

scottishathletics



INSPIRED^{by}2014

The National Athletics Programme
for PRIMARY Schools in Scotland



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BRITISH
ATHLETICS

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FOREWORD - Eilidh Child

Glasgow 2014 has been the greatest celebration of sport that Scotland has ever seen and I'm delighted that I had the opportunity to not only participate in the Games, but to represent my country and win a medal, something that will live with me forever!

On the back of the Games this country has never been faced with so many opportunities for sport to impact in such far-reaching ways, not only for sport's sake but for the contribution to the health of the nation amongst other areas.

My first experience of athletics was in school and if it hadn't been for that positive introduction then it is unlikely that I would have stood on the podium at Hampden Park last month. Everyone involved in the sport must capitalise on events such as the 2014 Commonwealth Games to give us a higher profile and introduce more children (and adults) into sport, whether competitive or recreational, it doesn't matter as long as people are taking part and given an enjoyable and positive experience.

Whether you are a teacher, member of staff, volunteer, coach or Active Schools Coordinator, you all have a role to play and your small part is key to the future success of sport in this country. It is the work that goes on every day in local communities across Scotland to get children active, keep people engaged and give them the opportunity to progress that makes you such a key partner for athletics in Scotland.

I am sure that you will find this information booklet and the ongoing support from **scottishathletics** useful and I'm delighted that the governing body for athletics in Scotland are providing continual development opportunities to schools and the wider sport.

As one of the national schools ambassadors for the sport I look forward to hearing about progress and seeing the results as opportunities grow across Scotland and as our performance continue to improve on the world stage.

Eilidh Child, Silver Medallist

Glasgow 2014 Commonwealth Games



INTRODUCTION

In 2013-14, more than 33,500 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 it 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 schools in Scotland. 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 Government, the Active Schools Network, the Scottish Schools Athletic Association and British 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 School 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 and a full list of the SSAA events calendar please visit their website at - www.ssaa.co.uk

3 The Active Schools Network

The 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 is a fundamental partner for the athletics family 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 the recruitment of new volunteers where clubs are formally linked with schools.

National Primary Schools Participation Programmes

This programme provides free support to teachers and volunteers and works alongside the Active Schools Network to deliver opportunities to participate in athletics within primary schools. It brings together some existing ideas within athletics as well as creating new and inspiring activities to ensure appropriate activities for all. These will involve;

4.1 National Autumn Programme - Junior jog**scotland** and Cross Country Running

The Autumn Programme provides a fun and simple way to get children active in Scotland through a range of activities and games suitable for primary school aged children.

Using the Junior jog**scotland** resources combined with traditional cross country activities teachers can promote the fact that physical activity is fun and will appeal to even the most non-engaged of children. It is also a great way to introduce youngsters to different athletics activities, progressing towards Sportshall Primary and Giant Heptathlon activities.

Junior jog**scotland** provides a fun and simple way to get children active 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 show children that physical activity is fun, and will appeal to even the most unsporty of youngsters. It is also a great way to introduce youngsters to different athletics activities. Junior jog**scotland** is not about creating top athletes but encouraging every child to enjoy physical activity.

scottishathletics will provide a one-stop-shop of education to teachers in schools to introduce the Junior jog**scotland** resources alongside Sportshall athletics and general introductory athletics activities. This will be provided on a local authority basis ([see teacher education opportunities pages](#))

4.2 National Winter Programme - Indoor Programme

The National Winter Programme provides the ideal format in which to introduce young people to athletics and multi-skills competition in an indoor environment.

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

Teachers can utilise the Sportshall athletics formats to introduce indoor athletics, basic skill development and fun competition to children. The Sportshall format also provides a great opportunity for comparatively large teams to represent a school which is a key factor in the success and appeal of indoor athletics, with the focus placed firmly on the achievements of the team and the importance of supporting each other. **scottishathletics** will offer teacher education opportunities as well as supporting events that are organised across local authorities in Scotland.

Further information can be found on the British Athletics website - <http://academy.britishathletics.org.uk/sportshall/> or contact your **scottishathletics** Regional Development Manager ([see contacts page](#))

4.3 National Spring Programme

The National Spring Programme provides the ideal format in which to introduce young people to track & field athletics and multi-skills competition in an outdoor environment. 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 introductory track & field athletics competition
- Promoting local delivery through a programme of cluster schools events
- Linking schools to appropriate local authority events

Through the teacher education programme we will utilise outdoor athletics formats to develop the skills of primary school children and will ensure appropriate introductory competition opportunities are available at a local level.

4.4 Inspire Clubs (Run, Jump & Throw Clubs)

The Inspire Clubs are a national programme specifically targeted at the Active Schools Network and will be a partnership between local authorities, schools and clubs with athletics activities being created as extra-curricular school activity on a weekly basis linking with the local athletics club.

There are very few models that exist as part of a formal school environment and we aim to link a cluster of primary schools to their secondary school and the local club, thus providing a clear pathway from classroom to playground to local community club. This will provide several opportunities;

- The Inspire Club is a programme for children/athletes to gain an opportunity to participate in athletics activity all year round.
- The Inspire Club is aimed at children who have never taken part in an athletics programme and would like/need more input before joining an affiliated athletics club.
- The Inspire Club will offer a wide range of activity for all children including all aspects of running, jumping and throwing linking to appropriate competition opportunities.

For more information on how to create an Inspire Club within your school or schools cluster please contact your Regional Manager (see contacts page)



4.5 INSPIRE Parallel Success Project Disability Programme

scottishathletics and Scottish Disability Sport will work closely with local partners and the Scottish Schools Athletics Association to provide more participatory and competitive opportunities for disabled school pupils in Scotland. **scottishathletics** and Scottish Disability Sport will continue to 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 will do this by providing a pathway for athletes from beginner level in schools right through to high performance, providing local and national competitions and fun festivals for all.

For more information please contact our National Disability Athletics Officer, Shona Malcolm (see contacts pages).

4.6 Primary 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.

4.6.1 Inspire Athletics Teacher Workshops (Run, Jump & Throw)

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. The course will also provide information on the Junior jog**scotland**, Sportshall and Inspire Clubs programmes.

These workshops can be tailored as desired to suit the needs of schools and teachers. Bespoke sessions can be organised concentrating on any element of athletics, e.g. endurance running, sprinting, jumps or throws.

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

Please note – at present these course are free for local authorities. The information can be found at the following link www.scottishathletics.org.uk/teachers/teacher-cpd/



4.7 British Athletics Resources (Run, Jump & Throw)

These resources are 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 the run, jump & throw resources 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 to 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 and 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 can access the new resources, 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: <http://academy.britishathletics.org.uk/elevating-athletics/>

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/teachers/teacher-cpd/



4.8 Glasgow 2014 - Cross Curricular Resource for Teachers

Summer 2014 was the most exciting and biggest year for Scottish sport ever and **scottishathletics** in partnership with the Scottish Government have developed a Commonwealth Games themed cross curricular educational resource. The Glasgow 2014 games offered a unique opportunity for schools and teachers to inspire and motivate every child to learn through sport.

Glasgow 2014 contains 12 lesson plans and extracurricular activities for pupils from Primary 3 - Primary 7. It has been developed by **scottishathletics** in partnership with British Athletics and the Scottish Government to be used in schools across Scotland.

Athletics is one of the most exciting, diverse and vibrant sports available. The range of disciplines across the track, field, road and off-road provides an incredible diversity of events for different people with different skills and abilities.

The pack contains 12 Commonwealth Games themed lesson plans as well as several extracurricular activities. These lessons have been produced in consultation with educational specialists allowing them to be adapted to the varying abilities of pupils. All 12 lessons in the pack focus on an area of the Curriculum for Excellence and contain specific cross-curricular links to a broad range of other subjects.

This resource has previously been posted to all Primary Schools in Scotland and is also available free of charge via the following link:
www.scottishathletics.org.uk/wp-content/uploads/2014/04/Get-Set-for-Glasgow-2014.pdf



4.9 Primary School Competition Opportunities

Whilst most local authority areas will organise competitions for primary schools in cross country, track & field and sportshall activities, a number of regional and national events are also available to primary schools across Scotland;

The following events are arranged by the Scottish Schools Athletic Association;

- Scottish Primary Schools Road Relay Championships (October)
- Scottish Primary Schools Cross Country Championships (April)

For full details of SSAA events please visit their website at www.ssaa.co.uk

scottishathletics along with British Athletics arrange a number of Regional Sportshall Events across Scotland. In most cases schools will qualify through their local authority events into the Regional Final.

The dates for the Regional Sportshall events for 2014-15 are:

- | | |
|--------------------------------|---|
| • Monday 23rd February 2015 | Grampian Region - Petehead Academy |
| • Tuesday 24th February 2015 | Tayside & Fife Region - Bells Sports Centre, Perth |
| • Wednesday 25th February 2015 | West Region - John Wright Sport Centre, East Kilbride |
| • Thursday 26th February 2015 | East Region - Meadowbank, Edinburgh |
| • Friday 27th February 2015 | Central Region - The Peak, Stirling |

Due to the unique geography in the Highlands & Islands Sportshall Activity is organised and delivered at a local level.

For more information on events in your local area please contact your respective Regional Manager (see contacts page)



Participation Pathway	Competition Pathway	Progression for Athletes from Curriculum Activity	Coach Education Pathway	
			Teacher Specific Education	General Coach Education / UK Athletics Pathway
SSAA National Schools Representation	SIAB & UK Schools Internationals (SSAA Representation)	scottishathletics National Squads & National Academy	Event Specific Courses (must complete UKA Level 1 & 2 previously)	Event Specific Courses (must complete UKA Level 1 & 2 previously)
Inter-Area Select Competitions	SSAA Scottish Schools Inter-Area Competitions	scottishathletics National Academy	UK Athletics Level 2 & Above Event Specific Courses (must complete UKA Level 1 & 2 previously)	UK Athletics Level 2 & Above Event Specific Courses (must complete UKA Level 1 & 2 previously)
Secondary School Cross Country, Track & Field Activities and Competitions	Local Authority and SSAA Secondary Cross Country / Track & Field / Road Relay / Pentathlon Championships	Local Athletics Clubs	Elevating Athletics Inspire Athletics Teaching Certificate	UK 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 Inspire Athletics Teaching Certificate (2-6 Hour Course Available)	UK 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	Inspire Clubs or Local Athletics Clubs	Elevating Athletics Inspire Athletics Teaching Certificate (2-6 Hour Course Available)	UK Athletics Coach Award (Level 2)
Sportshall Primary Athletics Activity (P3-P7) & Sportshall Primary Competitions (P6 & P7)	Cluster Schools to Local Authority Events to Regional Events	Inspire Clubs (after-school)	Elevating Athletics Inspire Athletics Teaching Certificate (2-6 Hour Course Available)	UKA Coaching Assistant 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)	Leading Athletics (Introductory Level)

August

September

October

November

December

January

February

March

April

May

June

PRIMARY SCHOOL - RECOMMENDED PARTICIPATION ACTIVITIES

Start/track Holiday Programmes (Local Authorities & Clubs)	Primary School Cross Country Activity	Sports Hall Activity (P3-P7)	Primary School Cross Country Activity	Introductory Track & Field Activity
Junior jogs/scotland Schools Activity & Run, Jump & Throw / Inspire Clubs (extra-curricular)				

PRIMARY SCHOOL - SPECIFIC COMPETITION / EVENT DATES

SSAA National Primary Schools Road Relay Champs	Cluster School Sportshall Events	Local Authority Sportshall Events	Regional Sportshall Events	Local Authority Cross Country Events	SSAA National Cross Country Championships	Intra/Inter School Track & Field Events (Introductory)
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SECONDARY SCHOOL - RECOMMENDED PARTICIPATION ACTIVITIES

Start/track 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 / Inspire Clubs (extra-curricular)				

SECONDARY SCHOOL - SPECIFIC COMPETITION / EVENT DATES

SSAA Road Relay Championships	SSAA Indoor Track & Field Championships	SSAA National Cross Country Championships	National Schools Giant Heptathlon Finals	SSAA Track & Field Championships
Run, Jump & Throw / Inspire Clubs (extra-curricular)				
Local Authority Giant Heptathlon Events		Regional Giant Heptathlon Finals		

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 committed to working in partnership with schools, Active Schools, 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 have developed 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 realign 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. Teaching the Basics (aged 5/6-8/9)
2. Multi-Events Development (8/9 – 11/12)
3. Event Group Development (11/12 – 14/15)
4. Event Specialisation (14/15 – 17/18)
5. Learning to Compete (17/18 - 20/22)
6. Performing to Potential (22+)

TEACHING THE BASICS (5 - 8/9)	MULTI-EVENTS DEVELOPMENT 8/9 – 11/12	EVENT GROUP DEVELOPMENT 11/12 – 14/15	EVENT SPECIALISATION 14/15 – 17/18
FUN-DAUNTALS	FOUNDATION	BUILDING TECHNIQUE	ATHLETICS DEVELOPMENT
CHRONOLOGICAL AGE Both genders: 5 - 9	CHRONOLOGICAL / DEVELOPMENTAL AGE Females: 8 – 11 Males 9 - 12	CHRONOLOGICAL / DEVELOPMENTAL AGE Females: 11 – 12 / Males: 12 – 13	CHRONOLOGICAL / DEVELOPMENTAL AGE Females: 13 - 14 / Males: 14 - 15
Curriculum for Excellence Early & First Stage	Curriculum For Excellence Stage 2	Curriculum for Excellence Stage 3	Curriculum for Excellence Senior Stage
PHILOSOPHY <ul style="list-style-type: none">Children participate in sport for their enjoyment, not adultsRunning, jumping and throwing are the base skills that are applicable to all other sports. Teaching these skills has transference into life beyond athletics	PHILOSOPHY <ul style="list-style-type: none">Children participate in sport for their enjoyment, not adultsRunning, jumping and throwing are the base skills that are applicable to all other sports. Teaching these skills has transference into life beyond athletics	PHILOSOPHY <ul style="list-style-type: none">Children are eager to learn, and it is the adults' responsibility to ensure that kids are provided engaging, entertaining avenues of athletics educationPrimary sport skills should be developed as part of a multi-sport environment. Athletics offers many sports in a single entry	PHILOSOPHY <ul style="list-style-type: none">Children enjoy responsive and social competitive environments and it is the adult's responsibility to preserve this in all areas of athleticsIdentification 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 <ul style="list-style-type: none">Provide fun and varied activities as perceived by the child within a healthy, social environmentProvide a safe environment in which children are able to discover age & stage appropriate athleticsActivities are pre-planned & designed to minimize transition timeProvide appropriate styles and levels of communication for children	PRINCIPLES <ul style="list-style-type: none">Provide fun and varied activities as perceived by the child within a healthy, social environmentProvide a safe environment in which children are able to discover age & stage appropriate athleticsActivities are pre-planned & designed to minimize transition timeProvide appropriate styles and levels of communication for children	PRINCIPLES <ul style="list-style-type: none">Provide a progression of skill, agility, posture and movement patternsContinued observance of safety principles within skill-based games and comfortable runningActivities are pre-planned and emphasise speed (sprints), skill acquisition (all events), appropriate aerobic efforts (endurance), within a healthy, social environment	PRINCIPLES <ul style="list-style-type: none">Provide the athlete with a programme that considers individual attributes within the context of an event groupEncourage fitness preparation & individual & event group skills as well as personal bestsActivities are pre-planned on a seasonal basis & demonstrate consideration of how the marriage of various training components contribute to specifically suit the athlete
OBJECTIVES <ul style="list-style-type: none">Introduce the basics of physical literacy that will benefit the child for a healthy lifeCreate life – long fans of, and contributors to athletics	OBJECTIVES <ul style="list-style-type: none">Develop overall physical literacy that will benefit the child for a healthy lifeCreate life – long fans of, and contributors to athletics	OBJECTIVES <ul style="list-style-type: none">Develop overall sport skill that builds on the physical literacy as part of a natural progressionCreate life – long fans of, and contributors to athletics	OBJECTIVES <ul style="list-style-type: none">Develop event group skill that builds on the specific sport skill as part of a natural progressionCreate life – long fans of, and contributors to athletics
COMPETITION / ACTIVITIES Junior Jogsdand/ Sperrisland Primary/ Introductory Athletics Activity/ Run, Jump & Throw Clubs	COMPETITION / ACTIVITIES Junior Jogsdand/ Sperrisland Primary/ Introductory Athletics Activity/ Run, Jump & Throw Clubs / Primary School Cross Country & Track & Field Competitions / Athletics Clubs	COMPETITION / ACTIVITIES Giant Heptathlon Activity & Competitions/ School Athletics Activities/ Local, Regional & National Cross Country and Track & Field Competitions/ Athletics Clubs	COMPETITION / ACTIVITIES School Athletics Activities/ Local, Regional & National Cross Country and Track & Field Competitions/ Athletics Clubs, FEHE Competitions, International Competitions
CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES HWB 0-10a / HWB 0-11a / HWB 0-12a / HWB 0-13a / HWB 0-14a / HWB 0-15a / HWB 0-16a / HWB 0-17a / HWB 0-18a / HWB 0-19a / HWB 0-20a / HWB 0-21a / HWB 0-22a / HWB 0-23a / HWB 0-24a / HWB 0-25a / HWB 0-26a / HWB 0-27a / HWB 0-28a / HWB 0-29a / HWB 0-30a / HWB 0-31a / HWB 0-32a / HWB 0-33a / HWB 0-34a / HWB 0-35a / HWB 0-36a / HWB 0-37a / HWB 0-38a / HWB 0-39a / HWB 0-40a / HWB 0-41a / HWB 0-42a / HWB 0-43a / HWB 0-44a / HWB 0-45a / HWB 0-46a / HWB 0-47a / HWB 0-48a / HWB 0-49a / HWB 0-50a / HWB 0-51a / HWB 0-52a / HWB 0-53a / HWB 0-54a / HWB 0-55a / HWB 0-56a / HWB 0-57a / HWB 0-58a / HWB 0-59a / HWB 0-60a / HWB 0-61a / HWB 0-62a / HWB 0-63a / HWB 0-64a / HWB 0-65a / HWB 0-66a / HWB 0-67a / HWB 0-68a / HWB 0-69a / HWB 0-70a / HWB 0-71a / HWB 0-72a / HWB 0-73a / HWB 0-74a / HWB 0-75a / HWB 0-76a / HWB 0-77a / HWB 0-78a / HWB 0-79a / HWB 0-80a / HWB 0-81a / HWB 0-82a / HWB 0-83a / HWB 0-84a / HWB 0-85a / HWB 0-86a / HWB 0-87a / HWB 0-88a / HWB 0-89a / HWB 0-90a / HWB 0-91a / HWB 0-92a / HWB 0-93a / HWB 0-94a / HWB 0-95a / HWB 0-96a / HWB 0-97a / HWB 0-98a / HWB 0-99a / HWB 0-100a	CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES HWB 2-10a / HWB 2-11a / HWB 2-12a / HWB 2-13a / HWB 2-14a / HWB 2-15a / HWB 2-16a / HWB 2-17a / HWB 2-18a / HWB 2-19a / HWB 2-20a / HWB 2-21a / HWB 2-22a / HWB 2-23a / HWB 2-24a / HWB 2-25a / HWB 2-26a / HWB 2-27a / HWB 2-28a / HWB 2-29a / HWB 2-30a / HWB 2-31a / HWB 2-32a / HWB 2-33a / HWB 2-34a / HWB 2-35a / HWB 2-36a / HWB 2-37a / HWB 2-38a / HWB 2-39a / HWB 2-40a / HWB 2-41a / HWB 2-42a / HWB 2-43a / HWB 2-44a / HWB 2-45a / HWB 2-46a / HWB 2-47a / HWB 2-48a / HWB 2-49a / HWB 2-50a / HWB 2-51a / HWB 2-52a / HWB 2-53a / HWB 2-54a / HWB 2-55a / HWB 2-56a / HWB 2-57a / HWB 2-58a / HWB 2-59a / HWB 2-60a / HWB 2-61a / HWB 2-62a / HWB 2-63a / HWB 2-64a / HWB 2-65a / HWB 2-66a / HWB 2-67a / HWB 2-68a / HWB 2-69a / HWB 2-70a / HWB 2-71a / HWB 2-72a / HWB 2-73a / HWB 2-74a / HWB 2-75a / HWB 2-76a / HWB 2-77a / HWB 2-78a / HWB 2-79a / HWB 2-80a / HWB 2-81a / HWB 2-82a / HWB 2-83a / HWB 2-84a / HWB 2-85a / HWB 2-86a / HWB 2-87a / HWB 2-88a / HWB 2-89a / HWB 2-90a / HWB 2-91a / HWB 2-92a / HWB 2-93a / HWB 2-94a / HWB 2-95a / HWB 2-96a / HWB 2-97a / HWB 2-98a / HWB 2-99a / HWB 2-100a	CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES HWB 4-10a / HWB 4-11a / HWB 4-12a / HWB 4-13a / HWB 4-14a / HWB 4-15a / HWB 4-16a / HWB 4-17a / HWB 4-18a / HWB 4-19a / HWB 4-20a / HWB 4-21a / HWB 4-22a / HWB 4-23a / HWB 4-24a / HWB 4-25a / HWB 4-26a / HWB 4-27a / HWB 4-28a / HWB 4-29a / HWB 4-30a / HWB 4-31a / HWB 4-32a / HWB 4-33a / HWB 4-34a / HWB 4-35a / HWB 4-36a / HWB 4-37a / HWB 4-38a / HWB 4-39a / HWB 4-40a / HWB 4-41a / HWB 4-42a / HWB 4-43a / HWB 4-44a / HWB 4-45a / HWB 4-46a / HWB 4-47a / HWB 4-48a / HWB 4-49a / HWB 4-50a / HWB 4-51a / HWB 4-52a / HWB 4-53a / HWB 4-54a / HWB 4-55a / HWB 4-56a / HWB 4-57a / HWB 4-58a / HWB 4-59a / HWB 4-60a / HWB 4-61a / HWB 4-62a / HWB 4-63a / HWB 4-64a / HWB 4-65a / HWB 4-66a / HWB 4-67a / HWB 4-68a / HWB 4-69a / HWB 4-70a / HWB 4-71a / HWB 4-72a / HWB 4-73a / HWB 4-74a / HWB 4-75a / HWB 4-76a / HWB 4-77a / HWB 4-78a / HWB 4-79a / HWB 4-80a / HWB 4-81a / HWB 4-82a / HWB 4-83a / HWB 4-84a / HWB 4-85a / HWB 4-86a / HWB 4-87a / HWB 4-88a / HWB 4-89a / HWB 4-90a / HWB 4-91a / HWB 4-92a / HWB 4-93a / HWB 4-94a / HWB 4-95a / HWB 4-96a / HWB 4-97a / HWB 4-98a / HWB 4-99a / HWB 4-100a	CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES No Curriculum for Excellence Learning Outcomes at this Stage



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