

scottishathletics 

INSPIRED BY ATHLETICS 2016-17

The National Athletics Programme
for SECONDARY SCHOOLS
in Scotland



Scottish Schools'
Athletic Association 

jogscotland 


The Scottish
Government

sportscotland 


BRITISH
ATHLETICS

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1 Inspired by Athletics for Schools in Scotland

FOREWORD - Eilidh Doyle

Returning home with a Bronze medal from the Rio Olympics and being part of the most successful Team GB of all time has been the highlight of my career to date. It is crucial that we must use the euphoria generated from Rio to capitalise on the interest and inspire every child in Scotland to take part in sport or be physically active.

Competing in Rio was a fantastic follow on from my medal successes (Commonwealth & European) in 2014 but it is important to remember that 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 now medalled at the Commonwealth Games, European championships, World Championships or the Olympic Games.

As the national schools ambassador for athletics, I encourage all schools to participate in athletics in its various forms and I look forward to hearing about progress and seeing the results as opportunities grow across Scotland. I am honoured to continue my role as Schools Ambassador for **scottishathletics** for 2016/17 and I'm sure that you will find this information booklet and the ongoing support from **scottishathletics** useful. **Eilidh Doyle, Bronze Medallist, Rio Olympics 2016**



FOREWORD - Andrew Butchart

I am delighted to become a National Schools Ambassador for athletics in Scotland. The opportunities that are being offered to schools in Scotland through **scottishathletics** support are fantastic and I wish everyone all the best with their endeavours.

Having recently broken the long standing Scottish record for the 5000m as well as being the Scottish 3000m record holder, my performance in Rio couldn't have been better, finishing 6th in my first Olympic final but also breaking the Scottish record in the process, was just amazing.

I am only too aware of how important taking part in athletics is as I am a great example of how taking part at school can lead to a career in athletics. As a pupil at Dunblane High School, my interest in athletics started after doing a few cross-country races before joining my local club, Central AC. I am delighted to be able to continue to support athletics through my role as National Schools Ambassador and look forward to see more people take part in sport in the coming years.

Andrew Butchart - Olympic Finalist, Rio Olympics 2016



INTRODUCTION

Last year more than 35,000 individual children in Scotland participated in athletics events in schools within their local authority area and over 500 teachers and volunteers participated in an athletics CPD course or workshop. 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 secondary 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, **jogscotland**, 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.

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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 Race Championships
- ✓ Various Schools International Events & Invitation Coaching Days

For full details of all SSAA activities and a full list of the SSAA events calendar please visit their website at www.ssaa.co.uk

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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 Co-ordinators and clubs established at a local level are key to the long-term development of athletics.

As well as Active Schools Co-ordinators supporting the implementation of athletics activities, both within the curriculum and through extra-curricular programmes, volunteering sits at the heart of their programmes with the recruitment of a network of volunteers being highlighted as a key area of focus for Active Schools Managers and Co-ordinators.

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.

4



National Secondary Schools Participation Programmes

This programme will provide free resource support to teachers and volunteers and will work alongside the Active Schools Network to deliver opportunities to participate in recreational and competitive athletics within secondary schools. It will bring together some new projects within athletics as well as revitalising and re-developing others to ensure appropriate activities for all.

These will involve;

4.1 Secondary Schools Athletics Workshops - FREE (one per local authority area annually)

scottishathletics has a commitment to provide free teacher training/CPD to every local authority in Scotland and over the last five years has provided formal CPD training for over 2,500 primary and secondary school teachers. There are several key opportunities for secondary teachers (and future teachers and school pupils) to further develop their athletics knowledge.

These include:

- Secondary School Athletics course for Secondary Teachers
- Bespoke Teacher CPD
- Leading Athletics Course (school pupils 14+)
- New Secondary Schools App for Teachers (October 2016)

Secondary School Teacher Athletics Workshop

scottishathletics will provide a structured training course for teachers and others working in secondary schools with the knowledge, skills and confidence to deliver enjoyable and engaging running, jumping and throwing lessons that focus on maximum participation, increasing understanding and skill acquisition based upon high quality technical models.

The course demonstrates progression across all age groups in generic running, jumping and throwing activities. It is based upon safe and inclusive teaching methodology, which focuses on developing competency in the execution of athletics specific skills.

Bespoke Teacher CPD

scottishathletics offers free opportunities to schools for 'bespoke' programmes of teacher support for schools with particular athletics requirements and for those where the majority of teachers may have already attended previous athletics workshops in the past.

Leading Athletics Certificate – school pupils

The 3 hour Leading Athletics workshop is available for school pupils (14+) and allows for the training and development of new volunteers, with the ultimate aim of supporting existing leadership programmes and attracting more young leaders into the sport of athletics. This workshop acts as a pre-entry point into the formal coaching pathway as well as providing young leaders with an enhanced understanding in the practical delivery of running, jumping and throwing activities.

Please note this workshop costs £300 per workshop but allows for up to 24 pupils with supporting resources.

Available Resources for Secondary Schools

scottishathletics, in partnership with the other home countries athletics federations, are currently in the process of creating a fantastic new teaching resource for secondary schools athletics and the new App for Secondary School Teachers will be available from October 2016. In the meantime the following resources will prove extremely useful for secondary school teachers and volunteers;

- Athletics 365
- UK Athletics : Elevating Athletics Secondary Resource Pack

Athletics 365 - App & Resources

365 App

The highly successful Athletics 365 Programme and Resource series for use with young athletes now comes in an interactive App format for both Apple and Android tablets and phones.

All the fundamental elements of the Athletics 365 Programme can be found within this App including all the Coach Support Cards, Games Cards, an extensive online library of Video Clips (requires Wifi connection) and several new additions.

Please note in App purchases are required for certain resources.

The App is split into four sections:

- What is Athletics 365?
- Coaching Athletics 365*
- Athletics 365 for Athletes and Parents*
- Athletics 365 for Clubs

* In App purchase required for some content

365 Resources

The following resources are available to purchase from the England Athletics Website -

www.englandathletics.org/athletics-clubs/i-help-to-run-a-club/young-athletes-section/athletics-365-resources/athletics-365

1. Coach Manual - £8.00
2. Coach DVD Pack - £20.00
3. Athlete Handbook - £6.00

UK Athletics: Elevating Athletics Secondary Resource Pack

This teaching resource shows teachers how to continue the acquisition and development of the fundamental technical skills and movement skills that underpin athleticism, using safe and inclusive approaches to teaching.

Secondary Pack - <http://academy.britishathletics.org.uk/assets/uploads/resources/aviva-elevating-athletics-secondary-combined-pack.pdf>

The Elevating Athletics DVD content is now available via this link on the U Coach website.

http://coaching.uka.org.uk/teachers/elevating_athletics_resource/

Booking and Further Information

For further information on teacher CPD opportunities for your school or area or to book a course please visit <http://www.scottishathletics.org.uk/teachers/teacher-cpd/>

Completed booking forms should be returned Jim Goldie - jim.goldie@scottishathletics.org.uk

4.2 jogscotland, recreational running activities and cross country running

This recreational programme provides a fun and simple way to get children active in progressing from the Junior jogscotland primary schools and cross country initiatives. The secondary programme will focus on health through recreational activity and active lifestyles.

Whilst the jogscotland programme will be open to anyone it is recommended that the programme specifically targets young people not engaged in physical activity and sport, particularly girls, promoting positive lifestyles and opportunities through sport.

The Cross Country programmes offer more formal competition opportunities linking regular school activities to local authority events into the National Secondary Schools Cross Country Championships in March 2017.

scottishathletics will provide a one-stop-shop of education to teachers in secondary schools to introduce the jogscotland programme alongside the Giant Heptathlon programme and general athletics activities. This will be provided on a local authority basis. (see [teacher education opportunities pages](#))

4.3 Resource - Introduction to Recreational Running in Secondary Schools

This resource has been created to support the delivery of recreational running to participants predominately in the secondary school environment. Linked to the Curriculum for Excellence outcomes and supported by jogscotland the resource is easy to use, fun, progressive and enables participants to develop skills at their own pace.

The resource is split into easy to follow sections with Warm UP, Main Session, Cool Down and Run for Fun task cards on four different levels. The pack can be downloaded via;

www.scottishathletics.org.uk/teachers/introduction-to-recreational-running-secondary-schools/



4.4 Indoor Programme (primarily winter activities)

Giant Heptathlon is an exciting participation and competition format 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. Giant Heptathlon has been in existence for 6 years and we are aiming to implement the programme across all Scotland's 32 local authority areas.

Secondary school pupils will engage in a range of athletics based activities with activities that will encompass sprinting, hurdling, relays, endurance, jumps and throws within an indoor environment.

This year, scottishathletics having reviewed last year's virtual event and taken on board the feedback that was received have re-introduced Regional Giant Heptathlon Finals. Regional Giant Heptathlon finals will take place across Scotland. In most cases schools will qualify through their local authority events into the Regional Final. The dates for the Regional Giant Heptathlon events for 2016-17 are:

- ✓ **Monday 20th February 2017** Grampian Region
- ✓ **Tuesday 21st February 2017** Tayside & Fife Region
- ✓ **Wednesday 22nd February 2017** East Region
- ✓ **Thursday 23rd February 2017** Central Region
- ✓ **Friday 24th February 2017** West Region

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

The results from each Regional Giant Heptathlon event will have their results added to a league table which will produce a points tally and will identify an overall National winner.

The winning school nationally will be presented with an award alongside an international athlete visit.

Further information can be found on the **scottishathletics** website:

www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/ or contact your **scottishathletics** National Club Manager.

4.5 Outdoor Programme (spring / summer)

The Outdoor Programme for secondary schools will provide activities to introduce young people to track & field athletics and multi-skills competition in an outdoor environment but will provide more structured training activities as well as more formal competition opportunities.

Through building on PE sessions and participating in the Inspire Club programme, young people will be encouraged to participate in school competition progressing on to local then regional and, where appropriate, national competitions. This will culminate in more local authority children participating at the National Schools Track & Field Championships. The programme can be used in several ways by schools including:

- ✓ Class PE sessions
- ✓ Learning physical literacy and movement skills
- ✓ Introducing young people to basic principles of competition and working as part of a team
- ✓ Introducing young people to competition in a fun team based format
- ✓ Encouraging track & field athletics competition
- ✓ Promoting local delivery through a programme of local area events
- ✓ Linking schools to appropriate local authority events

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

4.6 Inspire Clubs (Run, Jump & Throw Clubs)

The Inspire Clubs are a national programme specifically targeted at the Active Schools Programme and delivered in partnership between local authorities, schools and clubs. Delivered on a weekly basis, Inspire clubs run athletics activities in extra-curricular school sessions with direct links to the local athletics club.

There are very few models that exist as part of a formal school environment and we aim to link secondary schools to their local athletics club, providing a clear pathway from classroom to after-school activity to local community club.

This will provide several opportunities;

- ✓ The Inspire Club is a programme for young people/athletes to gain an opportunity to participate in athletics activity all year round.
- ✓ The Inspire Club is aimed at young people 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 please contact your National Club Manager (*see contacts page*).

4.7 INSPIRE Parallel Success Project

scottishathletics and Scottish Disability Sport will work closely with local partners and the Scottish Schools Athletic 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*)

4.8 World Marathon Challenge

The Eveque Sportshall Development Team have developed an annual international simultaneous relay competition. This incorporates both the World Marathon Challenge (suggested for Secondary age students) and the 5000m Challenge (for Primary aged children).

Students from all over the world will compete simultaneously to break (and set!) new World Records over the Marathon and 5000m distances!

When is it?

We know schools have busy schedules, so this year we're offering a two week window: you can run your event any time from 26th September to 7th October 2016.

We've designated the 5th October 2016 as the main event when we're inviting as many teams as possible from around the world to run their marathons simultaneously*.

* For those teams running simultaneously on 5th October, start time is 11am BST

4.8 World Marathon Challenge

Who can take part?

Teams can be entered into one of two age categories:

- Juniors - 13 and under
- Any age - adults can take part too!

The main World Marathon Challenge competition is for mixed teams made up of equal numbers of boys and girls from the same school, in the 13 and under category.

There are additional competition categories for single gender teams, non-school teams and teams of older runners.

How does it work?

The World Marathon Challenge is simple and inexpensive to set up. Here's how the event works:

- ✓ Stage your event on a running track or field.
The marathon distance is divided into sections of 200m.
- ✓ Teams are made up of 26 to 36 runners - each person completes up to 9 sections.
- ✓ Results are logged on our World Leaderboard, with awards for the winners.
Find out about the competitions for UK teams.
- ✓ **The challenge:** try to beat the world marathon record!

How to take part?

For information on how to take part in the World Marathon Challenge please visit the web page:

<http://www.sportshall.org/secondary/secondary-endurance/secondary-endurance-world-marathon-challenge>

4.9 UKA Rules for Competitions - Rule 107

It is imperative that young athletes are protected and that events including distances, weights and safety aspects are considered. As such, UK Athletics have created Rule 107 which advises clubs, schools and competition providers with clear guidelines on what rules must be adhered to when providing track and field athletics. We have created a summary sheet for schools which can be downloaded from the following link:

www.scottishathletics.org.uk/teachers/

4.10 Secondary School Competition Opportunities

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

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

- Scottish Secondary Schools Road Race Championships (October)
- Secondary Schools Pentathlon International Event (November/December and by Invitation Only)
- Scottish Secondary Schools Indoor Track & Field Championships (February)
- Scottish Secondary Schools Cross Country Championships (March)
- SIAB Cross Country International (April and by Invitation Only)
- Scottish Secondary Schools Pentathlon & Relay Championships (June)
- Scottish Secondary Schools Track & Field Championships (June)
- Scottish Secondary Schools U15 Inter Area Match + Disability Events (June)
- SIAB Track & Field International (June and by Invitation Only)

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

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)	scottish athletics National Squads & National Academy	Event Specific Courses (must complete Athletics Coach Level 2 previously)	Event Specific Courses (must complete Athletics Coach Level 2 previously)
Inter-Area Select Competitions	SSAA Scottish Schools Inter-Area Competitions	scottish athletics National Academy	UKA Athletics Coach or Level 2 & above Event Specific Courses (must complete Athletics Coach Level 2 previously)	UKA Athletics Coach or Level 2 & above Event Specific Courses (must complete Athletics Coach Level 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	Secondary Schools Athletics Workshops (bespoke) (2-6 Hour workshops available)	UK Athletics Coach Award (or Level 2)
Giant Heptathlon (S1 & S2) - Introduction to Track & Field Athletics	Local Authority to Regional Finals to National Finals	Local Athletics Clubs	Secondary Schools Athletics Workshops (bespoke) (2-6 Hour workshops available)	UK Athletics Coach Award (or 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	Primary Teachers Run, Jump, Throw Workshop & Resources (3 Hours)	UK Athletics Coach Award (or 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)	Primary Teachers Run, Jump, Throw Workshop & Resources (3 Hours)	UKA Coaching Assistant Award (or Level 1)
Junior jogscotland Activities (Primary School-Aged Physical Activity introduction)	No Competition - Informal Fun Games Activity	After-School Clubs & Activities	Primary Teachers Run, Jump, Throw Workshop & Resources (3 Hours)	Athletics Leader (Introductory Level)



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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