

Athletics for Schools

Sportshall Athletics and other initiatives for children aged 4-16

Find out more about the exciting athletics activities you could be running in your school, including the indoor Sportshall skills, awards and competition programmes.



For more details see the next page or
email londonrun@englandathletics.org

Sportshall



londonathletics.org/schools

LONDONATHLETICS

Sportshall Infants (ages 4-7)

Sportshall Infants is a fun and exciting programme that focuses on building core skills through play. Designed for schools and play groups, the versatile brightly coloured equipment is contained in handy storage boxes with full instructional resources. The activities are divided into two areas: Skills and Games which both use the same kits. With the emphasis on play and enjoyment, physical activity sessions and fun festivals are easily delivered.

Sportshall (ages 7-16)

Officially recommended by England Athletics, Sportshall has developed into the largest competition programme in the School Games. Thousands of youngsters have been introduced to athletics through Sportshall Skills, Awards and Competition. Sportshall provides a safe and enjoyable introduction to athletic skills and sporting activity. The wide range of activities and events within Sportshall incorporate and encourage the development of the core fundamental physical skills at the heart of the Primary and Secondary curriculum.

Sportshall Skills – The Sportshall Pentathlon and Decathlon provide an ideal introduction to the most popular Sportshall activities. Sportshall Skills are the first step to gaining British Athletics Awards or to participating in Sportshall competition. It is an ideal way to monitor fitness, set goals and build athletics skills which are the core requirement for all sports.

British Athletics Sportshall Awards – The British Athletics Sportshall Awards provide an effective test for children/potential athletes as they learn and improve the skills used in the Sportshall programme. It is an ideal way to monitor fitness, set goals and build athletics skills which are the core requirement for all sports.

Sportshall Competition – Sportshall has grown to be the most popular programme within the School Games and offers fun competition alongside a serious pathway for those wishing to pursue athletics goals. There is also a UK club championship which has been running since 1982.

England Athletics Endurance Programme (ages 7-16)

The England Athletics Endurance Programme allows teachers and coaches to run activities, games and team based competition formats that can be easily applied in schools and clubs as part of a coordinated development programme for young people. The programme also includes the World Marathon Challenge and the British Athletics Endurance Awards.

England Athletics Med Ball Challenge (ages 9-16)

The Med Ball Challenge is an initiative to promote the development of Throwing activity in schools and clubs. Core throwing skills are developed and tested using the appropriate resistance weights for each age group. There are five kinds of throw: Forward Pitch, Chest Push, Soccer Throw, Overhead Heave, and Shoulder Fling. Each technique is used in various ball games, or athletics throwing events. The concept is ideal for PE lessons or club training sessions, is easy to set up and can be done indoors and outdoors. It is inclusive, suitable for all abilities and excellent for talent ID.

Highland Games (ages 8-18)

Highland Games is a truly exciting and innovative programme where traditional highland skills have been fused with the latest Sportshall concepts and equipment to give a programme that is educational, easy to use and most importantly, fun!

