



KEEP THE GAMES GOING!



KiDS'
ATHLETICS



ACTIVATION TOOLKIT

[KIDS-ATHLETICS.ORG](https://kids-athletics.org)

INTRODUCTION



Still buzzing from the amazing Track and Field action in Paris? Keep the excitement alive with Kids' Athletics!

We've created this special resource to help celebrate and engage children in **fun, athletics-based games, activities and modified competitions.**

Let's use this spotlight on Athletics to **offer more opportunities for kids to participate and enjoy being active!**

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CREATE A KIDS' ATHLETICS MINI GAMES CIRCUIT

Create a fun Kids' Athletics Circuit representing modified Run, Jump and Throw activities. Allowing children and young people to experience a range of different fundamental and athletics skills.

SET THE ACTIVITIES UP AS A ROTATIONAL CIRCUIT.

- Allocate **8-10 minutes** per activity.
- Split the group into the **number of stations** you have in the circuit.
- Teams move in a **clockwise direction** around each activity until they complete all activities.
- You can have up to **20 participants per group**, dependent on the amount of space and equipment you have. (For example, if you have large groups, make sure you allocate enough equipment so that children and young people don't have to wait a long time for a turn.)
- Remember to maximise participation by thinking about your use of space, task, equipment and people to **include, engage, support and challenge** all participants.



Make it a true event to celebrate by adding an opening and closing ceremony!

ACTIVITIES

EXAMPLE CIRCUITS FOR SPECIFIC AGE GROUPS
USING KIDS' ATHLETICS ACTIVITIES.

CLICK ON THE ACTIVITY NAME TO DOWNLOAD THE ACTIVITY CARD.

LEVEL 1: 4-7 YEARS

- Station 1 (Run): Traffic Lights
- Station 2 (Jump): Lily Pond
- Station 3 (Throw): Clear the Yard
- Station 4 (Run): Formula One
- Station 5 (Jump): On Safari
- Station 6 (Throw): Over, Under, Around

LEVEL 2: 8-11 YEARS

- Station 1 (Run): Treasure Chest
- Station 2 (Jump): Compass Cross
- Station 3 (Throw): Kyakka
- Station 4 (Run): Formula One
- Station 5 (Jump): Fruit Picking
- Station 6 (Throw): Beat the Ball

LEVEL 3: 12-14 YEARS

- Station 1 (Run): Hurdles + Sprint Shuttle
- Station 2 (Jump): Moving Target Jump
- Station 3 (Throw): Reverse Ball
- Station 4 (Run): Endurance Race
- Station 5 (Jump): Scissor High Jump
- Station 6 (Throw): Precision Javelin Throw



These are just example activities per age group
- you can find more here!

MORE ACTIVITIES »



OR TRY A COMPETITION

A fun and modified competitive event can help children and young people discover athletics skills while participating individually and as part of a team.

As part of the Kids' Athletics programme there are two modified competition models. The activities are based on the **Level 2** and **Level 3** Athletics skills activity cards available at kids-athletics.org

Use the Kids' **Athletics Competition Guide** provided for instructions on how to organise the relevant modified Kids' Athletics competition based on the age and ability of the group.

COMPETITION GUIDE »



ADD A CELEBRATION

An opening and/or closing ceremony is a great way to celebrate the effort of all participants in the event.

It provides a special moment to show off progress and to celebrate achievements and values together with families, friends, and other participants. The ceremony is also the best opportunity to officially thank the staff and helpers publicly. Some ideas and templates are provided in this toolkit.

HOLD AN OPENING CEREMONY

- Design your team flag.
- Dress up in team colours/theme.
- Design your event bib.

HOLD A CLOSING CEREMONY

- Design your own medal.
- Personalised certificates.
- Recognise not just winners but also participants, showing great sportsmanship and Kids' Athletics values.

FUN WAYS TO CREATE EXCITEMENT

- Have an announcer and DJ playing music in between/during activities.
- Hold a big team warm-up led by a local athlete.
- Create an event photo booth.
- Provide giveaways.
- Provide snacks/water stations.
- Organise athlete 'meet and greets'.



Every person who has taken part should feel the buzz of the competition and should leave the event with great memories, feeling proud of their achievements and with big smiles.



GET CREATIVE TEAM FLAGS

Create a flag
that proudly
represents
your team!

DESIGN YOUR TEAM FLAG

- 1 Come up with a team name that captures your spirit - something bold and fun.
- 2 Choose colours that reflect your team's energy.
- 3 Add icons that represent your strengths, like a lightning bolt for speed.
- 4 Combine all these elements to create a flag that proudly represents your team!



[DOWNLOAD THE TEMPLATE »](#)

GET CREATIVE EVENT BIBS

It's event day,
and you need
a bib that
stands out!

DESIGN YOUR TEAM BIB

It's event day, and you need a bib that stands out!
Get creative with the design: choose colours and patterns that you love or add a fun icon or mascot.
Make it uniquely yours so that when you pin it on, you feel ready to take on the challenge with confidence.



[DOWNLOAD THE TEMPLATE »](#)

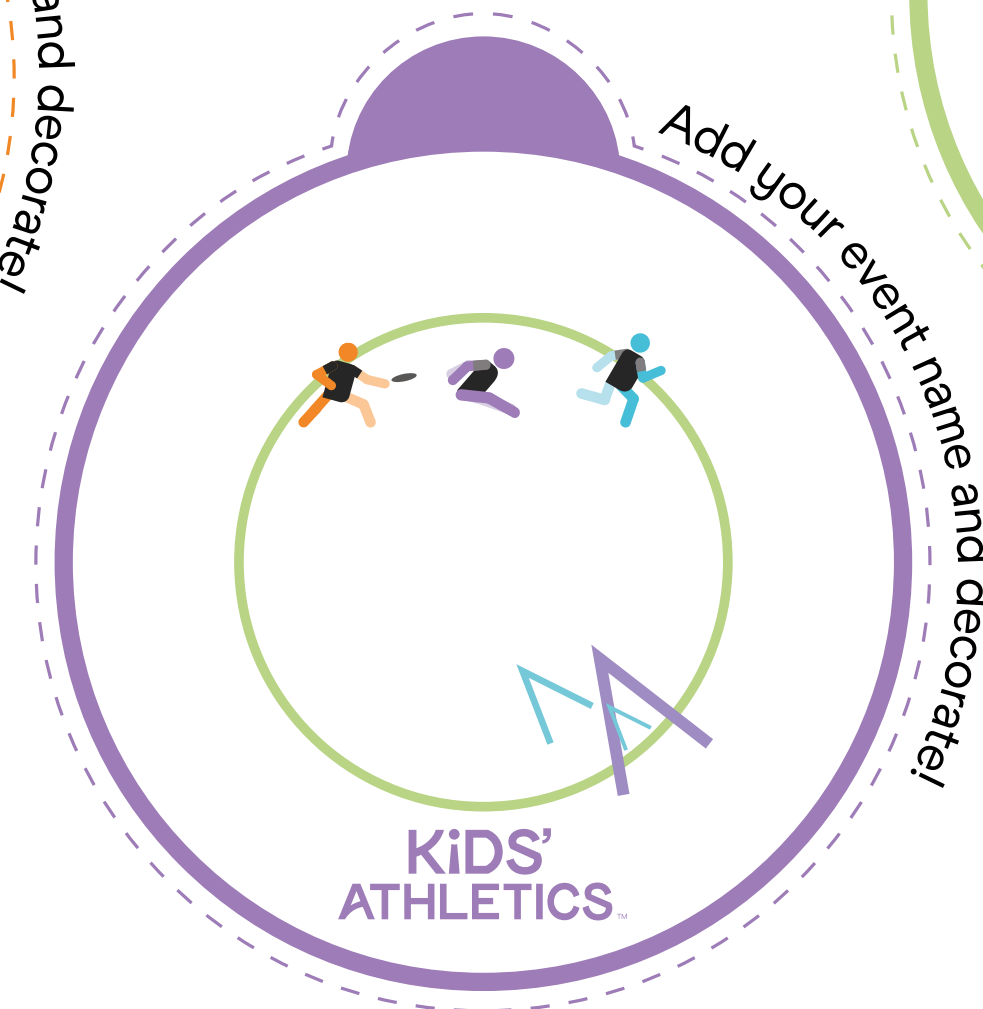
GET CREATIVE MEDALS

You've finished
the event
- now it's time
to celebrate!



DESIGN YOUR MEDALS

Think about what you'd like it to **represent**. Add elements that **reflect your experience**, like a symbol for **teamwork** or an icon for **friendship**. This medal is a reminder of your **hard work and achievement**, so make it something you can wear with pride.



[DOWNLOAD THE TEMPLATE »](#)

GET CREATIVE CERTIFICATES

To remember
the achievements
and buzz of
the day!

 WORLD ATHLETICS™

RESPECT

DETERMINATION

KIDS' ATHLETICS

CERTIFICATE OF PARTICIPATION



.....

WAS A SUPERSTAR AND DISPLAYED
RESPECT, PRIDE, DETERMINATION AND FRIENDSHIP
IN KIDS' ATHLETICS AT:



FRIENDSHIP

.....

Signed:

Date:

PRIDE

[DOWNLOAD THE TEMPLATE »](#)



MORE ON KIDS' ATHLETICS

Kids' Athletics has the power to get the world moving!

It aims to develop the skills and values that children and young people need to be active, in life and in sport, irrespective of their ability, experience or individual circumstances. Use Kids' Athletics activities to create **engaging and positive experiences** for all young people.

TWO TYPES OF ACTIVITY:

Targeted level/
1&2

FUNDAMENTAL MOVEMENTS

These are informal athletics-type activities that use group games to develop participants' fundamental skills and values. They support young athletes to develop and practise movement skills through fun and social games.

Targeted level/
2&3

ATHLETICS SKILLS

These are more formal athletics activities that provide opportunities in which participants apply and further develop their skills. They form the basis of modified Kids' Athletics competitions and can be adapted to create fun, informal competitions within school and club programmes.

KIDS' ATHLETICS ACTIVITIES »

AGE/STAGE OF DEVELOPMENT

Level
1
approximately
4-7 years

Level
2
approximately
8-11 years

Level
3
approximately
12-14 years



Although ages are suggested, select the activities that best suit your participants. Consider their abilities, experience in athletics and physical activity, learning needs and goals.

MORE ON KIDS' ATHLETICS

ACTIVITY/SKILL GROUPS

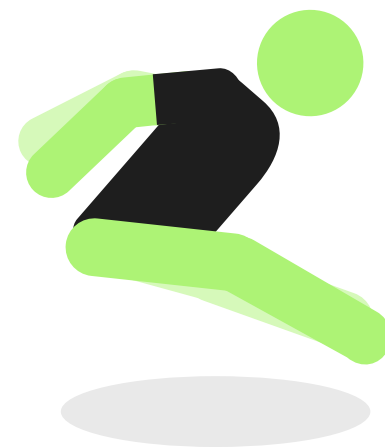


RUN/WALK

- Sprint, run, relay
- Run over obstacles
- Walk

JUMP

- Horizontal jump
- Vertical jump
- Jumps with a pole



THROW

- Rotational throw
- Linear throw

PLANNING YOUR SESSIONS

Use Kids' Athletics activities to help you build a session relevant to your group of participants. Remember to be clear about what you want to achieve.

- Who is the activity for?
- What is their current stage of development?
- What do you want them to gain – physically, socially, and emotionally?
- What will engage and motivate them best?
- How will you ensure everyone is included, has a sense of achievement, and has fun?



MORE ON KIDS' ATHLETICS

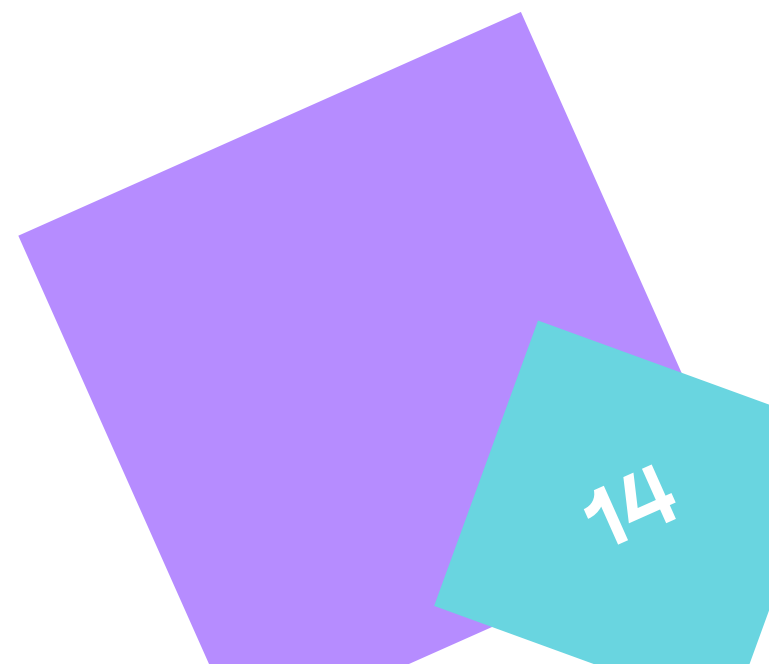
ADAPTING ACTIVITIES

All activities are just a starting point & can be adapted to:

- Include everyone.
- Support participants who find it difficult.
- Challenge participants who find it easy.
- Provide variety to keep everyone engaged.
- Allow participants to create their own versions.

WHAT STEPS CAN YOU TAKE TO CHANGE & ADAPT THE ACTIVITIES?

SPACE	TASK	EQUIPMENT	PEOPLE
Where the activity is taking place, e.g. size, shape?	How the activity is being performed, e.g. method, rules?	What equipment is being used, e.g. type, number?	Who is doing what with whom, e.g. numbers, positions?
FOR EXAMPLE			
• Length of track • Height of barrier • Shape of landing zone	• Walk, run, wheel (for wheelchair users) • No penalty for a 'foul' jump • Double points for each zone	• No baton - tap hand instead • Wider take-off board • Lighter ball	• Fastest person goes twice • Smaller team • Guide gives audible signals





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