



scottishathletics 

INSPIRE 2014

**The National Athletics Programme
for Schools in Scotland
Academic Year 2013-14**



BRITISH
ATHLETICS



The Scottish
Government



sportscotland



INSPIRE 2014

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Athletics for Schools in Scotland

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FOREWORD - EILIDH CHILD

Welcome to the Inspire 2014 brochure for the academic year 2013 - 2014.

Following my participation at the London Olympics my focus, attention and training has now moved towards not only the Moscow World Championships in 2013 but also the Glasgow Commonwealth Games in 2014.

The Glasgow 2014 games is not only providing me with a fantastic opportunity to perform at my best in front of a home crowd but also for the sport of athletics to excite, motivate and inspire children of all ages to participate in the sport. I am delighted that **scottishathletics** in partnership with the Scottish Government have created a national programme for schools in the lead up to Glasgow.

As a teacher myself it is important that we remember that athletics and athleticism are the foundation for all sports and physical activities, not only does it improve health and physical activity but it can help develop confident individuals, build self-esteem, create successful learners and provide life lessons as well as providing a direction and purpose for children and adults alike - not to mention endless hours of fun and enjoyment!

INSPIRE 2014 will do exactly that, the programmes outlined in the next few pages will enable all schools to create the next generation of champions by inspiring pupils, no matter their background, ability or physical capabilities to take part in athletics and enjoy it.

INTRODUCTION -

Last year, more than 32,000 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 and 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, the Scottish Schools Athletic Association and UK 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.



Athletics for Schools in Scotland

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

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

3 THE ACTIVE SCHOOLS NETWORK

The fundamental 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 are fundamental partners for the athletics family, both 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 in the recruitment of new volunteers where clubs are formally linked with schools.

Primary Schools Programme

4 INSPIRE 2014 - 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 The INSPIRE 2014 National Autumn Programme - Junior Jogscotland and Cross Country Running

The INSPIRE 2014 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. Utilising the Junior Jogscotland initiative 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.

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

4.2 The INSPIRE 2014 National Winter Programme - Indoor Programme

The INSPIRE 2014 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.

4.3 The INSPIRE 2014 National Spring Programme

The INSPIRE 2014 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.

Primary Schools Programme

4 4.4 INSPIRE 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;

- An Inspire Club is a programme for children/athletes to gain an opportunity to participate in athletics activity all year round.
- An 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 2014 Parallel Success Project

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 page)



Primary Schools Programme

4 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.

Inspire Athletics Teacher Workshops

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 Jogscotland, 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.

4.7 UK Athletics Elevating Athletics Resources

Elevating Athletics is a set of resources 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 Elevating Athletics 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 should have previously received the Elevating Athletics resource, 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://shop.youthsportdirect.org/product_p/rp-ukapp-ysd.htm

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

Primary Schools Programme

4.8 UKA Awards

The UKA Academy Awards offer an effective test for children / potential athletes as they learn to enjoy all aspects of running, jumping and throwing.

The Awards can be used by schools to recognise and reward personal development in athletics. With awards catering for children of all abilities from primary school upwards and helping develop individual athletics skills by setting realistic targets. The Awards programme is the ideal way for teachers and coaches to re-enforce the lesson content: e.g. teachers who may already use Elevating Athletics, can use Awards to reward their pupils and they are progressive so young athletes can climb up the scale of achievement as they develop.

For more information on the UKA Awards please visit <http://academy.uka.org.uk/awards>

4.9 Get Set for Glasgow 2014 - Cross Curricular Resource for Teachers

2014 will be the most exciting and biggest year for Scottish sport ever and **scottishathletics** in partnership with the Scottish Government are delighted to announce a Commonwealth Games themed cross curricular educational resource. The Glasgow 2014 games offer a unique opportunity for schools and teachers to inspire and motivate every child to learn through sport. Get Set for Glasgow 2014 contains 12 lesson plans and extra curricular activities for pupils from Primary 3 - Primary 7. It has been developed by **scottishathletics** in partnership with UK: 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 will be available on CD-Rom and will be posted to all Primary Schools in Scotland.

Contact your Regional Development Manager for further details (see contacts page).



Primary Schools Programme

4 4.10 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 support a number of Regional Sportshall Events across Scotland. In some cases schools will qualify through their local authority events into the Regional Event.

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



Secondary Schools Programme

5 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;](#)

5.1 The INSPIRE 2014 National Autumn Programme - Jogscotland & Cross Country Programmes

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 females in secondary schools 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 2014.

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

5.2 The INSPIRE 2014 National Winter Programme - Giant Heptathlon & Indoor Athletics

Giant Heptathlon is an exciting participation and competition format (with optional coaching) 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 a few years and we are aiming to implement the programme across all Scotland's 32 local authority areas with the additional resource.

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. Schools will have the opportunity to compete in Regional and National team events.



Secondary Schools Programme

5.3 The INSPIRE 2014 National Spring Programme

The INSPIRE 2014 National Spring Programme for secondary schools will provide activities in which 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.

Building on PE sessions and through the Inspire Club programme, young people will be encouraged to participate in school to local to regional and national competitions where appropriate, culminating 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.

5.4 Inspire Clubs

The Inspire Clubs are a national programme specifically targeted at the Active Schools Programme 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 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;

- An Inspire Club is a programme for young people/athletes to gain an opportunity to participate in athletics activity all year round.
- An 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 Regional Manager (see contacts page)

5.5 INSPIRE 2014 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 page)

Secondary Schools Programme

5.6 Teacher Education Opportunities

Secondary 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.

5.6.1 Inspire Athletics Teacher Workshops

This course builds upon what is presented in the primary Elevating Athletics resource. It focuses upon the ongoing acquisition and further development of the fundamental movement skills that underpin athleticism. It highlights progressions for students of all abilities, presenting clear technical models and safe and inclusive teaching methodologies. The additional programmes and resources available to support delivery, measurement and assessment, citizenship and problem solving are signposted and inclusion of all pupils and ongoing steps into competition are highlighted.

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 eg. endurance running, sprinting, jumps or throws.

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

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

5.7 Elevating Athletics Resources

Elevating Athletics is a set of resources 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 Elevating Athletics 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 should have previously received the Elevating Athletics resource, comprising of written materials and a supporting DVD - if not, please contact your **scottishathletics** Regional Manager (see contacts page).

For the Secondary pack please visit http://shop.youthsportdirect.org/product_p/rp-ukasp-ysd.htm

Secondary Schools Programme

5.8 UKA Awards

The UKA Academy Awards offer an effective test for children / potential athletes as they learn to enjoy all aspects of running, jumping and throwing.

The Awards can be used by schools to recognise and reward personal development in athletics. With awards catering for children of all abilities within secondary schools and helping develop individual athletics skills by setting realistic targets.

The Awards programme is the ideal way for teachers and coaches to re-enforce the lesson content: e.g. teachers who may already use Elevating Athletics, can use Awards to reward their pupils and they are progressive so young athletes can climb up the scale of achievement as they develop.

For more information on the UKA Awards please visit <http://academy.uka.org.uk/awards>

5.9 National Talent Identification Project – Playground to Podium

scottishathletics; aim is to create and deliver an innovative and exciting programme in order to identify and develop pupils with potential who are currently not involved in athletics club structures. Ultimately the aim of the programme is to motivate and inspire these young Scots to make the most of their abilities in order to become Scotland's next generation of Commonwealth Champions.

Every one of the 376 secondary schools in Scotland will be invited to send along 3 male and 3 female Secondary 3 students who are not currently involved in an athletics club to a Talent ID day in their region.

Athletes who are identified will be supported to work with an experienced coach who will be able to facilitate their development towards podium potential. **scottishathletics** will also invite the athletes and coaches to be part of National Talent ID gatherings where they will have the opportunity to speak with, spend time with and be mentored by a number of Scotland's already established Commonwealth Games Athletes.

The fun and enjoyable talent ID days will focus on activities which will identify talent in the power and speed events.

- 30m Sprint
- Standing Long Jump
- Overhead Shot
- Batak Board
- Three Spring Jumps
- Cricket Ball Throw

Talent ID days will be held nationally in June 2014; to join the mailing list for updates on the 2013 / 14 Talent ID programme email TalentID@scottishathletics.org.uk



Secondary Schools Programme

5.10 International Athlete School Visit Programme

The School visit programme provides an opportunity for S1 and S2 pupils to meet, question and learn from some of Scotland's next generation of international athletes. These workshops will concentrate on what is required to become a winner in life, not only in sport but also in every day life. It will cover aspects of talent and mindset as well as providing information on how pupils can become successful in everything they do.

Pupils will be provided with the ingredients to learn to be a winner in everything they do – Motivation, Determination, Self-Belief, Self-Discipline, Focus, Resilience, Effort and Learning and Improvement.

To discover how to become a part of the programme and enquire about a school visit contact your Regional Development Manager (see contacts page)

5.11 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 regional and national events are also available to secondary schools across Scotland;

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

- Scottish Secondary Schools Road Relay 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 (July and by Invitation Only)

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

scottishathletics along with UK Athletics arrange a number of Regional Giant Heptathlon Events 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 2013-14 are;

• National Final	20th March 2014	Emirates Arena, Glasgow
• Central Region	27th February 2014	Grangemouth Stadium
• Grampian Region	5th March 2014	Aberdeen Sports Village
• Tayside & Fife Region	5th March 2014	Pitreavie Athletics Centre, Dunfermline
• West Region	5th March 2014	Ayrshire Athletics Arena, Kilmarnock
• East Region	13th March 2014	Meadowbank Stadium, Edinburgh
• Highlands & Islands Region	Due to the unique geography of the Highlands & Islands region, formats and venues will be confirmed at a later date	

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



Participation Pathway & Opportunities

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 & Regional Academies	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 Regional Academies	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	UKA 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)	UKA 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)	UKA Children's Coach (Level 2)
Sportshall Primary Athletics Activity (P3-P7) & Sportshall Primary Competitions (P6 & P7)	Cluster Schools to Local Authority Events to Regional Finals	Inspire Clubs (after-school)	Elevating Athletics Inspire Athletics Teaching Certificate (2-6 Hour Course Available)	UKA Assistant Coach 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)	UKA Athletics Leaders Award (Introductory Level)

Recommended Schools Annual Athletics Activity

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July	August	September	October	November	December	January	February	March	April	May	June
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PRIMARY SCHOOL - RECOMMENDED PARTICIPATION ACTIVITIES

Starttrack Holiday Programmes (Local Authorities & Clubs)	Primary School Cross Country Activity	Primary School Cross Country Activity	Introductory Track & Field Activity
	← Sports Hall Activity (P3-P7) → ↓ Junior jogscotland 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

Starttrack 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		

Curriculum for Excellence & Long Term Development

8. The Curriculum for Excellence & scottishathletics Long-Term Athlete Development Model

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 fully committed to working in partnership with schools, Active Schools and 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 're-align', 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+)

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TEACHING THE BASICS (5 - 8 / 9)	EVENT GROUP DEVELOPMENT 11 / 12 - 14 / 15		EVENT SPECIALISATION 14 / 15 - 17 / 18
	MULTI-EVENTS DEVELOPMENT 8 / 9 - 11 / 12	ATHLETICS DEVELOPMENT	
FUN-DAMENTALS CHRONOLOGICAL AGE Both genders: 5 - 9	FOUNDATION CHRONOLOGICAL / DEVELOPMENTAL AGE Females - 8 - 11 Males 9 - 12	CHRONOLOGICAL / DEVELOPMENTAL AGE Females: 13 - 14 / Males: 14 - 15	EVENT-GROUP INTRODUCTION DEVELOPMENT AGE Females: 14 - 17 / Males: 15 - 18
Curriculum for Excellence Early & First Stage	Curriculum For Excellence Stage 2	Curriculum for Excellence Stage 4	Curriculum for Excellence Senior Stage
PHILOSOPHY <ul style="list-style-type: none"> Children participate in sport for their enjoyment, not adults' Running, 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 adults' Running, 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"> Skill & physical development must take priority over competitive results in early adolescent stages & it is the adults' responsibility to recognize & design training based on these principles Customized sport skills should be developed within the context of athlete ability and physical development 	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 arenas of athletics Identification 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 environment Provide a safe environment in which children are able to discover age & stage appropriate athletics Activities are pre-planned & designed to minimize transition time Provide appropriate styles and levels of communication for children 	PRINCIPLES <ul style="list-style-type: none"> Provide a progression of skill, agility, posture and movement patterns Continued observance of safety principles within skill-based games and comfortable running Activities 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 fits the event to the athlete & not the athlete to the event Safety principles are observed within the context of sport specific skill development Activities are pre-planned & emphasise technical models that reinforce fundamental movement patterns and take into account athlete ability 	PRINCIPLES <ul style="list-style-type: none"> Provide the athlete with a programme that considers individual attributes within the context of an event group Encourage fitness preparation & individual & event group skills as well as personal bests Activities 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 life Create 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 life Create life - long fans of, and contributors to athletics 	OBJECTIVES <ul style="list-style-type: none"> Develop specific sport skill that builds on the overall skill as part of a natural progression Create 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 progression Create life - long fans of, and contributors to athletics
COMPETITION / ACTIVITIES Junior Jogscotland/ Sports Hall Primary/ Introductory Athletics Activity/ Run, Jump & Throw Clubs	COMPETITION / ACTIVITIES Junior Jogscotland/ Sports Hall Primary/ Introductory Athletics Activity/ Run, Jump & Throw Clubs / Primary School Cross Country & Track & Field Introductory Competitions / Athletics Clubs	COMPETITION / ACTIVITIES School Athletics Activities/ Local, Regional & National Cross Country and Track & Field Competitions/ Athletics Clubs, International Competitions	COMPETITION / ACTIVITIES School Athletics Activities/ Local, Regional & National Cross Country and Track & Field Competitions/ Athletics Clubs, FE/HE 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 0-19a / HWB 0-21a / HWB 0-22a / HWB 0-23a / HWB 0-24a / HWB 0-25a / HWB 0-27a / HWB 0-28a / HWB 1-11a / HWB 1-12a / HWB 1-13a / HWB 1-14a / HWB 1-15a / HWB 1-19a / HWB 1-21a / HWB 1-22a / HWB 1-23a / HWB 1-24a / HWB 1-25a / HWB 1-27a / HWB 1-28a	CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES HWB 2-10a / HWB 2-11a / HWB 2-12a / HWB 2-13a / HWB 2-14a / HWB 2-15a / HWB 2-19a / HWB 2-21a / HWB 2-22a / HWB 2-23a / HWB 2-24a / HWB 2-25a / HWB 2-26a / HWB 2-27a / HWB 2-28a	CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES HWB 4-10a / HWB 4-11a / HWB 4-12a / HWB 4-13a / HWB 4-14a / HWB 4-15a / HWB 4-19a / HWB 4-21a / HWB 4-22a / HWB 4-23a / HWB 4-24a / HWB 4-25a / HWB 4-26a / HWB 4-28a	CURRICULUM FOR EXCELLENCE - RELEVANT OUTCOMES No Curriculum for Excellence Learning Outcomes at this Stage

scottishathletics National Development Team - Contact information



9 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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