

Additional support from local clubs and England Athletics staff

To receive more support, you can also contact your local Club and Coach Support Officer who will be happy to assist you. They can help you to establish contacts with local clubs and their coaches who, in turn, will be able to provide regular and on-going support. Our Club and Coach Support Officers can also advise on how to set up Sportshall and QuadKids programmes.

Where to find out more

Contact details of your local Club and Coach Support Officer

www.englandathletics.org/your-area

England Athletics' work with schools and children www.englandathletics.org/schools

QuadKids www.quadkids.org.uk or www.englandathletics.org/quadkids (includes contact details for regional co-ordinators)

Sportshall www.sportshall.org (includes contact details for regional co-ordinators)

English Schools' Athletic Association (ESAA) www.esaa.net

Athletics clubs www.englandathletics.org/clubs

Elevating Athletics www.englandathletics.org/elevatingathletics

Courses and coaching www.englandathletics.org/coaching

or email coach-ed@englandathletics.org

General queries about England Athletics

www.englandathletics.org info@englandathletics.org tel: 0121 7817271

UKA Academy www.uka.org.uk/grassroots/academy

Version 1: July 2009



ATHLETICS COMPETITION FOR YOUNG PEOPLE



An information leaflet for teachers, leaders and coaches

Working to create a competitive athletic legacy post 2012

Athletics is an exciting, diverse and vibrant sport. As well as the enjoyment and benefits, athletics brings together the core skills of running, jumping and throwing – providing the key elements of almost every other sport. With the London 2012 Olympics on the horizon, there is no better opportunity to inspire the next generation to become involved in athletics.

England Athletics provides appropriate activities, including competition, for children of all school ages. We also provide the resources and support required by teachers and coaches to deliver these activities. Chosen to be enjoyable, they help children develop the skills needed for enjoyable, successful and long-term involvement in athletics. The fundamental skills benefit youngsters who wish to pursue any other sport or exercise.

England Athletics' work fits into a UK-wide strategy covering all ages. This strategy was drawn up with UK Athletics (UKA), to ensure all UK athletes enjoy a positive experience in the sport.



Working together to enhance competition

Our partners, QuadKids and Sportshall, provide athletics formats that are suitable for different ages of children. We work with the English Schools' Athletic Association – which provides more conventional competition opportunities as children progress through school. We also work with clubs who provide formal league and championship exposure to talented youngsters.

We work with local athletics clubs to provide support for schools and teachers, as well as opportunities for children. We can put schools in contact with clubs who are willing and equipped to help provide athletics in schools, as well as enable youngsters to enjoy extra-curricular opportunities. By building these partnerships between schools and clubs, we can give children a consistent and high-quality experience in athletics. Through creating such partnerships, we can build the future of our sport, give enjoyment and quality of provision to children across the country as we grow the next generation of athletics champions. For more details see www.EnglandAthletics.org/schools.

In the schools' section of our website, you can download our "Competition Framework for Athletics in Schools" guide. This gives advice on which activity is recommended for children at each stage of their school life. This guide is also available at www.EnglandAthletics.org/schoolsathleticsframework.

Sportshall and QuadKids – taking short form competition to the masses!

Sportshall and QuadKids are two modified competition formats that offer youngsters in their formative years their first taste of athletics. The formats complement each other: indoors during autumn/winter and the early spring months (Sportshall), and outdoors during late spring and summer (QuadKids).

England Athletics recommends both formats to schools and clubs who want to provide children with an all-embracing, dynamic, fun and skill-based run, jump and throwing experience. The quality of experience a young person receives in the school and club environment is crucial to retaining them in sport.

Sportshall and QuadKids offer schools and clubs the option of inter- and intra-club and school competition via local festivals, leagues or cluster events. Both formats can be used as part of extra-curricular and community activity sessions. Where appropriate, clubs and schools can work in partnership to provide these formats. Some clubs and athletics networks already embrace this approach to reduce travel time to and from events, and to ensure young people get a more rounded experience of the sport in their formative years.

Formal athletics can be difficult to organise with limited time, facilities and expertise available to run it safely. Sportshall and QuadKids offer a fun, dynamic and safe solution to this problem. Both organisations offer basic level leadership courses (2-3 hours) aimed at getting more students involved in supporting competition, as well as parents and helpers. Both the Sportshall and QuadKids programmes are easy to facilitate, and England Athletics has a team of coordinators ready to help you to learn more about both formats.

The English Schools' Athletic Association (ESAA)

The ESAA's competitions are well established, globally respected and offer a tremendous experience for youngsters. The ESAA has a long history of its championships, cup and representative competitions helping athletes in their progression from

enthusiastic school children to successful seniors. Many of our great athletes have fond and exciting memories of English Schools' competitions, even if some their "successes" did not begin until later in their careers. We are delighted to be working with ESAA to improve access to traditional athletic competition for young people across England.



Sportshall

Sportshall, together with the Infant Agility and Agility Challenge programmes, offers a varied range of exciting and compelling competition formats.

Infant Agility Using an innovative range of equipment, the Infant Agility programme offers 12 activities designed for the infant age group. Whilst most suited to a teaching environment, the activities combine perfectly with a small series of relays to create the ideal KS1 multi-skills festival.



Agility Challenge Providing an ideal basis for the teaching of skills, the Agility Challenge offers also a series of competitive formats suited to both primary and secondary settings. The Agility Challenge is backed by a comprehensive scoring programme supporting individual awards, data analysis and a virtual competition solution.

Sportshall Primary A national programme providing many children with their first competitive experience through a series of cluster, partnership and county events. The exciting team-based format typically brings 150 children together in a secondary school facility for an action-packed event.

Sportshall Secondary Building on the strength of Sportshall Primary, the Secondary programme offers the perfect solution to the challenge of intra- and inter-school competition. Young people can develop their skills prior to progressing to participation in local leagues and club competition.



For more information,
go to www.sportshall.org
email development@sportshall.org
or call **01606 353550**

QuadKids

QuadKids is an exciting athletics concept designed to give more children the opportunity to participate in and enjoy the benefits of track and field athletics. It will also identify the stars of tomorrow.

QuadKids is a team-based quadrathlon competition where each athlete does a sprint, a middle distance run, a long jump and a throw. It is primarily targeted at young athletes aged of 7-13. Specifically designed to be inclusive, competitive, quick, fun and simple to run, QuadKids can operate in both schools and clubs.



QuadKids Start - Primary Schools year 3-4

Track: 50m; 400m jog
Field: standing long jump; mini vortex howler throw
Optional relay of 8 x 50m

QuadKids Primary - Primary Schools year 5-6

Track: 75m sprint; 600m
Field: standing long jump; vortex howler throw
Optional relay of 8 x 50m

QuadKids Club format

U9s: 50m, standing long jump, mini howler and 400m
U11s: 75m, long jump, vortex howler and 600m
U13s: 100m, long jump, vortex howler and 800m

Quadkids benefits

- Great introduction to core athletics disciplines
- Inclusive competitive format
- Fast-moving and quick event
- Can be completed in 2 hours (120 athletes)
- Minimal facilities required
- No long jump pit or track required
- Supported by in-school coaching where possible.



For more information,
go to www.quadkids.org
For regional contacts, please see overleaf.

QuadKids local coordinator contact details

National: Peter Barry,
 peter@quadkids.org 07899025156
Dorset: Sian Scott,
 sian@quadkids.org 07894228661
West: Alison Croad,
 alison@quadkids.org 07810197193
Midlands: Daniel Caines,
 daniel@quadkids.org 07956106230
Derbyshire/Nottinghamshire: Julie Feeny
 julie@quadkids.org 07980346909
North West: Tina Beresford,
 tina@quadkids.org 07709494675
North East: Richard Hunter
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Yorkshire: Katie Mapplebeck,
 katie@quadkids.org 07599150929
East: Katy Johnson,
 katy@quadkids.org 07933779300
London: Anouska Marynicz,
 anouska@quadkids.org 07739313837
South East: Brian Thomas,
 brian@quadkids.org 0785023555

Elevating Athletics and leadership courses – skills for teachers and leaders




Elevating Athletics is a set of resources designed to place running, jumping and throwing at the heart of school physical education. It supports teachers in delivering athletic activity in an inclusive, exciting and engaging manner.

Elevating Athletics is primarily used in a school setting but can also be used by club leaders involved in running club junior or induction level groups. It will help to develop running, jumping

and throwing skills in young people, which can then be used in both Sportshall and QuadKids competitions.

If you would like to attend an Elevating Athletics course, please contact our education and customer services team at England Athletics. You will be able to find out about the next available course near to you or how you might be able to host a course. Contacts can be found on the back page.



	Key Stage 1 (Years 1-2) (Age 4-7)	Key Stage 2 (Years 3-6) (Age 7-9)	Age 9-11)	Key Stage 3 (Years 7-9) (Age 11-13)	(Age 13-14)	Key Stage 4 (Years 10-11) (Age 14-16)
Autumn first half	Infant Agility skills	Agility Challenge (Sportshall skills and intra-school competition)	Agility Challenge (Sportshall skills and intra-school competition)	Sportshall Secondary (intra-school) ...		
 second half	Infant Agility skills	Agility Challenge and Sportshall Primary (cluster festivals)	Agility Challenge and Sportshall Primary (cluster leagues)	Sportshall Secondary (partnership leagues) ESAA Schools Cup (Juniors)	ESAA Schools Cup (Inters)	ESAA Schools Cup (Inters) - Yr 10 only
Spring first half	Infant Agility skills	Agility Challenge and Sportshall Primary (cluster festivals)	Agility Challenge and Sportshall Primary (cluster leagues and partnership finals)	Sportshall Secondary (partnership leagues) ESAA Champs (Juniors) - Yr 8 only	ESAA Championships (Juniors)	ESAA Championships (Inters)
 second half	Infant Agility skills Infant Agility Festivals - Yr 2 only	Agility Challenge and Sportshall Primary (partnership finals) QuadKids skills	Agility Challenge and Sportshall Primary (county finals) QuadKids skills	Sportshall Secondary (county & regional finals) Quadkids skills		
Summer first half	Infant Agility skills Infant Agility Festivals - Yr 2 only	QuadKids Start and QuadKids Primary (cluster festivals – Yrs 3-4)	QuadKids Start and QuadKids Primary (cluster festivals and county finals – Yrs 5-6)	QuadKids Start; cluster festivals and county finals - Yrs 7-8; ESAA Schools Cup (Juniors); 8 event format bridge to ES Cup (2010+)	ESAA Schools Cup (Inters) 8 event format bridge to ES Cup (2010+)	ESAA Schools Cup (Inters) - Yr 10 only
 second half	Infant Agility skills	QuadKids Start and QuadKids Primary (cluster festivals – Yrs 3-4)	QuadKids Start and QuadKids Primary (cluster festivals and county finals – Yrs 5-6)	QuadKids Start; cluster festivals and county finals - Yrs 7-8; ESAA Schools Cup (Juniors); 8 event format bridge to ES Cup (2010+)	ESAA Champs (Juniors) 8 event format bridge to ES Cup (2010+)	ESAA Champs (Inters)