

# Kids & Youth News

N.14 — OCTOBER 2012

## New Milestones for Kids' Athletics

### Kids and Youth Athletics Development:

- IAAF—Nestlé Partnership, New milestones for Kids' Athletics
- European Project for "Athletics at School"

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For the first 9 months that the sponsorship from Nestlé has been in force, the IAAF Kids' Athletics has made tremendous progress all over the world. Indeed, not less than **19 Member Federations** already engaged in a partnership with the IAAF for the promotion and development of Athletics in the schools and/or clubs of their country through the training of Kids' Athletics Lecturers and coaches by way of a multiplying effect.

Those countries are the following: Argentina, Australia, Brazil, Chili, China, Egypt, Estonia, France, In-

donesia, Kenya, Lebanon, Mauritius, Mexico (December), Morocco, Pakistan, Puerto Rico, Russia, Senegal, Serbia, South Korea, Tunisia, Turkey, Uganda and Ukraine.

While more activities are planned in new countries by the end of the current year, **707 Kids' Athletics Lecturers** have already been trained (since February 2012), and more than 300 sets of Kids' Athletics equipment have been distributed by the IAAF in the frame of the MoUs.

The training of the KA Lecturers by the IAAF is the first step of the four year agreement, and the IAAF has already received numerous reports from them testifying that the Kids' Athletics is extending rapidly throughout the concerned countries, reaching a still increasing number of children. The ultimate goal of the IAAF is to expand the scope of Athletics and Athletics-related activities for children of primary school age.

*(Photo: Launching of the Kids' Athletics Project in Brazil, involving 32 regions from Paraná State)*



## Expand the scope of Athletics in European Schools

Initiated in 2008, following a recommendation of the IAAF School and Youth Commission, the **IAAF “Athletics at School” Project** is born from the necessity to adapt the development projects to the specificities of countries and regions. This realistic approach consists in proposing programmes to groups of countries or a specific Area, avoiding global and macro projects for a better follow-up.

The last seminar was staged in Moscow for European countries in the period of September 6-9, 2012 and is the fifth course after those conducted in 2008 for Africa countries, in 2009 in Oceania, in 2010 in South America and last year for Arabic speaking countries.

20 candidates (16 men and 4 women) from 10 European countries took part in the Seminar. Each country was represented by two participants: Armenia, Azerbaijan, Belarus, Estonia, Georgia, Israel, Latvia, Lithuania, Moldova, Russia. Russia sent one additional representative who was in charge of this program in the *All – Russia Athletic Federation*.

Mr. Abdel Malek El – Hebil, Senior Education Manager of the IAAF Member Services Department, was the Moderator and Lecturer of this Seminar. All participants work either as PE teachers in primary schools or as coaches of the young athletes in the sports schools, clubs or general education schools.

In the course of the Seminar, participants have discussed various organizational and methodological aspects relevant to their work with young athletes. Participants spoke at great length about specificity of the kids and youth of the “Y Generation”. They took an active part in the “Kids’ athletics” competition for children of 9-10 years old.



Kids holding proudly their Certificate after the Kids’ Athletics Competition

Participants have been given the task to create new educational cards for different athletic events on the model of the existing *IAAF Educational Cards* and to organize a practical session using these new cards. On the last day of the Seminar, participants delivered presentations of their projects based on the development of the program “Athletics at School” in their countries.

The represented Member Federations were requested to sign a commitment in which they resolve to implement a sustainable programme and to assist participants of the Seminar in the realization of their projects. If this project is successfully implemented in 10 general education schools, the IAAF will send free of charge 5 kits of equipment to the respective countries for further development of this program.



Relay event, Kids’ Athletics Moscow 2012

*Thanks to RDC Moscow for its contribution*



## Sustainable Development Programme in Chile

The first KA course for the national coordinators of the programme took place in Santiago on 10-11 August 2012, under the guidance of the IAAF Lecturer Carlos Cavallero from Argentina.

The 32 PE Teachers, representing 7 regions of Chile were very enthusiastic about the project and actively took part in the KA competition and workshops. The Lecturer commented that *“the launching of the Kids’ Athletics Project in Chile was adequately held, exceeding the previous expectations”*.

Indeed, to ensure the success of the programme in the Chilean territory, a detailed planning and strategy have been defined in co-operation with the Athletics Federation of Chile. FEDACHI will work with regional associations, school networks and Universities in order to achieve the best impact ever.

The main goals which have been set for this year are the following:

- Create a net of 24 coordinators able to transfer this programme to the schools.
- Regional associations: to train

6 chosen school coordinators to monitor the programme. Each of them has previously identified at least 6 schools so as to end the first semester with 3,150 pupils.

- School networks: to prepare 10 coordinators in charge of training 8,400 pupils this semester.
- Universities (UMCE and Los Lagos): to prepare 2 coordinators who will have to apply the programme to the current teacher education curriculum at universities; therefore, this programme will impact 8 schools with 1,680 pupils each.
- Association coordinators: to prepare 4 coordinators who will be able to monitor the growth of the project.
- To interest different corporations in sponsoring the programme and to implement it on national level by 2013.

*Special thanks to Carlos Cavallero for his valuable contribution and dedication to the project.*



The course participants and the kids after the KA Competition, ( August 2012)

## Bhutanese children discovering Kids’ Athletics

### A first for the children, coaches and PE teachers of Bhutan

Bhutan Amateur Athletics Federation hosted a Kids’ Athletics seminar in Thimphu, on 1-2 September 2012. This long-awaited seminar, which was conducted by Malek El-Hebil, IAAF Senior Manager and Lecturer, aroused a great interest among the participating candidates. They were a total of 26 participants, coming from several regions of the country.

The two-day seminar comprised theoretical and practical sessions and was concluded by a Kids’ Athletics Competition, which took place in the presence of the Presi-

dent and the General Secretary of the National Federation. The head of school sports also attended the course.



*Kids taking part in the Sprint hurdles event (Thimphu, 2 September 2012)*

## Kids' Athletics Seminar for French Coaches



*Kids' Athletics Lecturers, after a seminar held in Eaubonne, France (October 2012)*

In the frame of the Memorandum of Understanding signed between the French Athletics Federation and the IAAF, and thanks to the sponsor of Nestlé Healthy Kids, a Seminar on Kids' Athletics has been

held in Eaubonne, France on October 6th.

The Kids' Athletics programme is already quite popular in France and the National Federation has been using it for several years in its clubs, but the coaches really needed further clarification and strong arguments to convince the most sceptical or resistant to this new approach of teaching athletics to the young age categories.

Involving 30 coaches from the various Leagues of the country, the course proved to be very constructive and fruitful: they all agreed on the quality of the lectures given by Malek El-Hebil, IAAF Senior Manager, responsible of the School and Youth Programme, and they all demand that similar activities be organised to improve their knowledge.

## Ethiopia supports youth athletics development

On the initiative of two IAAF CECS Level I Lecturers from Ethiopia, the Ethiopian Athletics Federation sponsored and organised a Kids' Athletics course for PE Teachers.

Last year, the Ethiopian Athletics Federation in collaboration with the Federal Sport Commission of Ethiopia had organized a 5 days Kids' Athletics introduction course (December 19-23/2011) for 34 Physical Education and Sport teachers. Following the success of this activity, another course was organised. It was conducted by Mr. Zeru Bekele Tola and Admasu Saji for a total of 23 Physical Education and Sports teachers from all regions and city administration of the country. Among the 23 candidates, 6 are females.

Both the theoretical and practical lessons are supported by video and demonstrations. Moreover, all the trainees were engaged in improvising

Kids' Athletics equipment. Finally, the participants organized a Kids' Athletics Exhibition for 11 & 12 year old children. A total of 36 children from one of the Addis Ababa City administration primary schools took part in the festival. At the end of the competition, all the participating children received the traditional Kids' Athletics certificate.

The lecturer Zeru Bekele Tola said: "we really appreciate all the efforts and

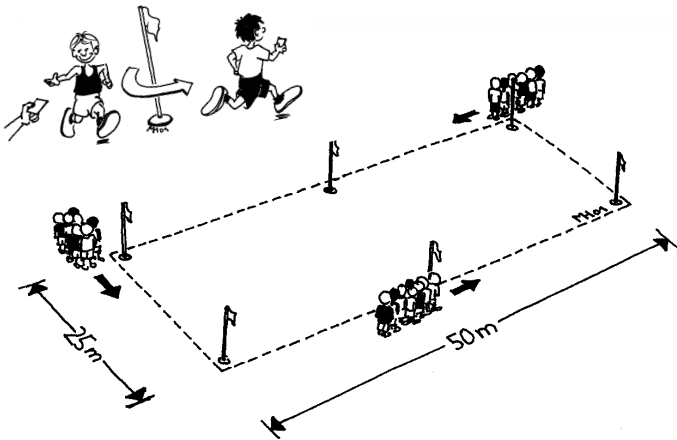


*The course participants improvised Kids' Athletics equipment*

*supports that have been made and offered by the federation in promoting Kids' and Youth Athletics throughout the country. If the supports from the federation continue as it is, we, the lecturers, are ready to provide other courses at the national or regional levels in 2012".*

*Zeru Bekele Tola, CECS Level I Lecturer*

## Example of Educational Situation: 8' ENDURANCE RACE



### How to prepare for 8' Endurance ?

**Analysis of the event:** Each team has to run around a course of 150m (see figure opposite) from a given starting point. Each team member tries to run around the course as often as possible in 8 minutes. It requires the control of the running speed within defined speed limits. This is an individual event in a team background. Each participant keeps to a speed table to help his/her team.

**Safety of the participants:** Markers along the distance, as well as reference points for the team base must be safe. Educators on each

base will have to give advice to every child after every turn.

## EDUCATIONAL CARD

### Objective: To control the running speed

#### Proposed situation

Over a 100-200-m distance, run at varying speed according to the instructions given by the instructor. Maintaining a "regular" speed will be the first requirement.

**The beginner's behaviour:** Beginners will have great difficulty following the instructions and run at the required regular speed.

#### Instructions for the exercise:

- Change the running speed gradually,
- Adjust your breathing and breathe "naturally".

#### Noticeable points:

- Respect the given instructions,
- Easy breathing

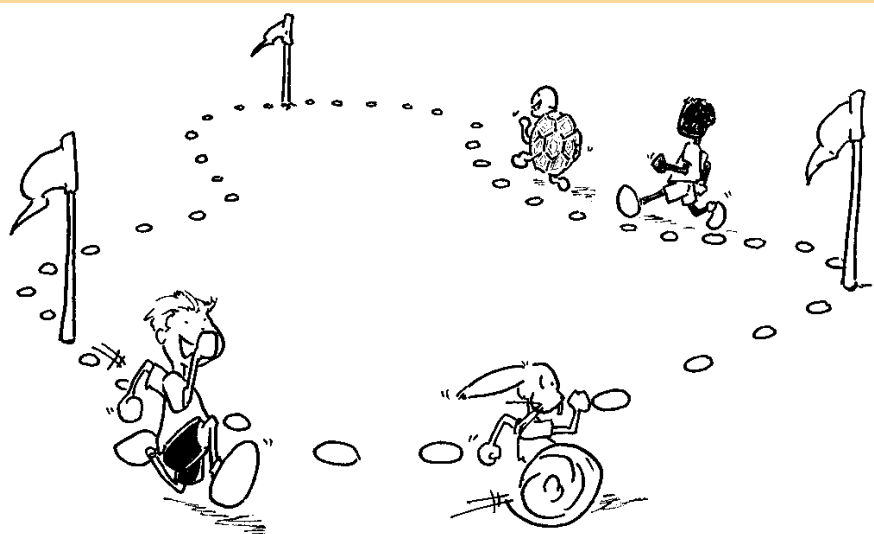
#### Teaching progression:

- Run at different paces on each area,
- Run various distances,
- Run collective races (relay in pairs, American relay, etc.),
- Move towards games.

#### Safety & Equipment:

Safe course, marking implements, a whistle, or other starting signal

Speed: appropriate to the level of ability, Appropriate length of time for the exercise





## IAAF Kids' Athletics in London International Inspiration Programme

The **IAAF Kids Athletics** was introduced as a part of International Inspiration in 2010, when it was identified that the IAAF's aims for the programme resonated with the London 2012 Olympic and Paralympic Games' sport legacy programme. It has now been a fully integrated activity in 6 II country programmes – and is expected to have significant impact in more countries as programmes mature.

**Nigeria** From a small pilot of Kids Athletics training in Lagos State in March 2011, it is now being rolled out to 900 schools across the state with the potential to reach 200,000 children. Huge commitment has been demonstrated by Lagos State Universal Basic Education Board (SUBEB). Kids athletics has also spread to other States.

**Jordan** Through the Jordan Athletics Federation, 40 teachers (including 30 female teachers) have been trained in IAAF Kids Athletics delivery leading to improvement in the teaching of physical education.

**Mozambique** Teachers and district officers in Mozambique have been trained to deliver Kids Athletics to children in schools. Kids athletics is now an integral element of UNICEF's Child Friendly Schools package. London 2012 Organising Committee's Deputy Chair, and Chair of the II Foundation, Sir Keith Mills, visited Mozambique in July 2011 to see children using the athletics skills their teachers have been equipped to teach them.

**Tanzania** Kids Athletics in International Inspiration Tanzania has improved the skills of teachers and increased the number of coaches in schools and communities in four regions. Teachers are being trained in Kids Athletics in collaboration with the Tanzania Athletics Federation.

International Inspiration Ambassador and Paralympian Oscar Pistorius took part in the Tanzania launch in November 2011, and saw the impact of Kids Athletics first-hand.

**Uganda** Kids athletics has been embedded in International Inspiration

programme in Uganda. In May 2012, the Ugandan National Athletics Championships took place with Kids Athletics featuring. The event placed emphasis on team success rather than individual success and was incredibly well attended with 95 districts and 17 municipalities taking part, and children competing in 3 different age groups in age appropriate sport.

**Pakistan** Through International Inspiration, there is an agreement between the British Council, AFP (Athletics Federation of Pakistan) and Ministry of Education to pilot Kids Athletics within International Inspiration in Pakistan. Initial training took place in February 2012.

**Ghana** Plans are underway to introduce kids athletics in the International Inspiration programme working with the Athletics Federation and Ghana Education Services.

*Thanks to Mr Elias Musanganya*

*Senior Advisor*

*London International Inspiration Programme*

## New Convention of Partnership between IAAF and CONFES

This body brings together all the ministries of youth and sports of the French-speaking world, which is called "Conference of Ministries of Youth and Sports and French-speaking world" (CONFES).

This organisation would like to sign a framework convention with the IAAF to introduce Kids' Athletics to the « Conference of National Education Ministers » (CONFEMEN) of countries and governments having the French language in common. They are a total of 75 countries.

The objective of this partnership is to bring Sports and Physical Education back in schools. The Kids' Athletics programme, which provides a platform where the children make the most of the beneficial practice of athletics, in terms of health, education, and self-fulfilment, is indeed very attractive and will be part of this partnership.

A draft convention is in progress and is to be signed by the IAAF, the CONFES and the CONFEMEN in the following weeks.



## Kids' Competition in Barcelona to Celebrate the IAAF Centenary



As part of the celebrations to mark to the Centennial Year of the International Association of Athletics Federations, the IAAF is planning to organise a major **Kids' Athletics Competition on 24 November 2012**, which is also the day of the Gala, in Barcelona.

This important event will be attended by almost 100 great athletes: Legends, Top Athletes and IAAF Ambassadors. Some Ambassador athletes will take part in the competition as team leaders. The participation of those legends will give important media coverage of international & local media.

The IAAF is confident to be able to make a really excellent promotion to inspire kids and youth with a lot of positive media coverage, as emphasized by the IAAF President Lamine Diack:

“Our task remains to inspire young people around the world and give them the support and encouragement they need to become healthy of body and mind and also to be inspired to compete at club, national or international level. Our sport, at all levels of participation, offers a firm foundation of skills and values for living which are just as appropriate to youngsters in 2012 as they were to the youth of 1912”.



*Venue of the Event: Arc de Triomphe in the City center of Barcelona*

## A global education and competition system for schools in Hungary



The Government of Hungary heartily approved the IAAF Kids' Athletics project and is about to include it in the official Primary school curriculum, starting from this year.

In the beginning of September, the National Federation held the first round of teachers education courses, which means that 6 training courses, of a duration of 3 days were organised in 6 parts of the country.

The outcome of this first initiative was very positive: 150 teachers were duly trained and can now teach Kids' Athletics in schools. The future courses will follow a definite planning and will take place during weekends in 7 headquarters (25 teachers).

The government will also provide funds to purchase the Kids' Athletics kits.







International Association of Athletics Federations

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*Kids' Athletics Competition in Japan (October 2012) : the Orange Team*



## Latest News

### IAAF / Nestlé Lecturers' Course in RDC Gold Coast, Australia

The IAAF Regional Development Center of Gold Coast has just hosted a CECS Level I Lecturers' Course with the sponsoring of Nestlé Healthy Kids. The IAAF Senior Manager and Lecturer Malek El-Hebil will conduct this activity from 15 to 20 October 2012, for 11 participants representing 7 National Federations: Australia, Cook Islands, French Polynesia, Nauru, Marshall Islands, Northern Marianas Islands and Vanuatu.

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### Central America: the IAAF Kids Athletics has been integrated in the competition programme for CADICA Juvenile Championships

CADICA (the Athletics Confederation of Central American countries) will held its 6th Juvenile Championships at the National Stadium of San Jose, Costa Rica, from 23 to 25 November 2012. This year's edition is an important step for the IAAF Kids' Athletics, as it is included in the official competition programme. The events which have been chosen are the following:

- Day 1: Formula 1, Overhead Backward Throw, Cross Hop
- Day 2: Sprint Hurdles Shuttle Relay, Kids' Javelin Throw, Forward Squat Jump
- Day 3: Speed Ladder, Target Throw over a barrier, Long Jump with a pole over a sandpit
- Day 4: Sprint/Hurdles/Slalom Shuttle Relay and 8'Endurance Race.

For further details, please refer to the CADICA website, following the link: <http://www.atletismocadica.org/>

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*Child in Ethiopia clearing a hurdle, May 2012*



*Relay Event in Moscow, September 2012*

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