

# Run!

A Community Athletics Initiative for London

What can we do for *you*?  
**Secondary Schools**



  
ENGLAND ATHLETICS

[www.londonathletics.org/about-run](http://www.londonathletics.org/about-run)

## Introduction

The sport of athletics – in particular the fundamental movements of Running, Jumping and Throwing – are recognised as key foundation skills for developing a child’s physical literacy and the skills which underpin most sports.

Delivering a consistently high quality experience of athletics in both school and club environments is fundamentally important to ensuring the lasting success of the sport. Schools and our Sport can work together to provide an introduction to and progression in, running, jumping and throwing in their purest forms. The application of various resources to ensure stimulation, cognitive and social development and the recognition of improvement is encouraged. This booklet provides you with some options to utilise these resources and presents some brief ideas/links that might support you in your quest.

## Run!

**Run!** is our approach to delivering a grass roots legacy for athletics in central London from the 2012 Olympic and Paralympic Games, by creating new and sustainable opportunities for the 2 million Londoners for whom existing athletics provision is extremely limited.

**Run!** is a programme to increase participation levels in the sport of athletics in the Inner City Boroughs of London.

**Run!** is fully aligned with the objectives of providing a sporting legacy following the 2012 Olympic and Paralympic Games as embedded in the Mayor of London’s Plan for Sport – *A Sporting Future for London*. It forms part of the London Strategy Plan for Athletics and works hand-in-hand with Inclusive and Active 2.

## Who we are

We are the delivery arm of England Athletics in London, tasked with engaging more people in all aspects of athletics from track and field through to recreational running and jogging groups.



# The Packages

Skills / Participation	Awards / Education	Competition
<p>Engaging students in various forms of Athletics, from Sportshall to Track and Field and running, whilst enhancing physical literacy.</p> <p>Providing cross curriculum development through enhancing leadership and social skills as well as cognitive development.</p>	<p>Providing education to students through Athletics, and sustainable options for teachers delivering athletics.</p>	<p>Providing a pathway to competition and sustainable exit routes for students to take part in the sport.</p>
<p><b>Ideal for:</b></p> <p>Schools that want to provide health, social and physical activity opportunity to students through Athletics.</p>	<p><b>Ideal for:</b></p> <p>Schools that wish to develop athletics through education, with options for both Students and Teachers.</p>	<p><b>Ideal for:</b></p> <p>Schools that wish to expand on their competition route for students through Athletics.</p>
<p><b>Options include:</b></p> <ul style="list-style-type: none"> <li>• Personalised Athletics sessions run at your school by a qualified coach/es for a term through to an entire academic year</li> <li>• A full day accredited training course for your teachers delivering the Teaching Secondary School Athletics Course to upskill them to deliver Athletics in Secondary Schools</li> <li>• A weekly timed 1 mile run at your local athletics track for individual classes or year groups</li> <li>• Weekly or Monthly taster sessions at your local track, delivered by qualified coaches linked to your local affiliated Athletics Club</li> <li>• Daily/Weekly mile runs and Sportshall Award sessions linked to health, attainment and reducing obesity outcomes.</li> </ul>	<p><b>Options include:</b></p> <ul style="list-style-type: none"> <li>• A 3 hour accredited coaching leadership workshop with interactive App for 14+ students to get into Athletics coaching (Leading Athletics workshop)</li> <li>• Individual sign up for 14+ Students to the volunteer leadership Academy programme – AthleACADEMY</li> <li>• A 3 hour accredited Level 1 officiating course for 14+ students. Once licenced this contributes to an individual's GCSE PE course.</li> <li>• Resources, interactive App and kit for delivery of Athletics 365 to students. The multi event young people development programme. Introducing the fundamental skills of athletics. Including the English Schools Track and Field, Endurance and Sportshall Awards programmes.</li> <li>• Quarterly Run/Jump/Throw assessment of particular year groups, tailored results and subsequent signposting to local clubs.</li> </ul>	<p><b>Options include:</b></p> <ul style="list-style-type: none"> <li>• Entry into the City of London Mile race – A one mile road race in Central London</li> <li>• Borough Sportshall / outdoor athletics competition (where currently unavailable)</li> <li>• School Sports day support and advice, as well as provision at the local athletics track</li> <li>• Local engagement with the nearest England Athletics Affiliated Club to provide competitive opportunities</li> <li>• Supporting mini marathon, cross country, Sportshall athletics or track and field trials/events.</li> </ul>

**Optional extras:** for all packages we can source and provide apparel, prizes, promotional merchandise and more.

**Costs:** prices for all packages are available on request. Tailored packages are also available For further information please email: [londonrun@englandathletics.org](mailto:londonrun@englandathletics.org)

## Who have we worked with?

Here are some of the schools that we have worked with to support their Athletics development:

- Chobham, Olympic Park
- Cumberland School, Newham
- Hendon School, Barnet
- Swiss Cottage, Camden

## What have they said about us?

*“Through working with London Athletics we are able to test our students on a quarterly basis for Running/Jumping and Throwing, as well as establishing a successful Satellite club.”*

Ben Starkey, Head of PE, Chobham Academy, Olympic Park (Newham)

*“We are working with London Athletics to support our students with education and officiating courses to support the cross curriculum development of sport and learning.”*

Emma Hinski, Physical Education, Cophall Girls School (Barnet)

## Further details

**Website** – [www.londonathletics.org/about-run](http://www.londonathletics.org/about-run)

**Email** – [londonrun@englandathletics.org](mailto:londonrun@englandathletics.org)

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