

scottishathletics 

# INSPIRED BY ATHLETICS

Academic Year  
**2017-18**

The National Athletics Programme  
for **SECONDARY SCHOOLS**  
in Scotland



Scottish Schools'  
Athletic Association 

jogscotland 

  
The Scottish  
Government

sportscotland 

BRITISH  
ATHLETICS

# contents

page

	<b>Inspired by Athletics - Forewords by Eilidh Doyle &amp; Andrew Butchart</b>	<b>3</b>
1.	Introduction	4
2.	The Scottish Schools Athletic Association	4
3.	The Active Schools Network	4
4.	Information for Secondary Schools Programme	5
4.1	Secondary School Teacher Education Opportunities	5/6
4.2	Support and Resources for Technical Officials	7
4.3	jogscotland, Recreational Running Activities and Cross Country Running	7
4.4	Resource - Introduction to Recreational Running in Secondary Schools	7
4.5	Indoor Programme	8
4.6	Outdoor Programme	8
4.7	Inspire Clubs (Run, Jump & Throw)	9
4.8	Inspire Parallel Success Project	9
4.9	World Marathon Challenge	10
4.10	International Athletics	10
4.11	UKA Rules for Competition	10
5.	Participation Pathways & Opportunities	11
6.	<b>scottishathletics</b> National Development Team Contact Information	12



\* Photo courtesy of  
Mark Shearman

## FOREWORD - Eilidh Doyle

This is an exciting time for athletics in Scotland with our athletes consistently performing on the world stage. I am so proud of what's happening in Scottish athletics at the moment and I am delighted to be a part of it.

After having my first experience of athletics at school I went along to my local athletics club, Pitreavie, and started training. The positive introduction I had to athletics at school gave me great encouragement to compete in athletics and I have worked hard since then to develop a career in the sport, winning medals at Commonwealth Games, European Championships, World Championships and the Olympic Games.

The next 12 months represent another exciting period in athletics with the World Championships being held in the Olympic Stadium in London in August 2017 and then the Commonwealth Games in the Gold Coast, Australia in April 2018. It is crucial that we use the euphoria generated from these major events to capitalise on the interest generated and inspire every child in Scotland to take part in sport or be physically active.

As the National Schools Ambassador for athletics, I would encourage all schools to give pupils the opportunity to participate in athletics and enjoy the same positive introduction to the sport that I did. This booklet will provide you with all the relevant information you require to get started and further guidance is available from the **scottishathletics** staff.

I am honoured to continue in my role as a School Ambassador for **scottishathletics** in 2017/18 and look forward to seeing, hearing and reading about all the inspirational stories that school athletics produces.

**Eilidh Doyle**, Bronze Medallist, Rio Olympics 2016



## FOREWORD - Andrew Butchart

Having started my career in athletics at school I am only too aware of how important school participation events and competitions can be. Taking part in athletics at school gave me the inspiration to join my local club, Central AC, where the support and encouragement I have received has helped me develop into an Olympian.

This is a great time to be part of athletics in Scotland with our athletes having an impact on the sport at the top level across the world. For me personally there is great excitement ahead in the next 12 months with the World Championships in London and the Commonwealth Games in Australia on the horizon. I hope to have another positive year building on the Scottish records I hold at 3000m and 5000m and my sixth place finish at the Rio Olympics.

I am delighted to be able to continue to support athletics through my role as National Schools Ambassador. The opportunities that are being offered to schools in Scotland through **scottishathletics** are fantastic and I hope that all schools, teachers and pupils get as much pleasure as I do from being an active part of athletics in Scotland.

**Andrew Butchart** - Olympic Finalist, Rio Olympics 2016



# 1

## 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 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. Ideally this will take place in an environment that encourages effort and learning, improves performance, develops competitiveness and is inclusive and developmental-focused. Suitably qualified coaches and enthusiastic volunteers are essential to shaping and creating this environment.

**scottishathletics** are working closely with the Scottish Government, **sportscotland**, 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.

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

Please note that all entries for SSAA events must be submitted by the athletes' school.

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](http://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 established at a local level are key to the long-term development of athletics.

As well as Active Schools Coordinators 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 Coordinators.

# 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 School Teacher Education Opportunities

**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
- Secondary Schools App for Teachers
- Leading Athletics Course (school pupils 14+)

#### 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 volunteers leading after-school activity, with the ultimate aim of supporting existing leadership programmes and attracting more volunteers and young leaders into the sport of athletics. This workshop acts as a pre-entry point into the formal coaching pathway as well as providing volunteers and 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 volunteers and/or young leaders with supporting resources.



#### 4.1 Secondary School Teacher Education Opportunities

##### Available Resources for Secondary Schools

**scottishathletics** in partnership with the other home countries athletics federations have developed a fantastic new teaching resource for secondary schools athletics which will be available from September 2017:

The **Secondary Run, Jump, Throw app** is a resource designed to place running, jumping and throwing at the heart of school physical education and to support teachers in delivering athletics activities in an inclusive, exciting and engaging manner.

Secondary Run, Jump, Throw builds on the key underpinning movement skills of running\*, jumping and throwing developed within primary schools. Running, jumping and throwing movements underpin nearly all other sports and physical activities.

\*Running can be adapted for wheelchair users so the term running also includes pushing activities and teachers should bear this in mind throughout the resource and supporting material when referring to 'running' activities.

Pupils will focus on developing the skills necessary to undertake traditional athletics events, moving from simple to complex movement patterns. The progression of each pupil will be significantly influenced by the pupil's early physical education.

By engaging with Secondary Run, Jump, Throw, both teachers and pupils can develop increased self-confidence, competence and lifelong enjoyment of athletics.

Secondary Run, Jump, Throw is written to conform to the curriculum requirements in England, Northern Ireland, Scotland and Wales.

**The following resources will also prove to be extremely useful for secondary school teachers and volunteers;**

##### 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

###### 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](http://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

##### Booking and further information

**Please note** - at present these courses are free for local authorities with the teacher resource packs included. Normally workshops are co-ordinated via Active Schools networks or local education departments. Please contact: [coaching@scottishathletics.org.uk](mailto:coaching@scottishathletics.org.uk) or visit [www.scottishathletics.org.uk/teachers/teacher-cpd/](http://www.scottishathletics.org.uk/teachers/teacher-cpd/)

## 4.2 Support and Resources for Technical Officials

### Assistant Officials Award

This award offers an introduction to officiating at a Track & Field or Sportshall competition and covers the basics in all disciplines. You will learn the specific judging principles of throws, jumps, track judging, timekeeping and starting. The course is designed to enable you to work within a team to develop key skills and a basic understanding of the fundamental rules of officiating.

### Level 1 Officials Qualification

This qualification allows candidates to specialise in a single discipline as a Track or Field judge, Timekeeper or Photo Finish judge, Starter/Starters Assistant or Endurance Official, under the supervision of a qualified UKA Technical Official. The courses consist of an introduction to officiating, as well as the event specific module. The courses are delivered in both theoretical and practical elements and are designed to help you recognise the specific qualities required in each discipline.

### Level 2 and above

For further information on Level 2 and above, please contact: [shonamalcolm@scottishathletics.org.uk](mailto:shonamalcolm@scottishathletics.org.uk)

### Officials Toolkit

The online toolkit was launched in May 2016. The toolkit provides a variety of resources and supporting information for officials.

For further information on officiating please visit the officials section of our website:

<http://www.scottishathletics.org.uk/officials/> or e-mail [shonamalcolm@scottishathletics.org.uk](mailto:shonamalcolm@scottishathletics.org.uk)

## 4.3 jogscotland, Recreational Running Activities and Cross-country Running

This recreational programme provides a fun and simple way to get children active in jogging. 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 2018.

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](#)).

## 4.4 Resource - Introduction to Recreational Running in Secondary Schools

This resource has been created to support the delivery of recreational running to participants predominantly 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/](http://www.scottishathletics.org.uk/teachers/introduction-to-recreational-running-secondary-schools/)

#### 4.5 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. It 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.

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.

Following the success of the Regional Giant Heptathlon Finals in 2016-17 we will continue with this format for 2017-18. In most cases, schools will continue to qualify for the Regional Final through their local authority event. The dates for the Regional Giant Heptathlon events for 2017-18 are:

- ✓ **Monday 19 February 2018** Grampian Region
- ✓ **Tuesday 20 February 2018** Tayside & Fife Region
- ✓ **Wednesday 21 February 2018** East Region
- ✓ **Thursday 22 February 2018** Central Region
- ✓ **Friday 23 February 2018** 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 with their overall points tally used to identify an overall national winner.

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

For further information on events in your area, visit the **scottishathletics** website:

[www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/](http://www.scottishathletics.org.uk/teachers/giant-heptathlon-secondary-programme/) or contact your **scottishathletics** National Club Manager (see [contacts page](#)).

#### 4.6 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
- ✓ Teaching 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.

#### 4.7 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.

##### The Inspire Club -

- ✓ is a programme for young people/athletes to gain an opportunity to participate in athletics activity all year round.
- ✓ 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.
- ✓ 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](#)).

#### 4.8 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 Disability Athletics Development Officer, Shona Malcolm ([see contacts page](#)).



#### 4.9 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 aged 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 Sportshall are offering a two-week window: You can run your event any time from 25 September to 6 October 2017. They've designated the 6 October 2017 as the main event when they're inviting as many teams as possible from around the world to run their marathons simultaneously\*.

\* For those teams running simultaneously on 6 October, start time is 11am BST

##### 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.
- ✓ **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>

#### 4.10 International Athletics

In early 2018 athletics will be centre stage on the international sporting calendar. From the 2-4 March the IAAF World Indoor Championships will take place in Birmingham, England and then from the 4-15 April, athletics will be at the heart of the Commonwealth Games in the Gold Coast, Australia.

These events provide a fantastic opportunity to promote athletics to children so use this booklet to help you plan athletics activities for children in the build up to these major events.

Further promotional resources can be found on the [scottishathletics](#) website.

#### 4.11 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/](http://www.scottishathletics.org.uk/teachers/)

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)	<b>scottish</b> 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	<b>scottish</b> 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 <b>jogscotland</b> 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

**Head of Development** (National)

Colin Hutchison  
Tel. 07983 080 925  
Email [colin.hutchison@scottishathletics.org.uk](mailto:colin.hutchison@scottishathletics.org.uk)

**National Club Manager** (West of Scotland)

Lindsay McMahon  
Tel. 07918 796 648  
Email [lindsay.mcmahon@scottishathletics.org.uk](mailto:lindsay.mcmahon@scottishathletics.org.uk)

**National Club Manager** (North of Scotland)

Julie Mollison  
Tel. 07818 592 639  
Email [julie.mollison@scottishathletics.org.uk](mailto:julie.mollison@scottishathletics.org.uk)

**N.B.** From October 2017 to May 2018 Julie will be on secondment for the Commonwealth Games. During this time please contact Colin Hutchison.

**National Club Manager** (East of Scotland)

Jamie McDonald  
Tel. 07776 370 199  
Email [jamie.mcdonald@scottishathletics.org.uk](mailto:jamie.mcdonald@scottishathletics.org.uk)

**Disability Athletics Development Officer** (National)

Shona Malcolm  
Tel. 07731 832 567  
Email [shonamalcolm@scottishathletics.org.uk](mailto:shonamalcolm@scottishathletics.org.uk)

**jogscotland** (National)

Membership Development Officer  
Jo Stevens  
Tel. 07903 180 453  
Email [jo.stevens@scottishathletics.org.uk](mailto:jo.stevens@scottishathletics.org.uk)

For all education enquires, contact:  
[coaching@scottishathletics.org.uk](mailto:coaching@scottishathletics.org.uk)

