etc).
However they can be delivered in any holiday period (Summer, Easter, Winter and October).
- In Scotland, in 2010, 28 Local Authority areas held a Startrack scheme in the various schools holidays, with an estimated 6500 children participating in the summer.

For more information on opportunities for schoolchildren in your area please visit; <http://academy.uka.org.uk/startrack>



6. Recommended Schools Annual Athletics Activity

JULY	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MARCH	APRIL	MAY	JUNE
Primary School - Recommended Participation Activities											
Startrack Holiday Programmes (Local Authorities & Clubs)		Primary School Cross Country Activity		Sportshall Athletics Activity (P3-P7)				Primary School Cross Country Activity		Introductory Track & Field Activity	
← Junior jogscotland Schools Activity & Run, Jump & Throw Clubs (extra-curricular) →											
Primary School - Specific Competition / Event Dates											
		SSAA National Primary Schools Road Relay Champs.		Cluster School Sportshall Events		Local Authority Sportshall Finals	Regional Sportshall Finals	Local Authority Cross Country Events	SSAA National Cross Country Champs.	Intra/Inter School Track & Field Events (introductory)	
Secondary School - Recommended Participation Activities											
Startrack Holiday Programmes (Local Authorities & Clubs)		Secondary School Cross Country Activity		Giant Heptathlon Athletics Activity (S1-S2) Indoor Athletics Activity (S3-S6)				Secondary School Cross Country Activity		Track & Field Activity	
← Run, Jump & Throw Clubs (extra-curricular) →											
Secondary School - Specific Competition / Event Dates											
				SSAA Road Relay Champs.				SSAA Indoor Track & Field Champs.	SSAA National Cross Country Champs.	National Schools Giant Heptathlon Champs.	SSAA Track & Field Champs.
Local Authority Schools Cross Country Events											
						Local Authority Giant Heptathlon Events		Regional Giant Heptathlon Events			
JULY	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MARCH	APRIL	MAY	JUNE

7. National & Regional Competition & Events Dates 2011-12

October 2011	29 th October - Scottish Primary School Road Relay Championships - Grangemouth Stadium
November 2011	12 th November - Scottish Secondary School Road Relay Championship - Grangemouth Stadium
December 2011	No Events
January 2012	No Events
February 2012	9 th February - Scottish Secondary Schools Indoor Track & Field Championships – Kelvin Hall 20 th February - Tayside & Fife Regional Sportshall Primary Finals 21 st February - Central Regional Sportshall Primary Finals 22 nd February - East Regional Sportshall Primary Finals 24 th February - West Regional Sportshall Primary Finals 29 th February - Central Regional Giant Heptathlon Finals - Grangemouth Stadium
March 2012	Week commencing 5 th March (TBC) - Highlands & Islands Regional Giant Heptathlon Finals - Inverness 6 th March - West Regional Giant Heptathlon Finals - Ravenscraig Sports Complex 7 th March - Grampian Regional Giant Heptathlon Finals - Aberdeen Sports Village 8 th March - East Regional Giant Heptathlon Finals - Meadowbank 10 th March - Scottish Secondary Schools Cross Country Championships - Irvine 14 th March - Tayside & Fife Regional Giant Heptathlon Finals - Pitreavie 28 th March - National Giant Heptathlon Finals - Aberdeen Sports Village
April 2012	21 st April - Scottish Primary Schools Cross Country Championships - Kirkcaldy 25 th April - Grampian Regional Sportshall Primary Finals 26 th April - Highlands & Islands Regional Sportshall Primary Finals
May 2012	No Events
June 2012	2 nd June - Scottish Secondary Schools Pentathlon & Relay Championships - Grangemouth Stadium 8 th / 9 th June - Scottish Secondary Schools Track & Field Championships - Grangemouth Stadium 21 st June - Scottish Schools U15 Inter-Area Match & Disability Events - Grangemouth Stadium



8. The Curriculum for Excellence & scottishathletics Long-Term Athlete Development Model

As the national governing body for athletics in Scotland, **scottishathletics** are fully aware of the importance of developing physical literacy and athleticism in children and young people from an early age. We are fully committed to working in partnership with schools, Active Schools and clubs (and the wider community) to implement effective programmes through an integrated and inclusive approach to delivering programmes that support the successful delivery of relevant Curriculum for Excellence outcomes. Local partnerships between schools and the athletics community will provide a much needed support for transition in, and between, physical education, physical activity and sport.

scottishathletics are in the process of developing a Long Term Athlete Development Programme (LTAD) which is a generic, conceptual framework for athlete development in sport that can be used as a basis on which to 're-align', or make more consistent, existing systems and structures. The original concept has been adapted by **scottishathletics** and is based upon a consensus of evidenced research about how young people develop sporting ability, linking more closely the coaching and development of athletes to their physical and psychological growth.

LTAD is not a new concept and the majority of the research on which it is based is widely accepted, and has been used to underpin physical education teaching for many years. **scottishathletics** have adapted these principles to better integrate whole sports development systems i.e. coaching, training, playing, competition with the basic principles that:

- It takes 8-12 years of organised practise to become an expert performer. The research shows that this is true of developing any skill, such as learning to play an instrument or playing sport (sometimes referred to as the '10,000 hour rule' relating to the need to practice for 3 hours a day for 10 years)
- Realistically, most athletes will not achieve a standard of performance that will justify this degree of commitment. However, enabling all young people to develop confidence in their basic movement skills, and experience a wide variety of sports and physical activities at an early age, a) better prepares them for lifelong participation in sport, because their self-perception of their sporting ability is more positive and b) better prepares them to achieve their full potential due to the learning of transferable skills
- There are also identifiable stages during a child's physical and psychological development that offer optimum opportunities to develop particular attributes such as basic movement skills (e.g. agility, balance, co-ordination); basic sports skills (e.g. running, jumping, throwing, striking), and physical attributes (e.g. speed, endurance, strength). Missing these optimum opportunities has been shown to significantly affect a child's ability to reach their full sporting potential, whether that be playing at club or international level.

The six stage model that has been developed by **scottishathletics** demonstrates a clear correlation to the learning outcomes identified in the Curriculum for Excellence and the table on the next page provides a summary of the stages that relate directly to the stages identified in the Curriculum for Excellence.

The six **scottishathletics** LTAD stages are;

1. Excite to Practice (aged 5-8/9)
2. Practice to Participate (8/9 – 11/12)
3. Practice to Perform (11/12 – 15/16)
4. Performing to Compete (15/16 – 18/19)
5. Compete to Learn (18/19 - 22/23)
6. Learn to Win (23+)



EXCITE TO PRACTICE (5-8/9)

FUN-DAMENTALS

CHRONOLOGICAL AGE
Both Genders: 5-9

Curriculum for Excellence - Early & First Stage

PHILOSOPHY

- Children participate in sport for their enjoyment, not adults'
- Running, jumping and throwing are the base skills that are applicable to all other sports. Teaching these skills has transference into life beyond athletics

PRINCIPLES

- Provide fun and varied activities as perceived by the child within a healthy, social environment
- Provide a safe environment in which children are able to discover age & stage appropriate athletics
- Activities are pre-planned & designed to minimize transition time
- Provide appropriate styles and levels of communication for children

OBJECTIVES

- Introduce the basics of physical literacy that will benefit the child for a healthy life
- Create life-long fans of, and contributors to athletics

COMPETITION / ACTIVITIES

Junior Jog scotland/Sportshall Primary/Introductory Athletics Activity/Run, Jump & Throw Clubs

CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES

HWB 0 -10a / HWB 0 -11a / HWB 0 -12a / HWB 0 -13a / HWB 0 -14a / HWB 0 -15a
HWB 0 -19a / HWB 0 -21a / HWB 0 -22a / HWB 0 -23a / HWB 0 -24a / HWB 0 -25a
HWB 0 -27a / HWB 0 -28a / HWB 1 -11a / HWB 1 -12a / HWB 1-13a / HWB 1 -14a
HWB 1 -15a / HWB 1 -19a / HWB 1 -21a / HWB 1 -22a / HWB 1 -23a / HWB 1 -24a
HWB 1 -25a / HWB 1 -27a / HWB 1 -28a

PRACTICE TO PARTICIPATE (8/9-11/12)

FOUNDATION

CHRONOLOGICAL/DEVELOPMENTAL AGE
Female: 8-11 Male: 9-12

Curriculum for Excellence - Stage2

PHILOSOPHY

- Children participate in sport for their enjoyment, not adults'
- Running, jumping and throwing are the base skills that are applicable to all other sports. Teaching these skills has transference into life beyond athletics

PRINCIPLES

- Provide fun and varied activities as perceived by the child within a healthy, social environment
- Provide a safe environment in which children are able to discover age & stage appropriate athletics
- Activities are pre-planned & designed to minimize transition time
- Provide appropriate styles and levels of communication for children

OBJECTIVES

- Develop physical literacy that will benefit the child for a healthy life
- Create life-long fans of, and contributors to athletics

COMPETITION / ACTIVITIES

Junior Jog scotland/Sportshall Primary/Introductory Athletics Activity/Run, Jump & Throw Clubs

CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES

HWB 2 -10a / HWB 2 -11a / HWB 2 -12a / HWB 2 -13a / HWB 2 -14a / HWB 2 -15a
HWB 2 -19a / HWB 2 -21a / HWB 2 -22a / HWB 2 -23a / HWB 2 -24a / HWB 2 -25a
HWB 2 -26a / HWB 2 -27a / HWB 2 -28a

PRACTICE TO PERFORM (11/12 - 15/16)

BUILDING TECHNIQUE

CHRONOLOGICAL/DEVELOPMENT AGE
Female: 11-13 Male: 12-14

Curriculum for Excellence - Stage 3

PHILOSOPHY

- Children are eager to learn, and it is the adults' responsibility to ensure that kids are provided engaging, entertaining avenues of athletics education
- Primary sport skills should be developed as part of a multi-sport environment. Athletics offers many sports in a single entity

PRINCIPLES

- Provide a progression of skill, agility, posture and movement patterns
- Continued observance of safety principles within skill-based games and comfortable running
- Activities are pre-planned and emphasise speed (sprints), skill acquisition (all events), appropriate aerobic efforts (endurance), within a healthy, social environment

OBJECTIVES

- Develop overall sport skill that builds on physical literacy as part of a natural progression
- Create life-long fans of, and contributors to athletics

COMPETITION / ACTIVITIES

Giant Heptathlon Activity & Competition/School Athletics Activities/Local, Regional & National Cross Country and Track & Field Competitions/Athletics Clubs

CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES

HWB 3 -10a / HWB 3 -11a / HWB 3 -12a / HWB 3 -13a / HWB 3 -14a / HWB 3 -15a
HWB 3 -19a / HWB 3 -21a / HWB 3 -22a / HWB 3 -23a / HWB 3 -24a / HWB 3 -25a
HWB 3 -26a / HWB 3 -27a / HWB 3 -28a

ATHLETICS DEVELOPMENT

CHRONOLOGICAL/DEVELOPMENT AGE
Female: 13-15 Male: 14-16

Curriculum for Excellence - Stage 4

PHILOSOPHY

- Skill & physical development must take priority over competitive results in early adolescent stages & it is the adults' responsibility to recognise & design training based on these principles
- Customised sport skills should be developed within the context of athlete ability and physical development

PRINCIPLES

- Provide the athlete with a programme that fits the event to the athlete & not the athlete to the event
- Safety principles are observed within the context of sport specific skill development
- Activities are pre-planned and emphasise technical models that reinforce fundamental movement patterns and take into account athlete ability

OBJECTIVES

- Develop specific sport skill that builds on the overall skill as part of a natural progression
- Create life-long fans of, and contributors to athletics

COMPETITION / ACTIVITIES

School Athletics Activities/Local, Regional & National Cross Country and Track & Field Competitions/Athletics Clubs, International Competitions

CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES

HWB 4 -10a / HWB 4 -11a / HWB 4 -12a / HWB 4 -13a / HWB 4 -14a / HWB 4 -15a
HWB 4 -19a / HWB 4 -21a / HWB 4 -22a / HWB 4 -23a / HWB 4 -24a / HWB 4 -25a
HWB 4 -26a / HWB 4 -28a

PERFORMING TO COMPETE (15/16 - 18/19)

EVENT GROUP INTRODUCTION

DEVELOPMENT AGE - Female: 15-18 Male: 16-19

Curriculum for Excellence - Senior Stage

PHILOSOPHY

- Children enjoy responsive and social competitive environments and it is the adult's responsibility to preserve this in all arenas of athletics
- Identification of areas of potential success, balanced with areas of enjoyment for the athlete to provide each individual with sound technical and physical preparation within an event group or groups

PRINCIPLES

- Provide the athlete with a programme that considers individual attributes within the context of an event group
- Encourage fitness preparation & individual & event group skills as well as personal bests
- Activities are pre-planned on a seasonal basis & demonstrate consideration of how the marriage of various training components contribute to specifically suit the athlete

OBJECTIVES

- Develop event group skill that builds on the specific sport skill as part of a natural progression
- Create life-long fans of, and contributors to athletics

COMPETITION / ACTIVITIES

School Athletics Activities/Local, Regional & National Cross Country and Track & Field Competitions/Athletics Clubs, FE/HE Competitions, International Competitions

CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES

No Curriculum for Excellence Learning Outcomes at this stage



9. scottishathletics National Development Team – Contact Information

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

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Tayside and Fife and Central Regions

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Grampian Region

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Highlands & Islands Region

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Local authorities: Comhairle nan Eilean Siar, Shetland, Orkney and Highland