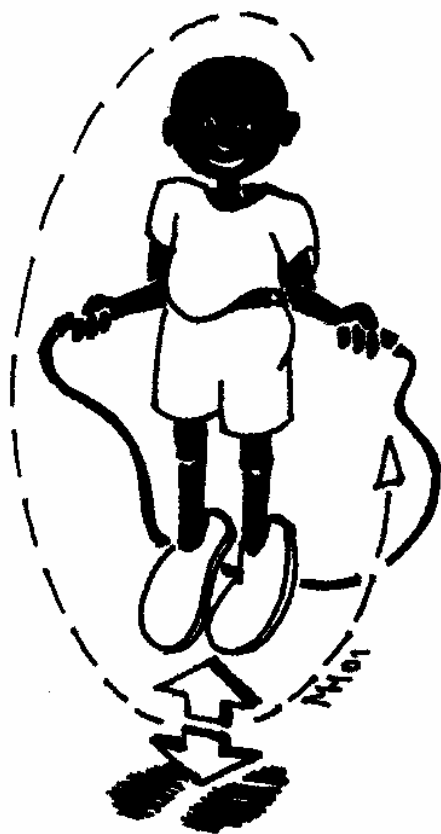




Educational Card: Rope skipping

Analysis of the event: Practice of coordination between arms/legs and minimum mastery of the take-off from both feet. Control the maximum speed of the movement

Safety of the participants: The exercise must be carried out on a soft and non-slippery ground. The length of the rope must be adjusted to the various participants (= distance from the hand to the ground when the arm is horizontally extended).



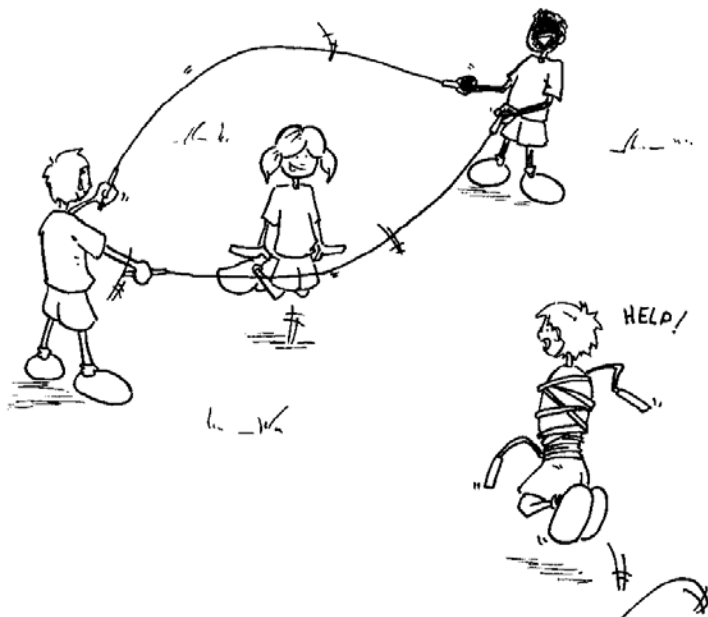
Event from IAAF Kids' Athletics Competition

Educational Card 1: Rope skipping

Objective: To experiment jumping in rope skipping

Proposed situation: Achieve various hops over a rope turned by two participants.

The beginner's behaviour: Beginners often remain in their moving position and do not have any precise idea of the trajectory of the rope. They often jump forwards instead of jumping high only.



Instructions for the exercise:

- Face the participant who turns the rope
- Jump vertically

Noticeable points:

- Achieve the required hops
- Coordinate arms/legs
- Carry out small hops

Teaching progression:

- Vary the rotational frequency
- Vary the number and forms of jumps (step, hop)
- Entering/getting out of the cyclic process from various points
- Increase the number of ropes
- 2, 3 even 4 children can skip the rope at the same time
- Move towards games

Safety:

- Flat ground
- Watchfulness of the children who turn the rope

Equipment:

- Safe skipping ropes

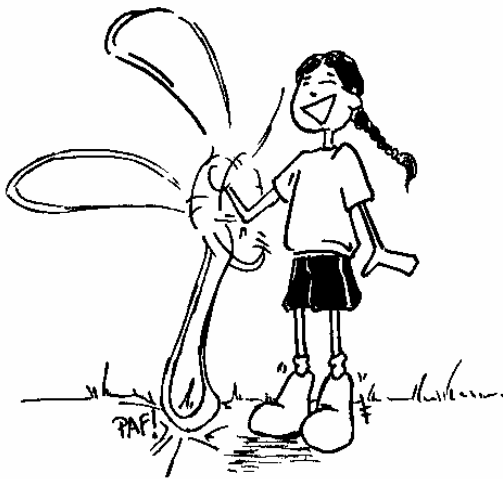


Educational Card 2: Rope skipping

Objective: To experiment the Jump/Turn coordination

Proposed situation: Hold the rope at both edges with the right hand, and turn it with the wrist. Take-off from both feet each time the rope touches the ground.

The beginner's behaviour: They have difficulty turning the rope and hopping at the same time, and they often carry out hops with the body in a bent position.



Instructions for the exercise:

- Start with low frequency to turn the rope
- Be careful when the rope touches the ground and start hopping
- The rope must be maintained by the wrist
- General upright position of the body (take-off and landing)

Teaching progression:

- Practice with the left hand
- Vary frequency
- Organise moving sequences
- For the oldest or those who have much coordination, practice the rope skipping with extended legs (therefore: foot placement practice only)
- Move towards games

Safety:

- Flat and sound ground
- Organise the group

Equipment:

- Appropriate skipping rope



Educational Card 3: Rope skipping

Objective: To experiment the individual rope skipping

Proposed situation: Holding the skipping rope behind the heels, try to repeat as many hops as possible with two-time rhythm for support.

The beginner's behaviour: Beginners turn the rope and then lean forward to clear it. They often stop turning the rope upon landing.



Instructions for the exercise:

- Begin with low frequency
- Maintain the body in the upright position

Noticeable points:

- Achieve more and more hops
- Save one's strength (choose the right moment and do not jump high)
- Vertical position of the body

Teaching progression:

- Vary the hopping frequency
- Skip the rope in pairs
- Vary the jumping forms
- Generate movement
- For the oldest or those who have much coordination, practice the rope skipping with extended legs (therefore: foot placement practice only)
- Move towards games

Safety:

- Flat and non-slippery ground
- Organisation of the group (space)

Equipment:

- Ropes of appropriate length

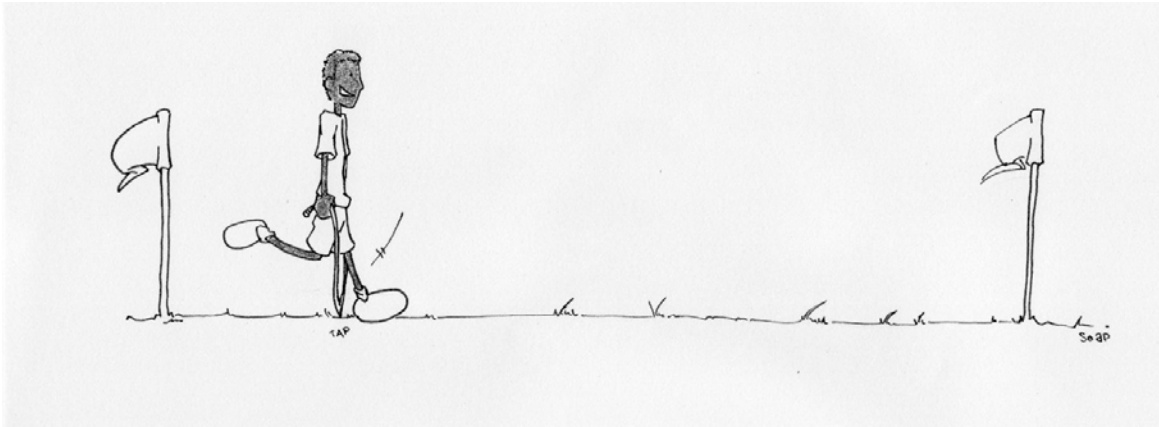


Educational Card 4: Rope skipping

Objective: To improve the mastery of rope skipping striding along

Proposed situation: Beginners have to skip the rope over straight courses then various courses, completing two strides between each rotation of the rope (jogging stride).

The beginner's behaviour: Beginners have difficulty during the rotations. They often lean forwards, using the shoulders to turn the rope.



Instructions for the exercise:

- Run and Jump with the body in vertical and straight position
- Block the rope with the wrists
- The eyes look ahead

Noticeable points:

- Complete the required courses
- Maintain the running rhythm
- Remain relaxed during the exercise

Teaching progression:

- Complete different courses (curves, slalom, etc.)
- Jogging from right and left feet
- Move from two feet jumps to jogging jumps
- Skip the rope in pairs
- Move towards games

Safety:

- Organisation of the group
- Appropriate rope length
- Marked out area

Equipment:

- Skipping ropes
- Vertical markers

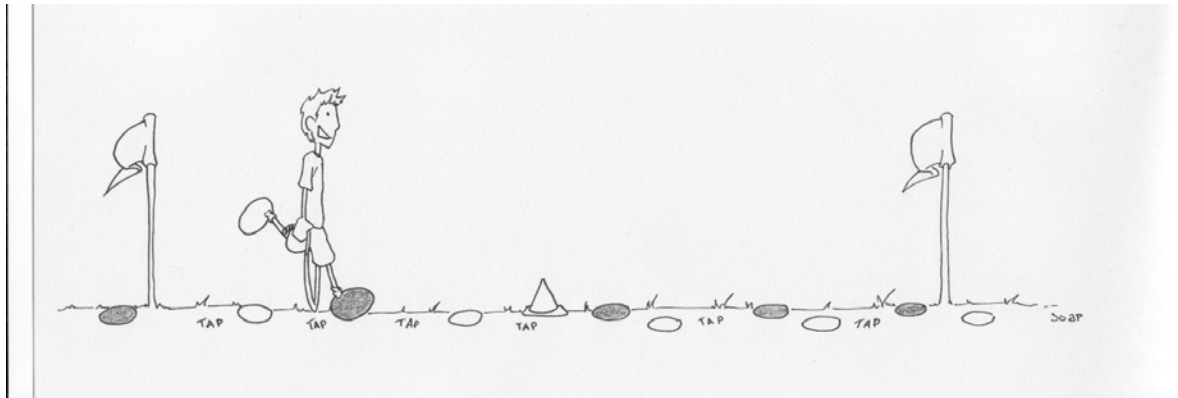


Educational Card 5: Rope skipping

Objective: To improve the mastery of rope skipping striding along

Proposed situation: Beginners have to skip the rope over straight courses then various courses, with one support between each rotation of the rope (galloping stride).

The beginner's behaviour: Beginners have more difficulty galloping than jogging during the rotations. They often lean forwards, using the shoulders to turn the rope.



Instructions for the exercise:

- Run/Jump with the body in vertical and straight position
- Block the rope with the wrists
- The eyes look ahead

Noticeable points:

- Complete the required courses
- Maintain the running rhythm
- Remain relaxed during the exercise

Teaching progression:

- Complete different courses (curves, slalom, etc.)
- Change strides, jogging/galloping and galloping/jogging, without stopping
- Move from two feet jumps to galloping jumps
- Skip the rope in pairs
- Move towards games

Safety:

- Organisation of the group
- Appropriate rope length
- Marked-out area

Equipment:

- Skipping ropes
- Vertical markers

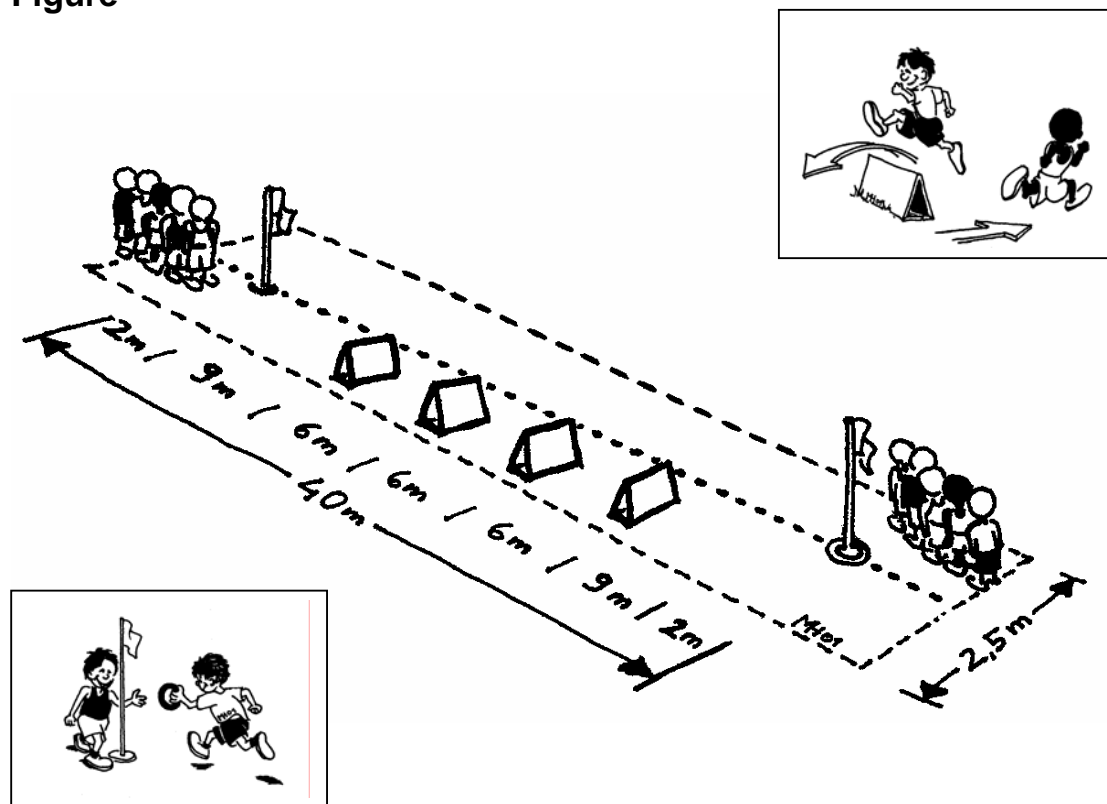


Educational Card : Sprint/Hurdles Shuttle Relay

Analysis of the event: The event requires mastering low obstacles clearance at running speed and the ability at organising one's strides over a given distance.

Safety of the participants: The selection of the area for practice is important (soft, non-slippery, flat). The hurdles selection is also crucial for safety (safe: light, solid, etc.). The courses should be adjusted to the various levels of the participants.

Figure



Event from IAAF Kids' Athletics Competition



Educational Card 1: Sprint/Hurdles Shuttle Relay

Objective: To improve the obstacle clearance

Proposed situation: Organise a course with various implements for jumping practice (vertical – horizontal clearance) which are distributed at random.

The beginner's behaviour: Beginners are hesitant before the obstacles, and often land in the safety position (two feet touchdown).



Instructions for the exercise:

- Run as regularly as possible
- Make a fast transition to running after clearance

Noticeable points:

- Keep balance after clearance
- Master the obstacle clearance with a roughly horizontal position
- Do not slow down before obstacles
- Use the free segments for drive and not for balance

Teaching progression:

- Vary the obstacles (high, low, long, various)
- Vary the distances between hurdles
- Vary the sequences of exercises
- Move towards individual or collective games

Safety:

- Safe courses
- Appropriate obstacles

Equipment:

- Horizontal markers
- Vertical markers for the course

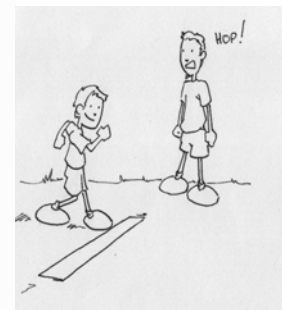
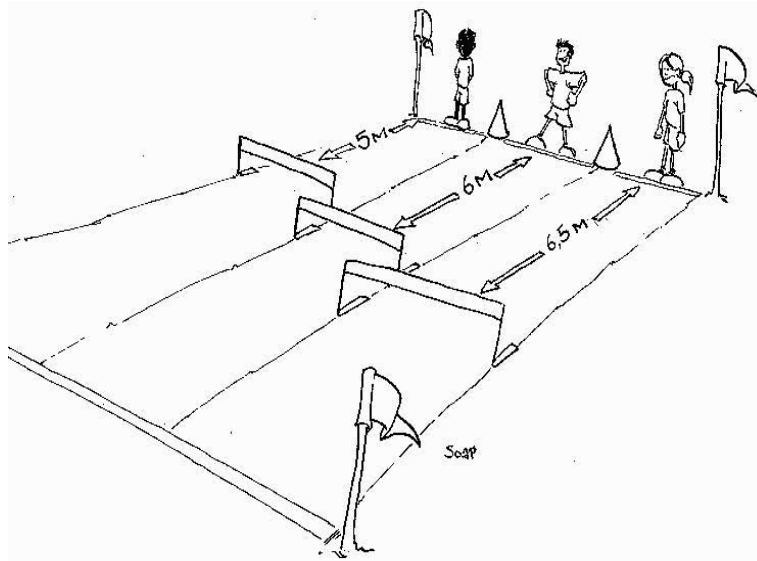
Educational Card 2: Sprint/Hurdles Shuttle Relay

Objective: To improve the organisation of the distance between the starting line and the 1st obstacle

Proposed situation: Have 3 different courses (5, 6, 7m) at the participants' disposal as following:

Start from a crossbar on the ground

Safe obstacles are placed at a 5-m, 6-m, 7-m distance (they are low so that can be cleared easily).



Starting position

Instructions for the exercise:

- Do not slow down before the obstacles
- Sprint until the finishing line
- Make a fast transition to running after clearance

Noticeable points:

- Progressive acceleration towards the obstacle
- Progressive stride amplitude
- Take-off is taken far from the hurdle
- Active and balance landing after clearance

Teaching progression:

- Vary the distances
- Run in pairs
- Keep the time
- Move towards play activities

Safety:

- Safe courses
- Appropriate hurdles height and in-between spaces
- Organisation of the group

Equipment:

- Hurdles
- Vertical markers on the course

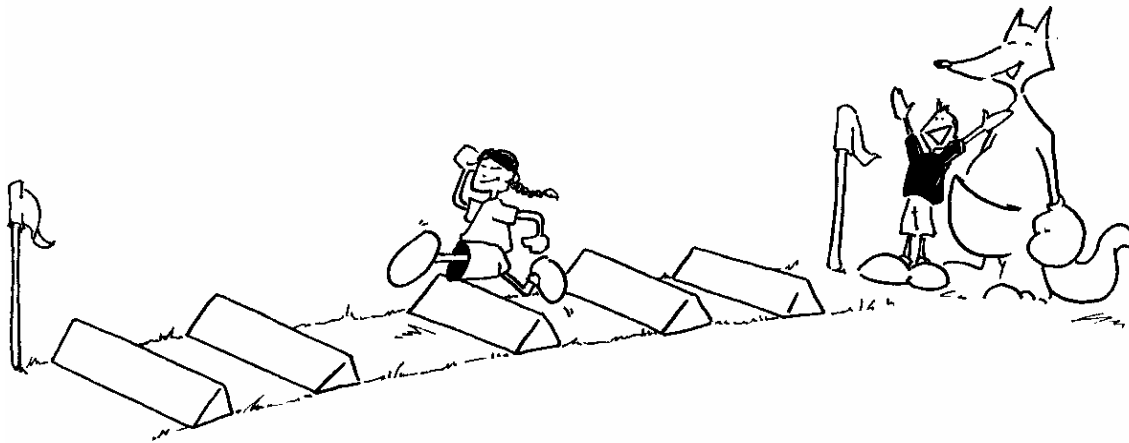


Educational Card 3: Sprint/Hurdles Shuttle Relay

Objective: To improve the running strides over the distances between hurdles

Proposed situation: Carry out in-between distances, to be gradually increased and ask the participants to work on the stride amplitude and the number of strides (compulsory or free).

The beginner's behaviour: Beginners will work on the number of strides keeping their own regular pace; they land in the safety position (two feet touchdown).



Instructions for the exercise:

- Work on different stride amplitudes
- Remain at running speed

Noticeable points:

- Maintain a regular pace
- Saving strategy of running
- Balance and correct general position are maintained

Teaching progression:

- Vary the distances
- Vary the requirements (contracts)
- Keep the time
- Move towards individual games or collective games

Safety:

- Non-slippery ground
- Safe obstacles
- Organisation of the group

Equipment:

- Hurdles
- Vertical markers

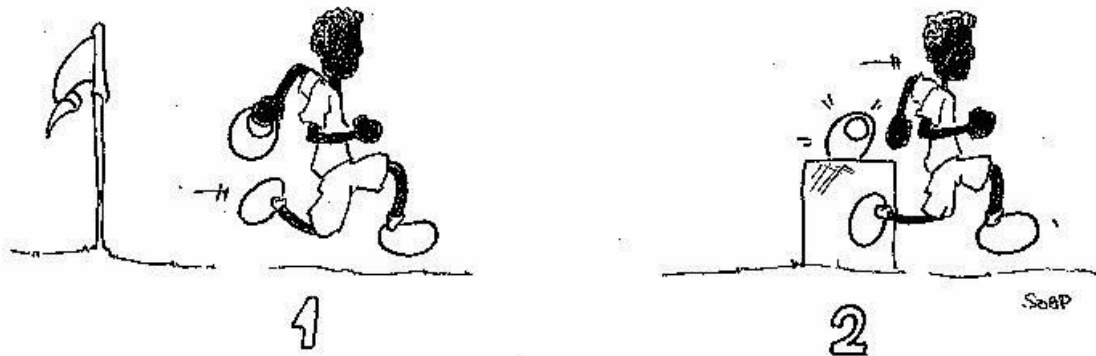


Educational Card 4: Sprint/Hurdles Shuttle Relay

Objective: To improve the baton handling

Proposed situation: Catch and release a baton (tennis ball, soft ring, relay baton, etc.) placed at hip level at running speed.

The beginner's behaviour: Beginners have great difficulty separating their arm action from their running action. Their arm accompanies the sprinting movement and can not carry out an accurate action.



Instructions for the exercise:

- Remain in a relaxed position
- Do not turn the head towards the target

Noticeable points:

- Catching/Releasing the implements with precision and regularity
- No disruption in the sprinting movement (from the carrying arm only)
- No loss of speed during the exercise

Teaching progression:

- Vary the implements and the speed
- Use the right hand, the left hand
- Complete sequences : release/catch, catch/release
- Perform the exercise with changing hands
- Move towards games

Safety:

- Course without obstacles
- Organise the group
- Baton placed at the appropriate height

Equipment:

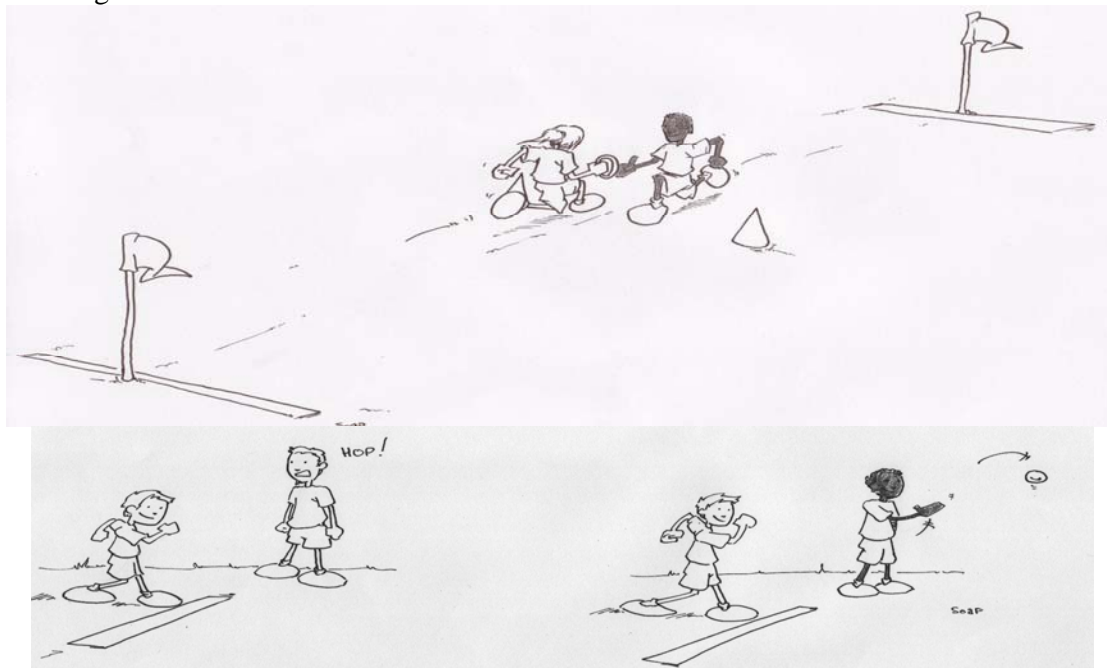
- Batons or various implements
- Support for relay batons

Educational Card 5: Sprint/Hurdles Shuttle Relay

Objective: To improve on the changeover and react to sound or a visual starting signal

Proposed situation: After a given signal two participants take a simultaneous start, 10 m apart, facing each other. They will pass each other at running speed, and will complete the exchange without slowing down.

The beginner's behaviour: Beginners will struggle on deciding which hand will receive the baton. They are often placed in front of the incoming runner. They remain very clumsy during the changeover.



Instructions for the exercise:

- Run in shifted trajectories, on the baton-relay side
- Correct action of the arm to catch the baton

Noticeable points:

- Do not drop the relay-baton
- Both participants do not slow down
- Changeovers are successful on a regular basis

Teaching progression:

- Change hands on both sides
- Increase the speed
- Vary the forms of baton
- Keep the time (starting/finishing lines are the same)
- Move towards games

Safety:

- Organisation of the group
- Safe relay-batons
- Clearly marked trajectories

Equipment:

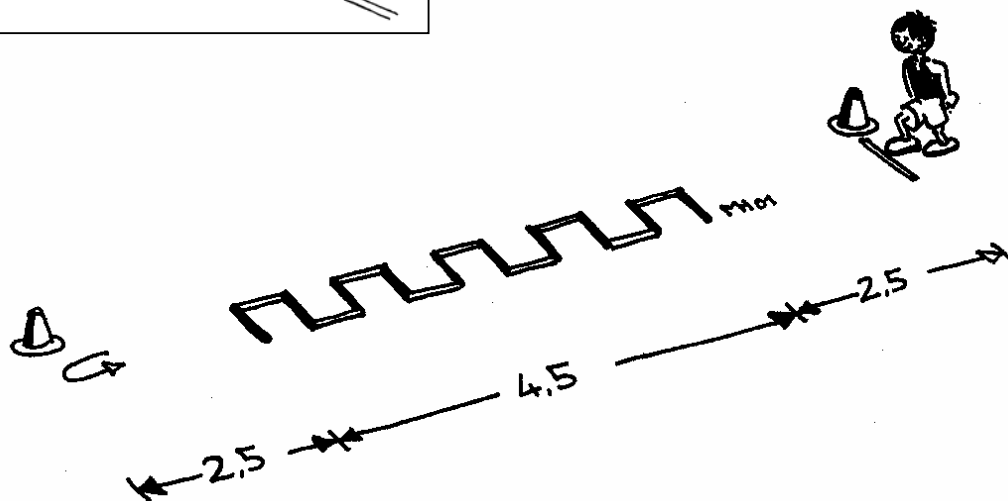
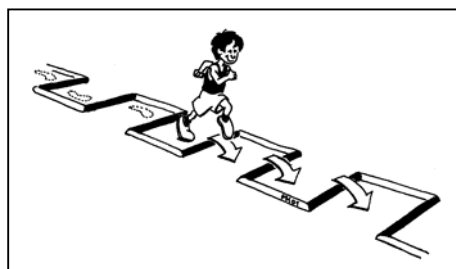
- Vertical markers
- Relay-batons

Educational Card: Speed Ladder

Analysis of the event: the speed ladder event requires competence of precision in the landing of supports at running speed and the ability to create a high frequency of supports.

Instructions for the safety of the participant: Markers on the ground which delimit the supporting areas must be safe. The ground must be soft and non-slippery. A preliminary warming-up session is necessary for this event.

Figure



Event from IAAF Kids' Athletics Competition

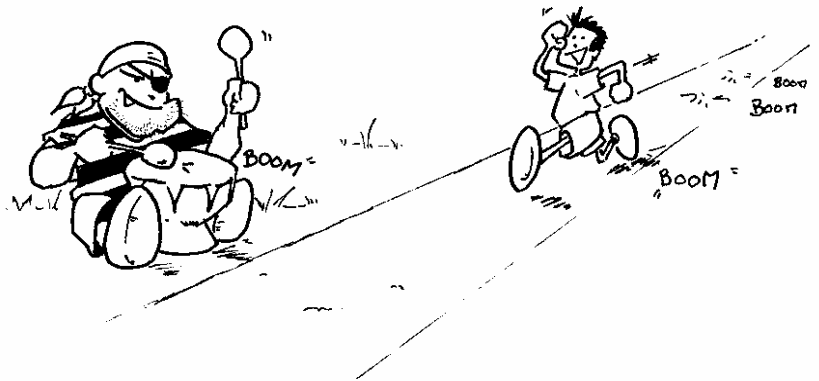


Educational Card 1: Speed ladder

Objective: Work on the frequency of the take-off

Sample session: Work with a beat box (or music playing) with changing time frequency and adjustment of the take-off to the beat.

The beginner's behaviour: Beginners will put up with the imposed sound frequency, responding in a tense and belated way.



Instructions for the exercise:

- Feel the given beat
- Be relaxed

Noticeable points:

- Follow the required frequency
- Maintain a running speed
- Try to feel the beat rather than think it out

Teaching progression:

- Variety of rhythm and frequency
- Variety of sound even visual aids (team-mates, other)
- Move towards games

Safety:

- Appropriate frequencies
- Organisation of the group

Equipment:

- marked out running area

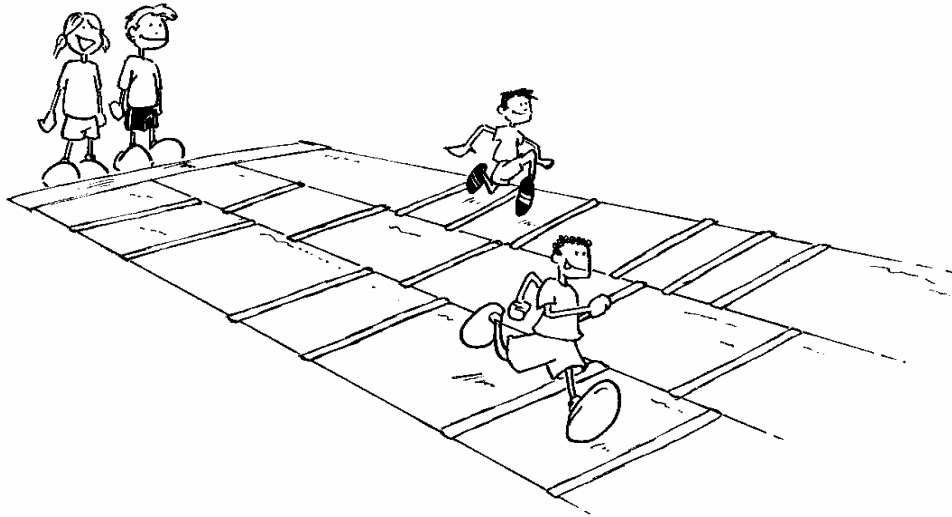


Educational Card 2: Speed ladder

Objective: To improve the landing precision

Proposed situation: The athletes run distances with crossbars marking a scale of various strides.

The beginner's behaviour: Beginners will have difficulty running on the spaces which are different from their strides. They will often look at their feet and land on their tiptoes.



Instructions for this exercise:

- Run as naturally as possible
- Do not look at your feet

Noticeable points:

- Respect the given distances
- Maintain a running speed

Teaching progression:

- Exploit varying speed
- Require take-off from specific support
- Move towards games

Safety:

- Safe markers and ground
- Appropriate spaces
- Organisation of the group

Equipment:

- Horizontal markers
- Vertical markers

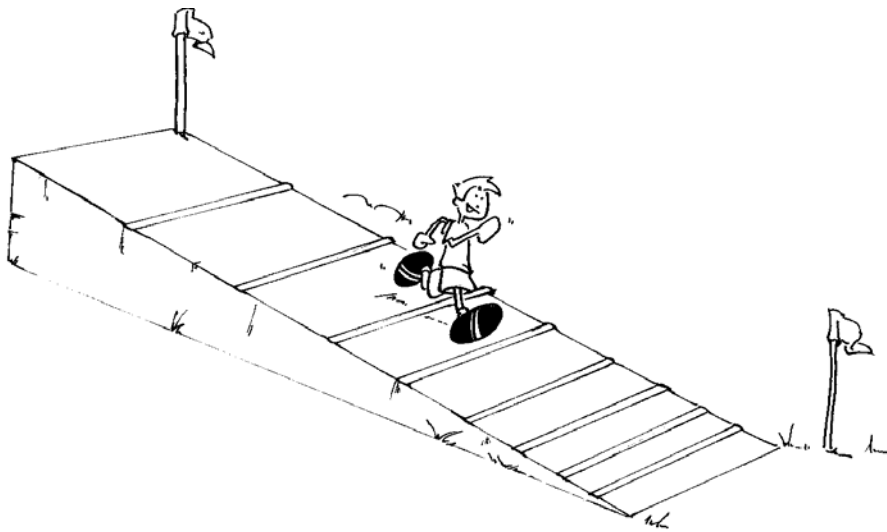


Educational Card 3: Speed ladder

Objective: Groundwork for high-frequency strides

Proposed situation: On a slightly sloping footing (2% at the most), manage spaces which get narrower with crossbars. Ask the participants to keep running down at a high speed, and make sure one foot always lands between two successive crossbars.

The beginner's behaviour: Beginners generally do not respect short distances between crossbars and keep striding along at high speed. Their stride will get worse (run on tiptoes).



Instructions for the exercise:

- Keep a correct running position
- Look where you are going

Noticeable points:

- Respect the distances
- Maintain a running speed

Teaching progression:

- Vary the working area
- Organise running events with two opponents wrestling
- Move towards games

Safety:

- Appropriate slope
- Keep the finishing area free
- Organisation of the group

Equipment:

- Horizontal markers
- Vertical markers

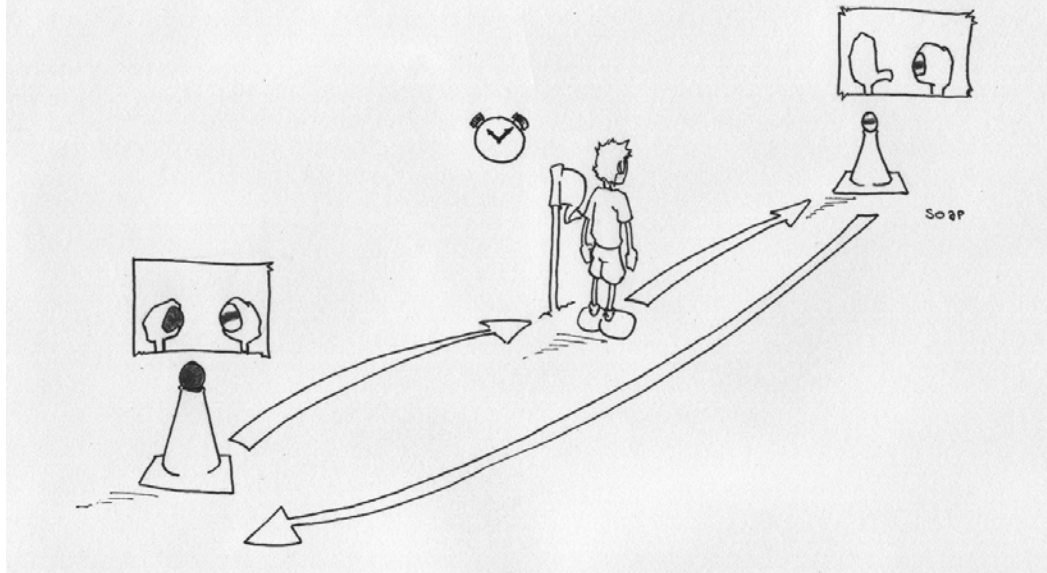


Educational Card 4: Speed ladder

Objective: To improve about-turns starting from the left and the right sides

Proposed situation: On an 8-m distance delimited with two high blocks, the participants have to shuttle back and forth, touch the blocks (or pick up a tennis-ball over the blocks) once with the right hand, the other with the left hand (turning around the block is allowed).

The beginner's behaviour: Beginners will have difficulty starting again energetically (lack of strength and low position of the body); they are often clumsy when touching the cones.



Instructions for the exercise:

- Watch the cones
- Move aside (depending on the touching hand) over the two last strides
- Use your arms to start again

Noticeable points:

- Do not touch the cones with the wrong hand (programme R and L or L and R)
- Do not collapse while starting again after touching the cones

Teaching progression:

- Vary distances and height of cones (not too low)
- Organise running events as duels
- Try to shuttle back and forth with turn around the cone from the right and from the left sides
- Keep the time
- Move towards games

Safety:

- Non-slippery ground
- Cones which are not too low
- Limited number of repetitions

Equipment:

- Cones, blocks
- A stopwatch
- A tennis-ball

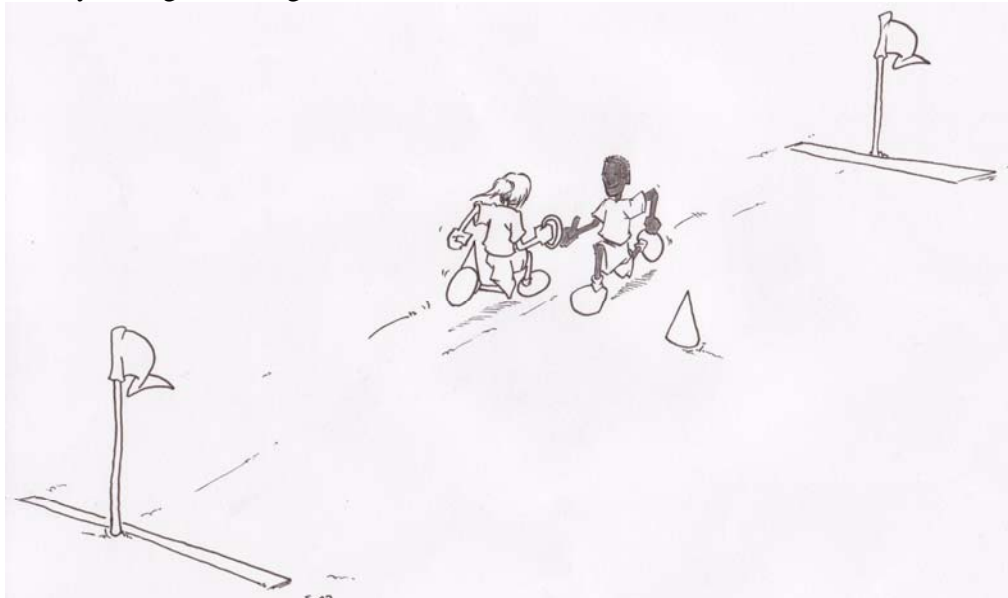


Educational Card 5: Speed ladder (as a relay event)

Objective: To ensure an effective changeover

Proposed situation: After a simultaneous face-to-face 10-m apart start, two participants will pass each other still running and will hand over the relay-baton without slowing down.

The beginner's behaviour: The beginner will not be sure about the hand to select for the reception of the baton, he/she tends to stand in front of the giving runner. He/she remains clumsy during the changeover.



Instructions for the exercise:

- Runners move out of line according to the giving runner's position on the side of the relay-baton
- Precise motion of the arm to receive the baton

Noticeable points:

- The relay-baton does not fall down
- Both participants do not slow down
- Constant success of changeovers

Teaching progression:

- Changing hands for both positions
- Achieve the event with increasing speed
- Vary the implements for the changeover
- Keep the time (starting, finishing at the same place)
- Move towards games

Safety:

- Organisation of the group
- Safe relay-baton
- Clear running directions

Equipment:

- Vertical markers
- relay-batons



How to prepare the forward squat jump?

Analysis of the event: Jumping event which emphasizes not only the strength of the lower limbs, but also the coordination between arms and legs, the symmetrical action of the lower limbs, and finally, the acceptance of the forward instability by the children.

Instructions for the safety of the participants: The safety of the event will be guaranteed by a soft and non-slippery ground and by the instructions for absorption during the landing (silent).



IAAF Kids' Athletics Event

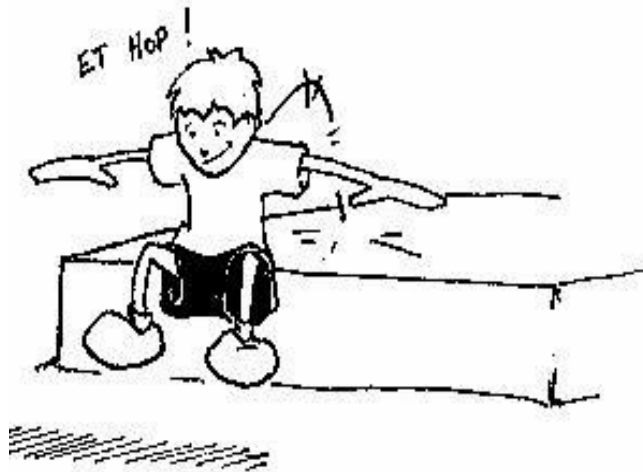


Educational Card 1: Forward squat jump

Objective: To experiment the lower down jump and learn the absorption on the landing phase after the forward squat jump.

Proposed situation: From a box or another above implement, appropriate to the children's abilities (20 cm are enough for a start), complete a jump to land with both feet on the ground.

The beginner's behaviour: Beginners often watch their feet while landing, and often have a "broken" position of the body, without absorption with the lower limbs.



Instructions for the exercise:

- Do not make noise upon landing
- Keep the trunk in a straight position

Criteria for a successful performance:

- Landing on two feet simultaneously
- Absorb the landing with bent legs
- Maintain the trunk in upright position

Teaching progression:

- Achieve jumps on targets
- Link several varied lower down jumps into a sequence
- Jump holding an implement (ball, card, etc.)
- Move towards games

Safety:

- Soft ground
- Stable above structure
- Appropriate height

Equipment:

- An up above structure
- Mats if necessary

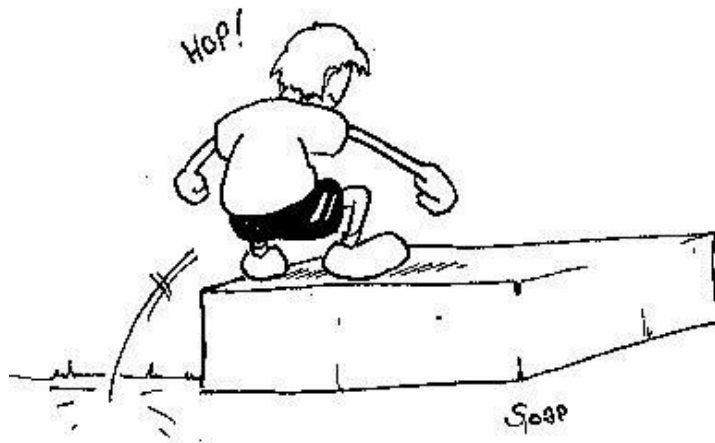


Educational Card 2: Forward squat jump

Objective: To experiment the two feet take-off and the lower limbs' bending for an above landing.

Proposed situation: Jump on an appropriate above surface (20 cm are enough for a start) and achieve a stable landing position (measure the take-off and the rotation of the body).

The beginner's behaviour: For safety, beginners tend to anticipate the touchdown on the above surface reducing significantly the take-off with both feet.



Instructions for the exercise:

- Stand close to the above structure
- Put the feet up before landing

Noticeable points:

- Balanced landing
- Full take-off with lower limbs
- Lightening action of the arms
- The trunk is almost in a vertical position

Teaching progression:

- Vary the height of the above structure (within the bounds of possibility)
- Jump on targets
- Link up jumps and other actions: for example a throw, or a lower down jump, etc.)
- Move towards games

Safety:

- Stable above structure
- Appropriate height

Equipment:

- An up above structure

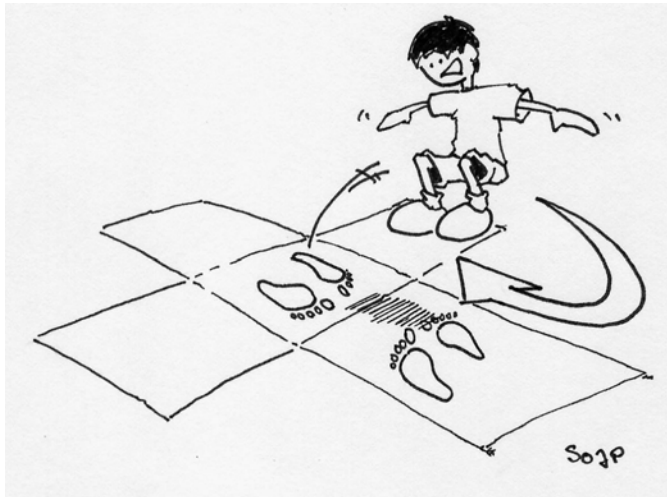


Educational Card 3: Forward squat jump

Objective: Mastery of varied steady two-footed jumps

Proposed situation: On a hopscotch layout (cross hopscotch for example), the participants carry out jumps to the left, to the right, with rotation, etc.

The beginner's behaviour: Beginners often watch their feet to target the correct landing. They generate the rotation with their shoulders instead of their feet.



Instructions for the exercise:

- Do not watch your feet
- Vary the rotations R and L

Criteria for a successful performance:

- Complete the required jumps
- Keep balance
- Take-off with two feet simultaneously

Teaching progression:

- Vary the hopscotch layout
- Link two or three jumps together with intermediary stops
- Move towards games

Safety:

- Non-slippery ground
- A clearly visible layout

Equipment:

- Mats if necessary
- Horizontal markers if necessary

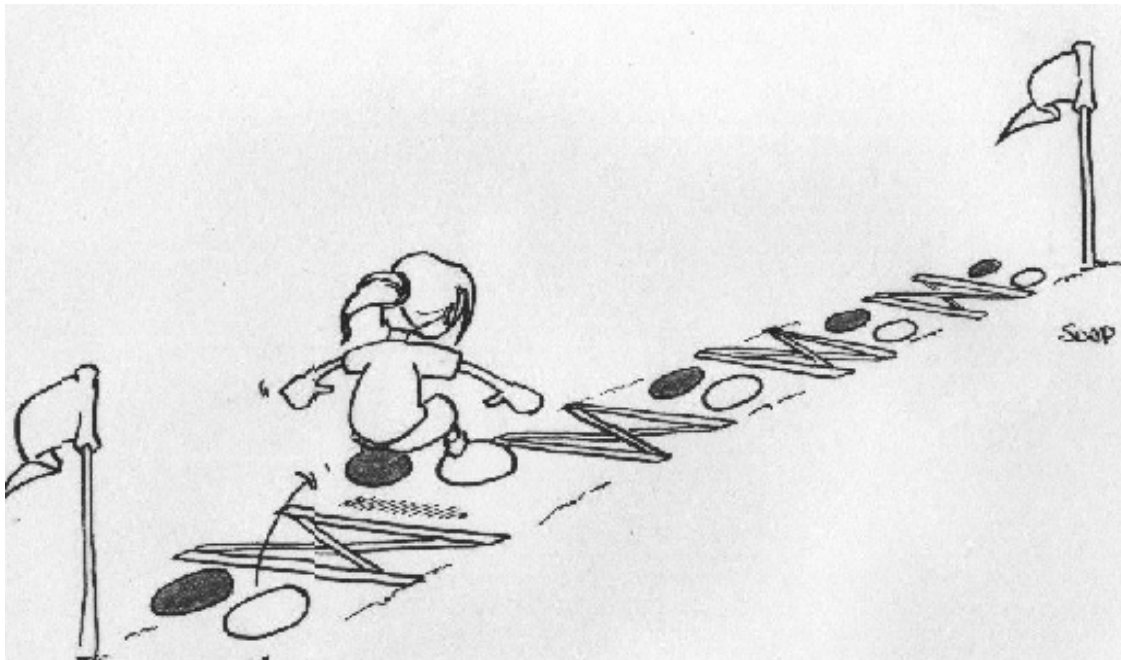


Educational Card 4: Forward squat jump

Objective: To learn how to move about with two-footed jumps

Proposed situation: Achieve as many two-footed forward bounces as possible with amplitude requirements.

The beginner's behaviour: Beginners have difficulty performing several bounces; their lower limbs are often bent too much. The arms have a "stabilizing" effect.



Instructions for the exercise:

- Legs are not too bent
- Use the action of the arms
- Look in front of you

Noticeable points:

- The bouncing sequence
- General balance
- Performance

Teaching progression:

- Change the nature of the ground (grass, sand, mats, etc.)
- Vary the bounces' height with a varying grid

Safety:

- Soft and non-slippery ground
- Organisation of the group
- Appropriate jumping distance (short)

Equipment:

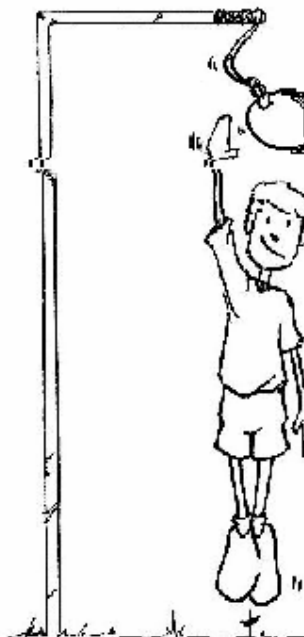
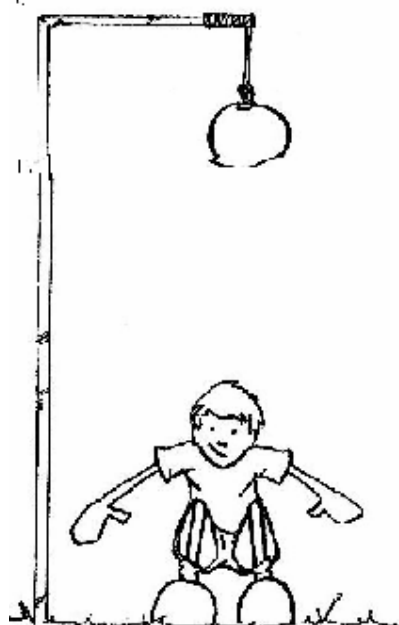
- Horizontal markers
- Mats

Educational Card 5: Forward squat jump

Objective: To improve the push of the legs

Proposed situation: Have the children carry out a vertical take-off from both feet to touch a given target.

The beginner's behaviour: Beginners do not use the full possibilities of their muscular actions. The sequence of actions is often inefficient.



Instructions for the exercise:

- Long push from the leg until the tiptoes
- Carry on with the arms
- Look in front of you while jumping

Noticeable points:

- End with ankles fully extended
- Strictly vertical take-off

Teaching progression:

- Touch the target with the right hand and left hand
- Perform several bounces
- Move towards games

Safety:

- Flat and soft ground
- Safe target

Equipment:

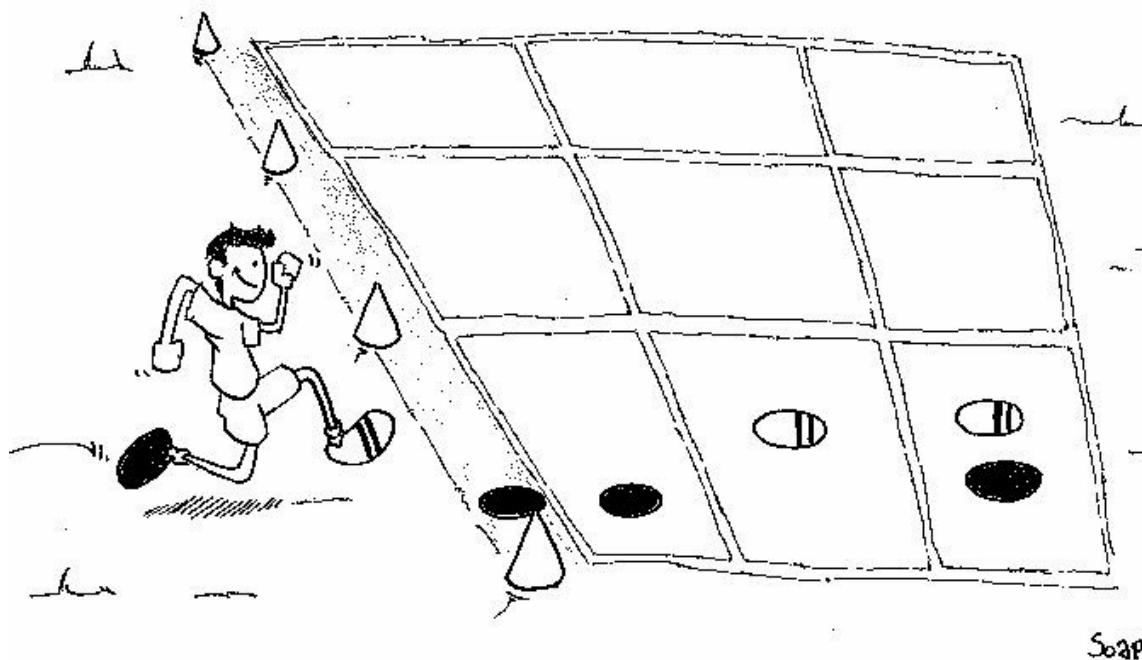
- Targets

How to prepare the triple jump within a limited area?

Analysis of the jumping practice: The triple jump within a limited area requires a minimum mastery of precision in the run-up, the jumping technique, and the hop/step sequence. The hop/step practice is efficient to discover the support balance.

Safety of the participants: There are two guarantees for safety:

- Carry out the jumping exercises on a soft and non-slippery ground.
- Direct the practicing efforts to the technical mastery first, before working on the performance.



Event from the IAAF Kids' Athletics Competition

NB: In all training situations for multiple jumping events, “the jumping regularity” will be the priority.

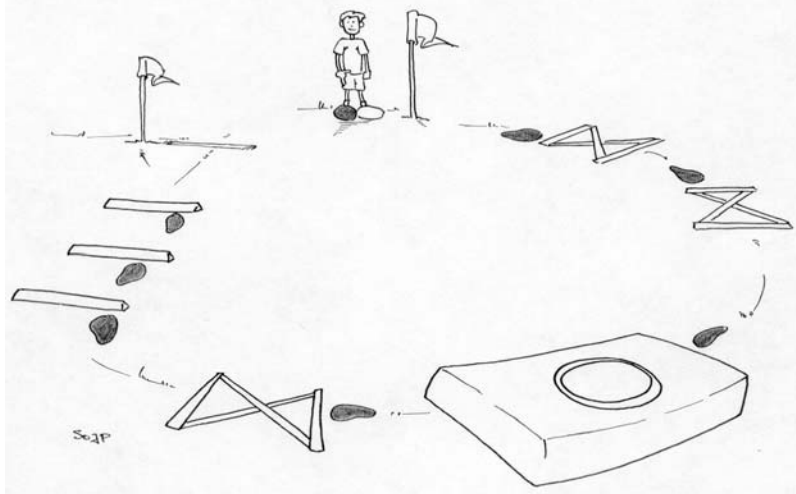


Educational Card 1: Limited Triple Jump

Objective: To improve the take-off precision

Proposed situation: Complete forward jumps with a short run-up to improve precision in the support placement. The obstacles will be mainly horizontal so as not to force the participants to jump high.

The beginner's behaviour: To gain precision, beginners slow down before the jumping area and look at the ground, turning aside from the regular general jumping behaviour.



Instructions for the exercise:

- Do not look at the ground
- Link the jumping and the running phases into a whole sequence

Noticeable points:

- Precise foot placement
- No loss of speed before jumping
- Landing at running speed

Teaching progression:

- Vary the distances between rivers (keep short distance – 10m)
- Modify the width of rivers when possible
- Carry out take-off from the right foot and the left foot
- Carry out landing on right foot hopping and left foot hopping
- Move towards games

Safety:

- Soft ground
- Safe and non-slippery markers

Equipment:

- Jumping markers
- Markers on the course

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**



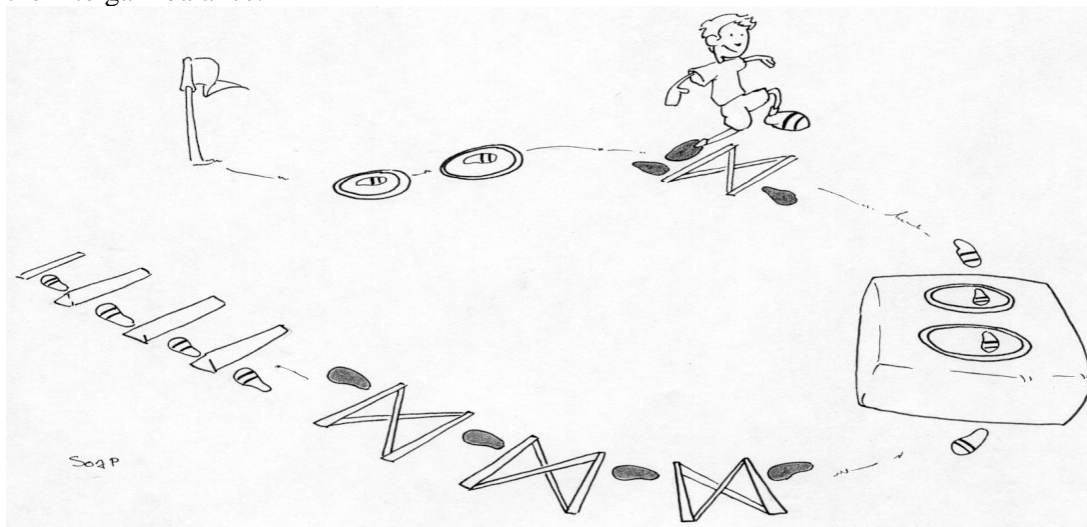
Educational Card 2: Limited Triple Jump

Objective: To experiment and master the jumping technique

Proposed situation: Discover and improve the hopping technique through various sequences of exercises. First, the jumping area will be limited for a better achievement.

Example: Hopping sequence over a whole marked-out distance.

The beginner's behaviour: Once beginners faced the basic coordination problem of the hopping technique, they very often lose balance sideways while hopping as the body weight is not over the support leg. They often do not coordinate their arms with the hops and "block" them to gain balance.



Instructions for the exercise:

- Get over ground support
- Use your arms to move ahead

Noticeable points:

- The athlete is able to bounce (so: good placement on first touchdown)
- The athlete keeps a balanced position while hopping and after the hop

Teaching progression:

- Vary the courses
- Offer various distances following an increasing scale
- Repeat several hops
- Move towards games

Safety:

- Soft ground
- Safe obstacles

Equipment:

- Horizontal markers (obstacles)
- Vertical markers (for the course)

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

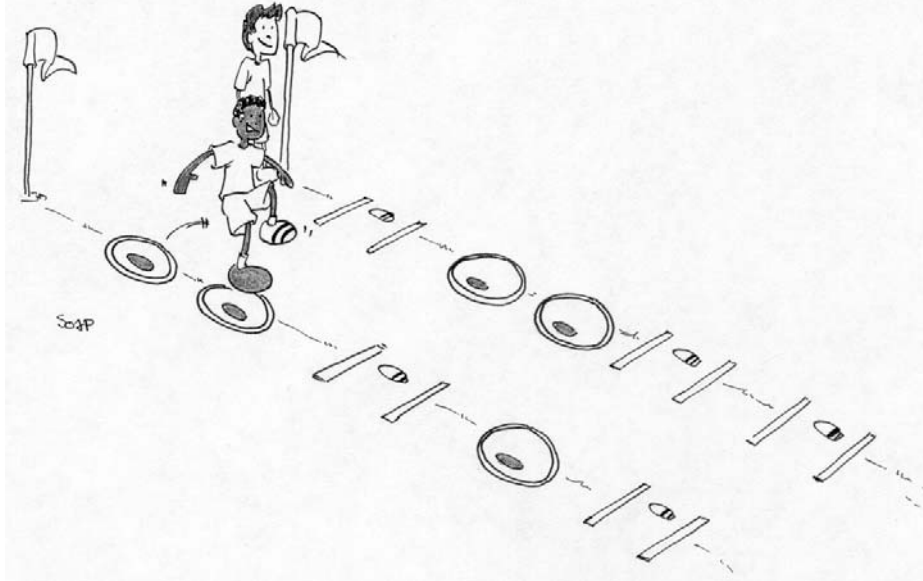


Educational Card 3: Limited Triple Jump

Objective: To experiment and master the hop/step sequence without loss of speed

Proposed situation: Achieve hop/step sequences within various limited spaces at various speed.

The beginner's behaviour: Beginners often carry out small hops and big steps. They often deviate from the correct jumping trajectory because they lose balance in the hopping action. They do not use or misuse the free segments (arms and legs) to move forward.



Instructions for the exercise:

- No break between hops and steps
- Do not collapse fall while jumping

Noticeable points:

- Complete the jumping sequence in a balanced position
- Complete the jumping sequence without loss of speed
- Appropriate use of the free segments

Teaching progression:

- Vary the jumping sequence (double hop, step and double step hop, etc.)
- Require synchronization then de-synchronization of the arms: alternatively and simultaneously)
- Vary the practicing areas and the distances between jumps
- Move towards games

Safety:

- Soft ground
- Safe equipment

Equipment:

- Horizontal markers (jumping area)
- Markers for the course

*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

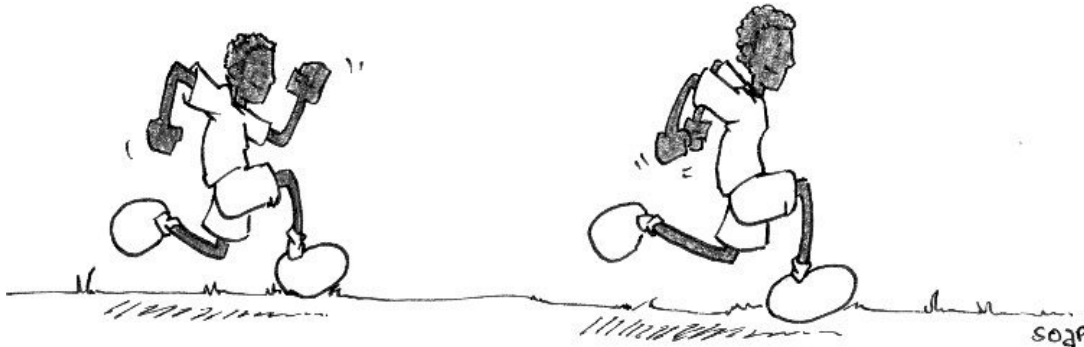


Educational Card 4: Limited Triple Jump

Objective: Efficient use of the arms in the jumping technique

Proposed situation: Completing hop/step sequences, try to coordinate the arms in different ways (simultaneous, synchronized, alternative with lower limbs).

The beginner's behaviour: Beginners have great difficulty coordinating the action of their arms with each support. Their arms often generate balance more than action.



Instructions for the exercise:

- Start with small bouncing areas
- Practice with relaxed arms and shoulders

Noticeable points:

- Achievement of the required programme
- Good general balance during the jumping sequences
- Similar efficiency in both arms practicing formula

Teaching progression:

- Vary the courses
- Vary the spaces
- Link alternative practicing and synchronized practicing
- Move towards games

Safety:

- Soft ground
- Appropriate jumping areas

Equipment:

- Horizontal markers
- Vertical markers

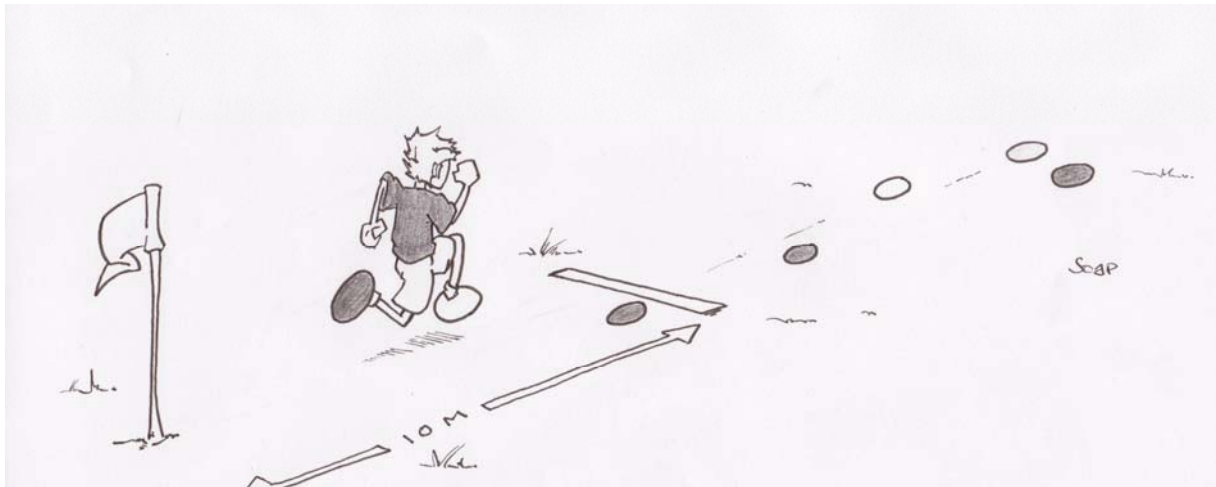
*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

Educational Card 5: Limited Triple Jump

Objective: To set the measures for a short run-up

Proposed situation: From a distance marked out every 20m, the participant tries to organise a precise run-up to take-off near the take-off board.

The beginner's behaviour: Beginners have difficulty repeating similar run-ups. They are weak in adjusting their last strides to the remaining distance.



Instructions for the exercise :

- Vary the starting areas to find your own run-up distance
- Try to maintain a regular run from one trial to another

Noticeable points:

- Precise take-off
- Land on take-off foot
- Do not slow down nearing the take-off board

Teaching progression:

- Slightly modify the spaces proposed
- Place an intermediary marker at midway of the area

Safety: Equipment:

- Soft landing area Markers, crossbars
- Organised group A measuring tape
- Appropriate run-up areas

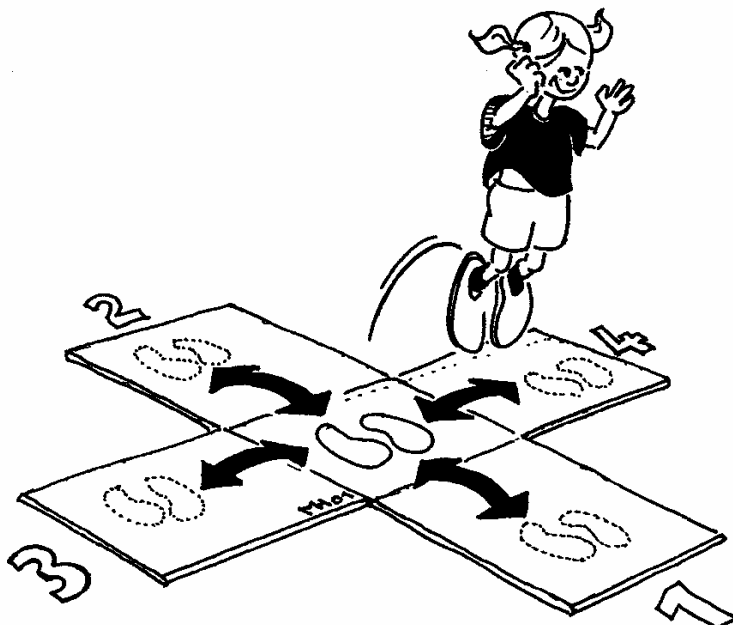
*** This training situation is valid for the short run-up triple jumping event and the short run-up long jumping event.**

Educational Card: Cross Hopping

Analysis of the situation: This event requires mastering the two feet take-off using muscular return. It also demands motor control during a long and organised exercise.

Safety of the participants: The ground must be crumbly, non-slippery and perfectly level. Markers on the areas should be clearly numbered and safe.

Figure



Event from IAAF Kids' Athletics Competition



Educational Card 1: Cross Hopping

Objective: To experiment the two feet take-off

Sample session: Playing hopscotch on varied courses, with two feet take-off.

The beginners' behaviour: Beginners watch their feet and often pause while performing two hops: hops are not linked-up.



Instructions for the exercise:

- Jumping from both feet
- Take-off from both legs simultaneously

Noticeable points:

- Upright general posture (straight and stable)
- Bouncing with both feet simultaneously
- Use of the arms during the take-off

Teaching progression:

- Working on more and more complex courses
- Experiment different take-off techniques: simple, double, return
- Experiment rotation and balance from the two feet take-off
- Evolution towards playing activities

Safety:

- Non-slippery ground
- Organisation of the group

Equipment:

- Lay-out
- Marked out station

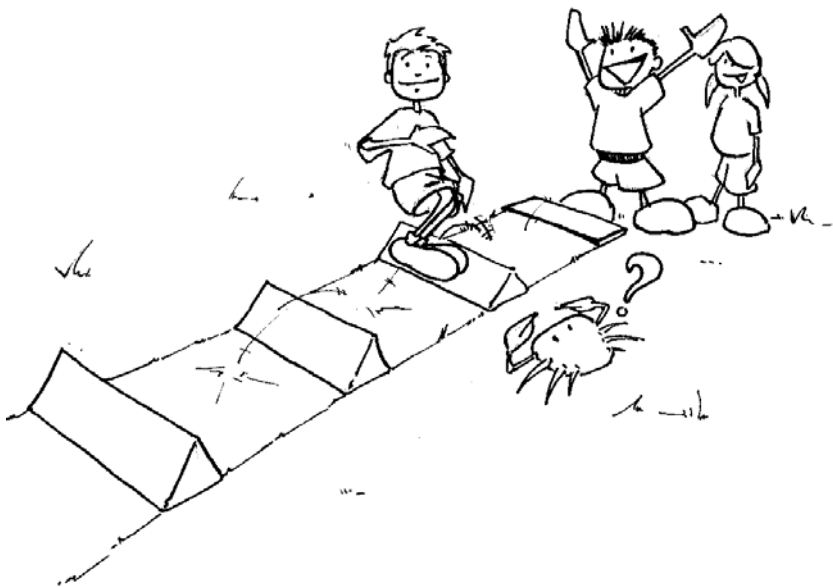


Educational Card 2: Cross Hopping

Objective: To control a basic long motor sequence

Proposed situation: Sideways jumps over surmountable obstacles following a “forward” sequence, with systematic return to the starting point 0 (from 0 to 1 and back to 0, then 1 and 2, and back to 0, etc.).

The beginners' behaviour: Beginners have difficulty hopping from the right to the left (they often bend double). They have trouble memorizing the sequence.



Noticeable points:

- Balance during the exercise
- Work on the muscular hop
- Moving in line with the obstacles
- Straight general posture
- Use of the arms during the take-off

Teaching progression:

- Moving forward, the athletes jump forward, then to the left, then forward, then to the right, etc. through a coordination ladder (“speed ladder”)
- Slalom course with the two feet take-off (cf. ski)
- Course through hoops laid out at random
- Evolution towards playing activities

Safety:

- Non-slippery ground
- Safe and appropriate obstacles
- Organisation of the group (turn)

Equipment:

- Obstacles
- Marked out station



Educational Card 3: Cross Hopping

Objective: To improve hopping with rope skipping

Proposed situation: Varied hopping games with a skipping rope (1/1, 1/2, etc.)

The beginners' behaviour: Beginners have difficulty coordinating jumps and their hands' action to move the rope cyclically. They often keep their body leaning forward, bending double from the pelvis.



Instructions for the exercise:

- Keep a standing position
- Do not jump high

Noticeable points:

- Perform varied jumps
- Upright general posture
- Well-coordinated arms-legs

Teaching progression:

- Collective rope skipping (link up Sprint to the skipping field, two-feet take-off, hop over the rope, two-feet landing, Sprint out of the skipping field)
- Work with different intensity and rhythm
- Evolution towards playing activities

Safety:

- Non-slippery ground
- Appropriate skipping rope

Equipment:

- Skipping ropes



Educational Card 4: Cross Hopping

Objective: Controlling hops from the right to the left and from the left to the right

Proposed situation: Hopping over a small obstacle from the right to the left and the other way round.

The beginners' behaviour: Beginners tend to hop forward or backward. Their body is often bended from the pelvis.



Instructions for the exercise:

- Look where they are going
- Use of the arms as well to hop

Noticeable points:

- Achievement of the programme
- No forward or backward hopping

Teaching progression:

- Vary hurdles (ever-appropriate width and height)
- Do a standing jump on each side of the hurdle or on one side
- Jump simultaneously with another participant
- Evolution towards playing activities

Safety:

- Non-slippery ground
- Appropriate hurdles and training

Equipment:

- Horizontal markers
- Hurdles / Obstacles

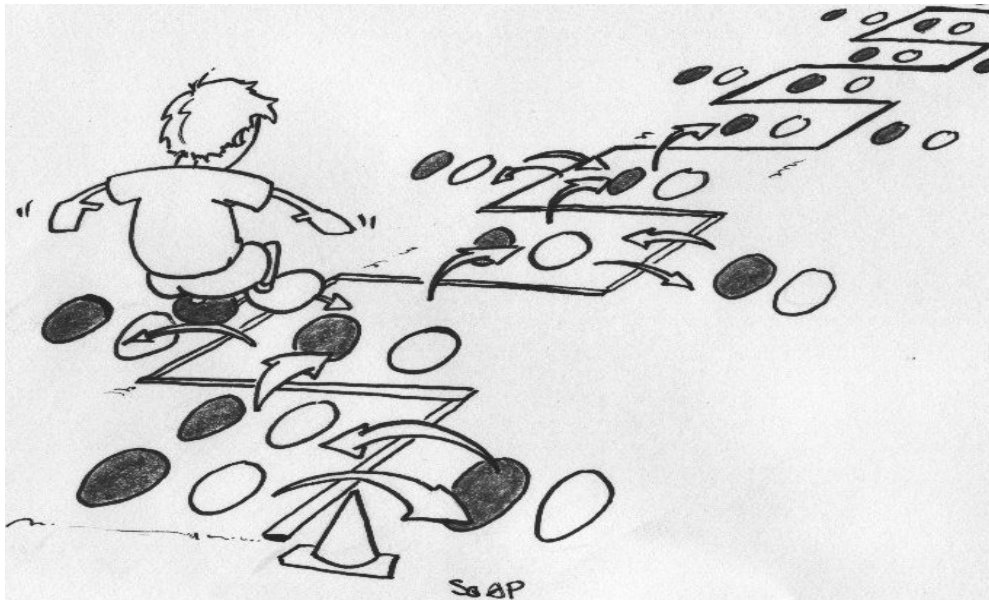


Educational Card 5: Cross Hopping

Objective: To master side and forward hops

Proposed situation: Link up hops, bouncing from the right to the left, and forward over a coordination ladder drawn on the ground.

The beginners' behaviour: Beginners have difficulty memorizing the compulsory programme. They often tend to lose balance while hopping forward.



Instructions for the exercise:

- Do not look at your feet
- Limit side and forward movements at the most

Noticeable points:

- Carry out the exercises correctly
- No off-balanced movements
- Use the action of the arms

Teaching progression:

- Vary the forms of obstacles or markers (always appropriate)
- Impose a rhythm to follow
- Keep time
- Evolution towards play

Safety:

- Non-slippery ground
- Appropriate obstacles / venues

Equipment:

- Horizontal markers
- A stopwatch / whistle

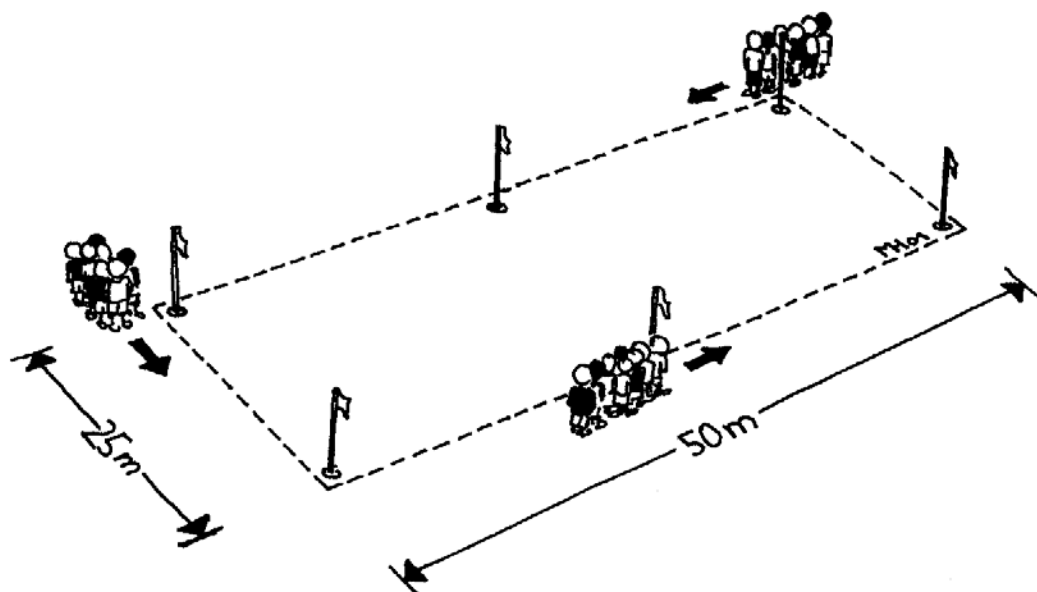


Educational Card: 8 min. Endurance Race

Analysis of the situation: This event demands the obedience of the running speed within strict speed requirements. This is an individual event in a team background. Each participant keeps to a speed table to help his/her team.

Instructions for the safety of the participant: The preparation for the event is certainly the best guarantee of safety. 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.

The situation of the event: Kids' Athletics



In this event, children will be trying to maintain a regular speed. This will guarantee the good mastery of the exercise.

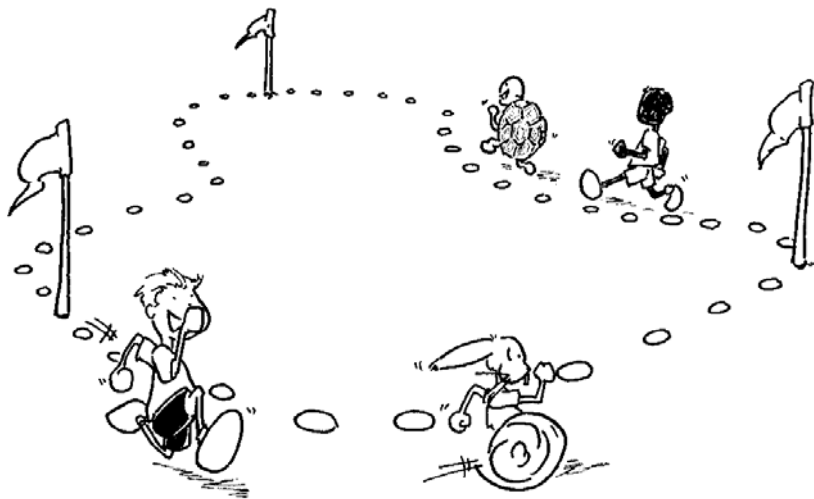


Educational Card 1: “8” Endurance Race

Objective: To control the running speed

Sample 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:

- Safe course
- Speed: appropriate to the level of ability
- Appropriate length of time for the exercise

Equipment:

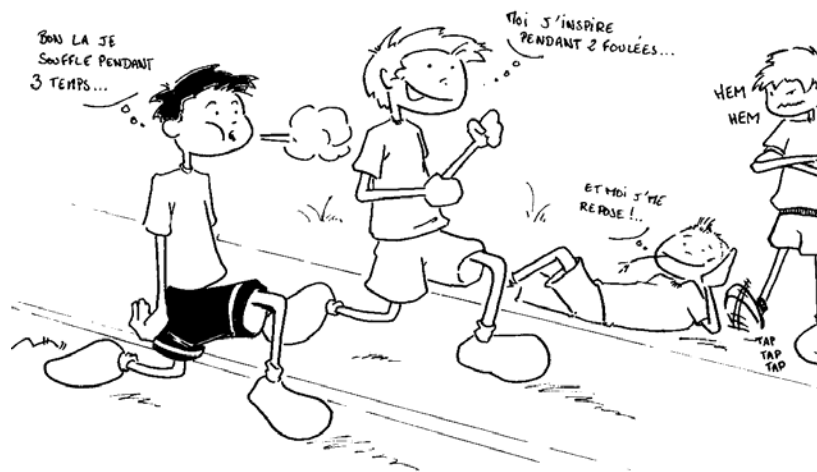
- marking implements
- a whistle, or other starting signal

Educational Card 2: "8" Endurance Race

Objective: To regulate one's breathing during physical effort

Sample situation: On an accessible course, the participants experiment different sorts of possible breathing cycles at an average speed.

The beginner's behaviour: Beginners will command their breathing mechanically, and they will have difficulty keeping in step, especially when they exhale.



Instructions for the exercise:

- Start with basic breathing cycles
- Sound breathing out

Noticeable points:

- Ability at following the instructions
- No sign of physiological problems

Teaching progression:

- Regulating of different types of breathing cycles
- Run with rhythmic aids
- Run various distances demanding various speeds
- Move towards games

Safety:

- Safe course
- Well-appropriate speed to the levels of ability
- Appropriate length of time for the exercise

Equipment:

- Marking implements
- a whistle, or other starting signal

Educational Card 3: "8" Endurance Race

Objective: To find one's own pace

Sample situation: Discovery of a short running-sequence programme, at individual running speed.

Races will be carried out mainly over 100m to 400m distances and they will be repeated 2-4 times to perfect the speed rule (This is more important than merely increase the physical endurance).

The beginner's behaviour: Beginners have difficulty respecting the running sequences at specific speed levels.



Instructions for the exercise:

- Respect the given distances and speed levels
- Keep breathing normally, and remain relaxed

Noticeable points:

- Master the proposed speed levels
- Relative physiological ease
- Watch the signs of physical strain

Teaching progression:

- Every configuration is possible depending on the children's level of ability. The main objective is to have them experiment various forms of physical effort.

Safety:

- Appropriate efforts
- Correct recovery
- Heart controlling
- Watch the signs of physical strain

Equipment:

- Markers
- A stopwatch
- A measuring-tape

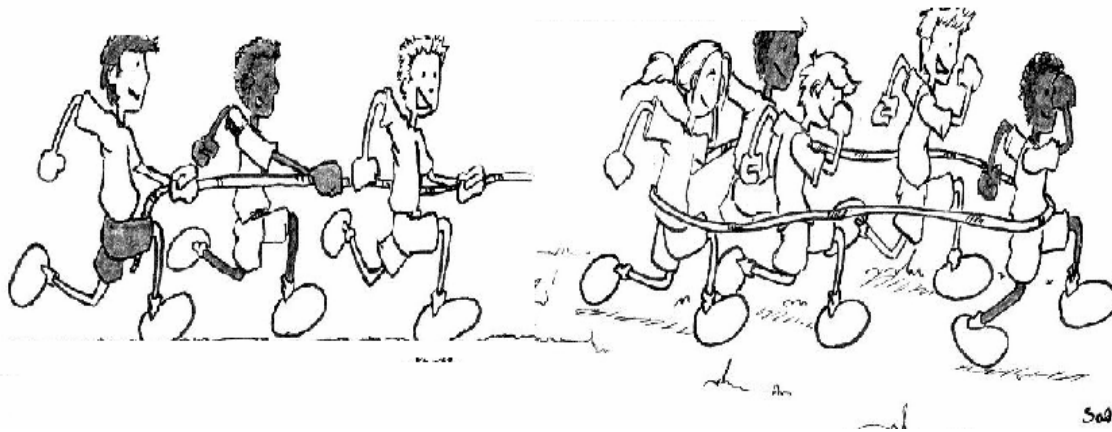


Educational Card 4: “8” Endurance Race

Objective: To learn how to run in a group

Proposed situation: Have a group of children complete various races (varied distance and speed) tying them together with a rope (or other implement: band, bicycle tube) or forcing them to run in various groups.

The beginner’s behaviour: Face to the problems of the collective race, beginners will respond with a very distinct change of direction or speed. They adjust their pace to the progression of the race at the last possible moment.



Instructions for the exercise:

- React to the adjustment of the race as soon as possible
- Adjustment by a reduced amplitude of stride
- Keep watching the lead runner

Noticeable points:

- Achieve the required adaptation gradually
- Adjust your stride and the frequency of your pace easily

Teaching progression:

- Vary the courses
- Impose a run at a high speed
- Make the group bigger
- Keep the time
- Move towards games

Safety:

- Safe running area
- Organisation of the group (instructions)
- Keep to the objectives of each exercise

Equipment:

- Vertical markers
- A team link (rubber tube, etc.)

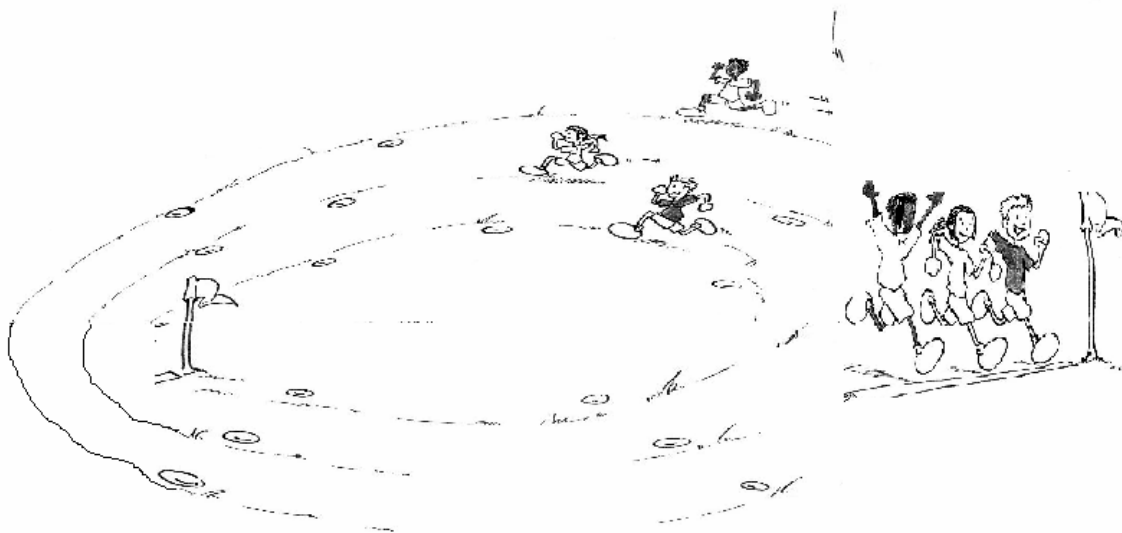


Educational Card 5: “8” Endurance Race

Objective: To learn how to adjust one’s stride to another runner’s stride

Proposed situation: On different courses, runners will have to adjust their stride to the stride of a team mate, either close by, or further away from him or her.

The beginner’s behaviour: Beginners have great difficulty evaluating how fast other participants run, and adapting them. The further apart they are, the more different the courses are, and the more problems beginners will have. They will adapt or try to adapt themselves in the finishing strides.



Instructions for this exercise:

- Take as many reference marks as possible as to the runner and his/her background
- Run as regularly as possible

Noticeable points:

- Achievement of the required projects
- Easy adjustment to the running leader
- Easy running stride

Teaching progression:

- Vary the courses
- Vary the positions leader/runner
- Move towards games

Safety:

- Safe course and area
- Organisation of the group (instructions)

Equipment:

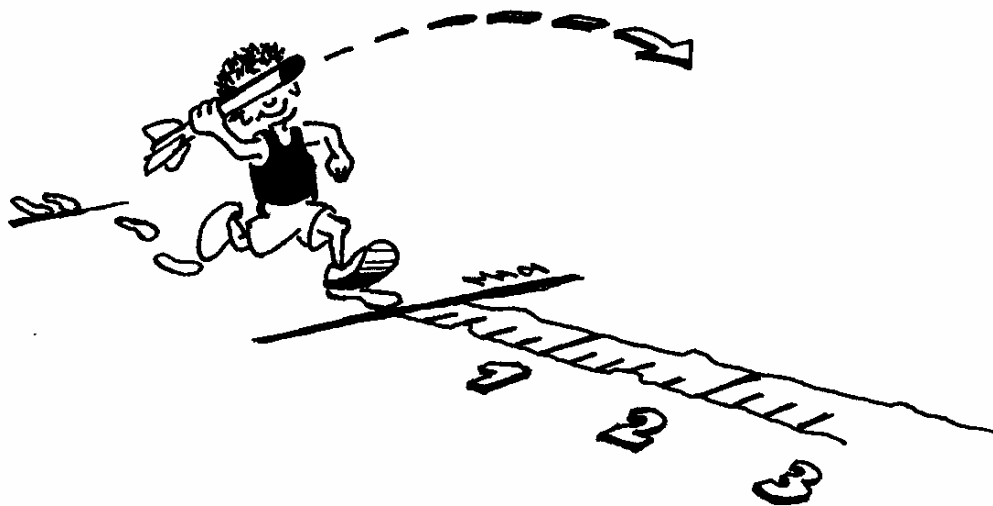
- Vertical markers



How to prepare the Kids' Javelin Throwing event?

Analysis of the situation: The throwing event requires commanding both trajectory and performance with one bent arm after taking a short run-up.

Safety of the participants: The retained implements and the objective of precision should solve the safety problem. However, it is recommended to organise the group, time and space, to make the participants aware of the safety rules during a throwing sequence.



Event from IAAF Kids' Athletics Competition

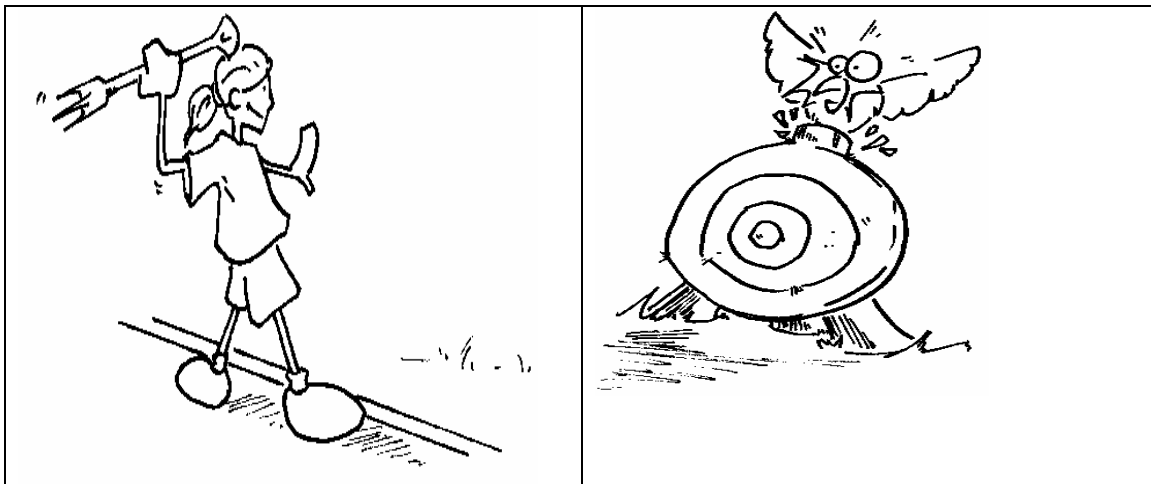


Educational Card 1: Kids' Javelin Throw

Objective: To experiment the throw with one bent arm

Proposed situation: Throw a safe and light implement (0,5kg maximum) at a target with one arm, from a standing position, both feet being parallel. The throwing arm should be maintained high above the shoulder level.

The beginner's behaviour: Beginners generate flexing and turning movements of the body, which are harmful to the preciseness of the throw.



Instructions for the exercise:

- Keep the body's axis in a straight line
- Remain face to the target, the eyes looking at the target
- The throwing arm draws above the shoulder

Noticeable points:

- Correct position of the body (the pelvis is fixed)
- Maintain the arm above the horizontal level of the shoulder
- Use of the elasticity of the shoulder

Teaching progression:

- Vary the light implements
- Vary the targets
- Proceed to exercises like individual or collective games

Safety:

- Use safe implements
- Organise the group
- Organise the running of the exercise

Equipment:

- Various throwing implements
- Targets

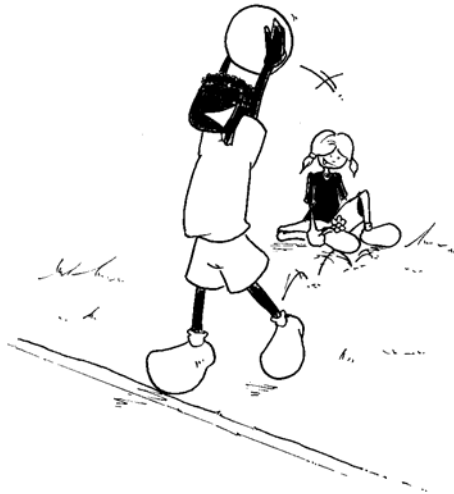


Educational Card 2: Kids' Javelin Throw

Objective: To improve the run-up command

Proposed situation: After 3 walking steps carry out a football throw into touch with a ball, or a light medicine ball.

The beginner's behaviour: Beginners will stop before throwing, and their pelvis will move backwards upon the acceleration of the medicine ball.



Instructions for the exercise:

- Throw from a left foot take-off (for a right-handed thrower)
- Keep the ball high above the head

Noticeable points:

- Do not stop and throw
- Move forwards after the delivery
- Keep facing the direction of the throw
- Keep the hands high above the head to throw

Teaching progression:

- Vary the trajectories (high, low, straight, etc.)
- Practice take-off from both sides
- Move towards games

Safety:

- Use safe implements
- Organise the group
- Organise the running of the exercise
- Flat ground

Equipment:

- Various throwing implements
- Targets



Educational Card 3: Kids' Javelin Throw

Objective: Preciseness of the trajectory

Proposed situation: After walking steps, carry out a sequence of 3 throws at a target, with one bent arm, of light and various implements; or throw 3 similar implements at 3 different targets (the weight of the implements is 0,5kg at the most).

The beginner's behaviour: Beginners have difficulty adjusting to a throw under new conditions (implements; distance): great imprecision for this throwing practice.



Instructions for the exercise:

- Do not deform one's body while throwing
- Remain face to the target, the eyes looking at the target

Noticeable points:

- Reach the target
- Keep facing the direction of the throw
- Do not stop and throw
- Move forwards after the delivery

Teaching progression:

- Vary the throwing forms
- Vary the targets
- Vary the sequences
- Move towards games

Safety:

- Use safe implements
- Organise the group
- Organise the running of the exercise
- Flat ground

Equipment:

- Various throwing implements
- Targets

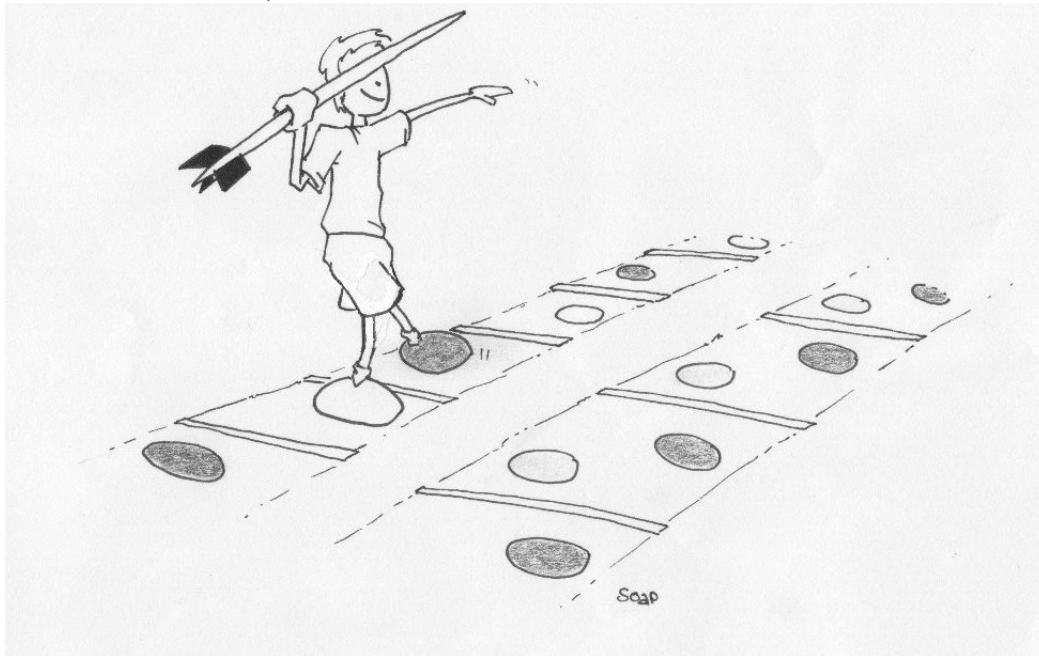


Educational Card 4: Kids' Javelin Throw

Objective: To experiment the run-up with crossover strides

Proposed situation: The participants carry out several distance sequences in a side position, holding the kids' javelin.

The beginner's behaviour: Crossover strides are unknown for beginners who will have difficulty adjusting the crossovers strides, particularly from the "bad" foot. They will completely forget to command the javelin (The javelin sways from side to side and leaves the direction of the throw).



Instructions for the exercise:

- Hold the javelin in the direction of the throw
- Try to achieve efficient strides

Noticeable points:

- Carry out crossover strides easily
- The javelin is steady and in the direction of the throw

Teaching progression:

- Vary the distances
- Clear water (little rivers)
- Use a longer javelin

Safety:

- Organisation of the group
- Clear markers on throwing practice area

Equipment:

- Different javelins
- Vertical markers

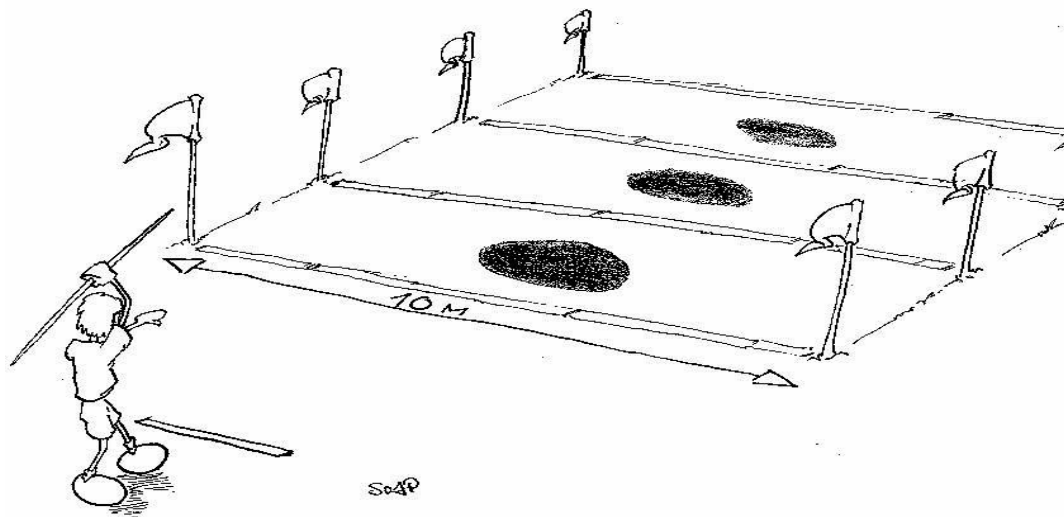


Educational Card 5: Kids' Javelin Throw

Objective: To organise a complete throwing movement with a short run-up

Proposed situation: Achieve a running throw at a marked out area: taking a 5-m run-up, targets being at a 10, 15, and 20-m distance (handy and light implements of 0,5kg maximum).

The beginner's behaviour: Beginners find it hard to link the run-up and the throw into a complete movement. The side run-up entails little precision of the trajectories.



Instructions for the exercise:

- Take a regular run-up
- In the delivery phase, remain front to the targets

Noticeable points:

- Correct trajectories
- Transfer weight to the support leg, the body leans forwards in the direction of the throw
- The javelin is thrown high above the throwing area and the body is in line position

Teaching progression:

- Vary the targets distance
- Vary the javelins

Safety:

- Organisation of the group
- Marked out area

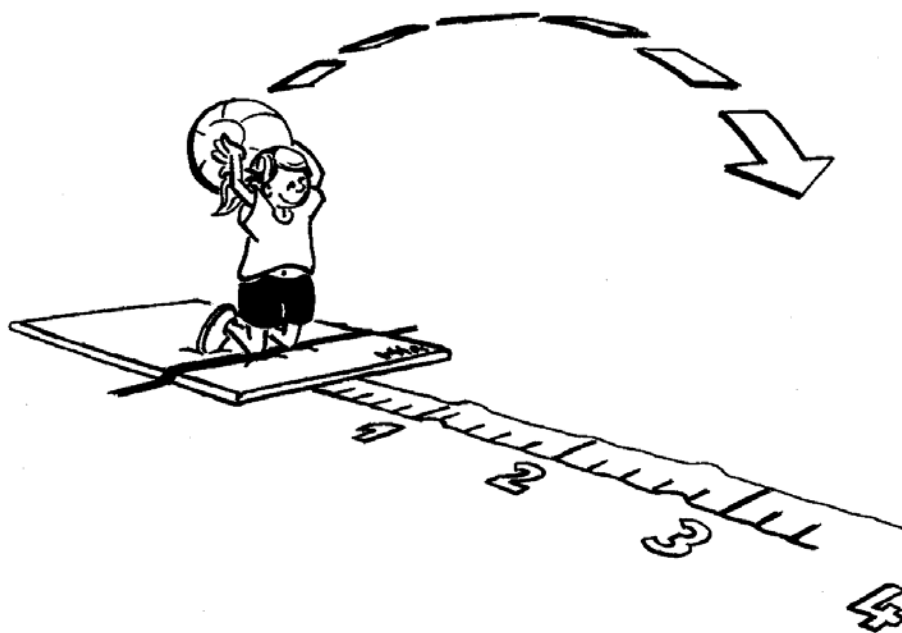
Equipment:

- Different javelins
- Vertical markers

How to prepare the knee throwing event?

Analysis of the situation: This throwing event enables the young athletes to experiment from an easy position the strength transmitted by the hip and the prerequisite stretching of the shoulders.

Safety of the participants: The athletes kneel on a soft ground (a mat, sand, grass). Adjust the weight of the medicine ball: always choose the lighter (1kg, 1,5kg).



Event from Kids' Athletics Competition
IAAF Figure



Educational Card 1: Knee Throwing

Objective: To experiment the throwing activity from any position other than standing

Proposed situation: From a sitting position on an above implement, move the upper half of the body to initiate the acceleration of an object thrown towards a target (a light implement: maximum 1kg).

The beginner's behaviour: Beginners often look for their energy with deformed movements of the body. This is detrimental to the precision of the throw.



Instructions for the exercise:

- Sitting in a balanced/stable position
- Hold the throwing implement firmly

Noticeable points:

- The trunk initiates a long and continuous acceleration
- Coordinate trunk/arms
- Precise trajectories

Teaching progression:

- Vary the implements
- Vary the distances and trajectories
- Vary the position of the throwing object (overhead, at the chest level, from the R/L sides)
- Proceed to exercises like individual or collective games

Safety:

- stable “seats”
- Organise the group
- Safe throwing objects
- Priority is given to precision

Equipment:

- Seats
- Various throwing implements
- Targets

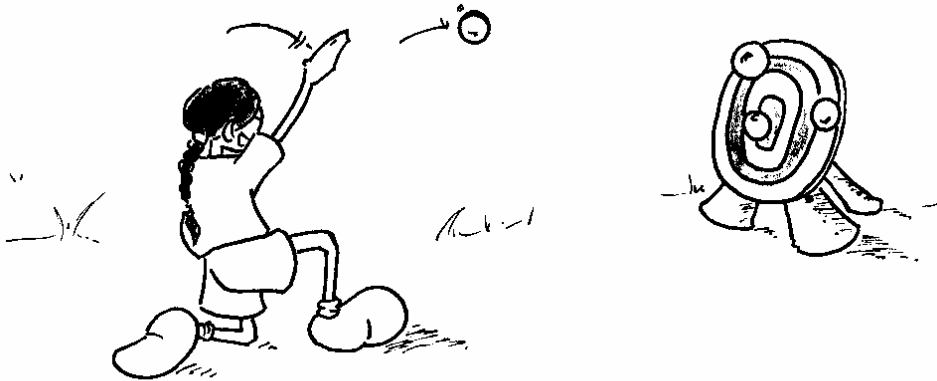


Educational Card 2: Knee Throwing

Objective: To improve the throwing action with the top of the body

Proposed situation: Kneeling on one knee, move the upper half of the body to initiate the acceleration of an object thrown to a target (use a light implement of 1kg maximum).

The beginner's behaviour: Beginners often lose balance during the throw.



Instructions for the exercise:

- Maintain a well-balanced position
- Block the pelvis during the throw

Noticeable points:

- The trunk initiates a long and continuous acceleration
- Coordinate trunk/arms
- Precise trajectories

Teaching progression:

- Vary the implements
- Vary the distances and trajectories
- Vary the position of the throwing object (overhead, at the chest level, from the R/L sides)
- Proceed to exercises more like games

Safety:

- Soft ground for the kneeling position
- Organise the group
- Safe throwing implements
- Priority is given to precision

Equipment:

- Mats if necessary
- Various throwing implements
- Targets

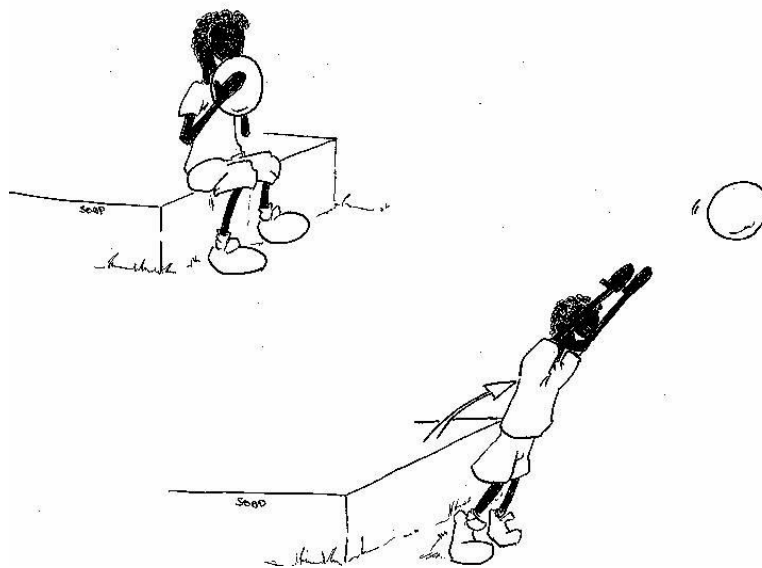


Educational Card 3: Knee Throwing

Objective: To learn how to generate strength with the lower limbs

Proposed situation: Starting from a sitting position, the participants have to move their knees forward, and carry out a throw with the action of their lower limbs (implement of 2kg maximum).

The beginner's behaviour: Beginners often anticipate the action of their arms. Most of the time they entail a backward movement from the pelvis during the body's stretching.



Instructions for the exercise:

- Throw after the legs' movement
- Lose balance forward

Noticeable points:

- Forward movement of the knees to position the pelvis
- Take-off with the legs
- Coordinate the action of the arms
- Keep the pelvis in a strong position generating strength

Teaching progression:

- Vary the starting height
- Vary the implements
- Vary the forms of throw

Safety:

- Appropriate Medicine ball
- Non-slippery ground
- Organisation of the group

Equipment:

- A Medicine ball
- Sitting equipment

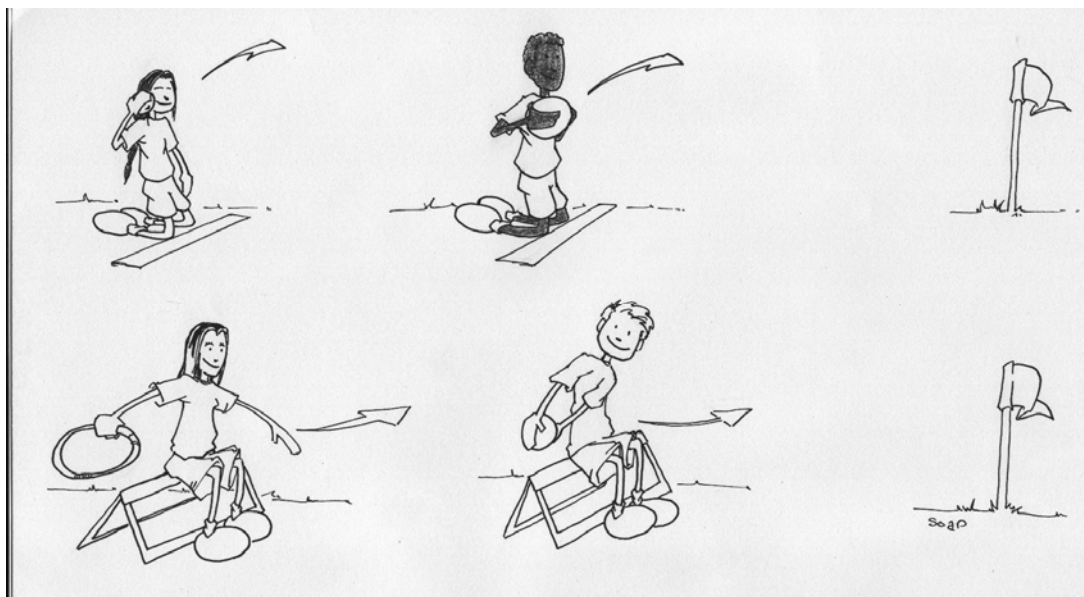


Educational Card 4: Knee Throwing

Objective: To try different forms of throw from the kneeling and sitting positions

Proposed situation: From the kneeling position, carry out throws of various appropriate objects. Throws are achieved from the left shoulder, then the right one, from the chest, from a rotational movement to the right and the left, of the outstretched arm (throwing objects of varying weight depending on the forms, but always 1kg maximum).

The beginner's behaviour: Beginners can not achieve any efficient throws because they do not use their thighs and pelvis to move the throwing object.



Instructions for the exercise:

- Block the pelvis
- Generate acceleration from a side backward position and move forward

Noticeable points:

- Do not collapse while throwing
- Lose balance forward after throwing
- Manage to throw upwards

Teaching progression:

- Change the throwing implements (forms, weight)
- Vary the grip of the objects
- Move towards games

Safety:

- Soft ground for the kneeling position
- Safe throwing objects

Equipment:

- Various implements
- A target

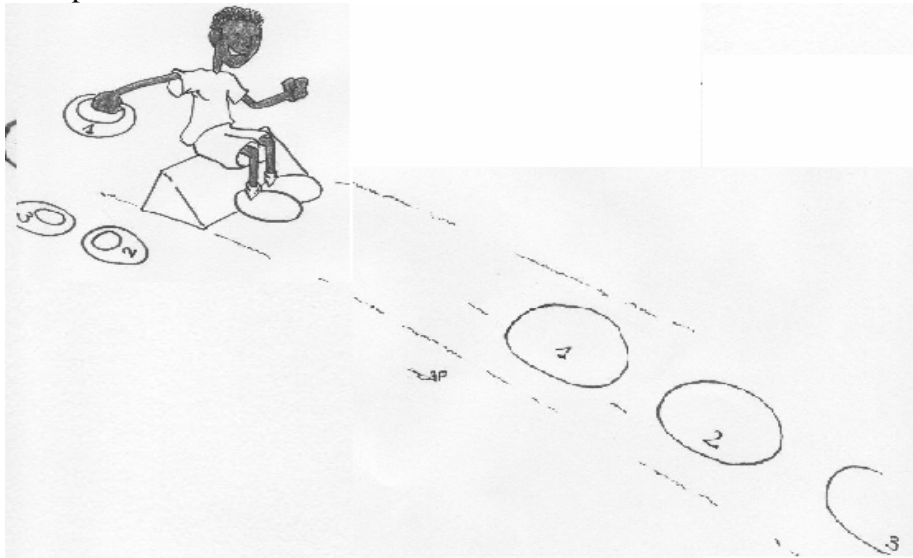


Educational Card 5: Knee Throwing

Objective: To be able to command trajectories from a kneeling and sitting positions.

Proposed situation: From a kneeling or sitting position, throw similar or different objects towards targets placed at increasing distances. In the case of a rotational throw, shift the right-handed thrower slightly to the left of the targets (use various objects of 1kg maximum always).

The beginner's behaviour: Beginners do not remain in a steady position from one throw to another (Various collapses, backward movement of the shoulders, etc.). They find it difficult to be precise.



Instructions for the exercise:

- Remain in a strong position during the throw
- Look in the direction of the target
- Upon delivery, the shoulder/look faces the target

Noticeable points:

- Achieve the required exercises
- In the recovery phase, remain in a stable position or unbalanced in the direction of the throw
- Create sideways trajectories upwards

Teaching progression:

- Vary the implements and the grip
- Vary the distances
- Vary the order of targets

Safety:

- Safe implements
- Organisation of the group
- Priority is given to precision before distance

Equipment:

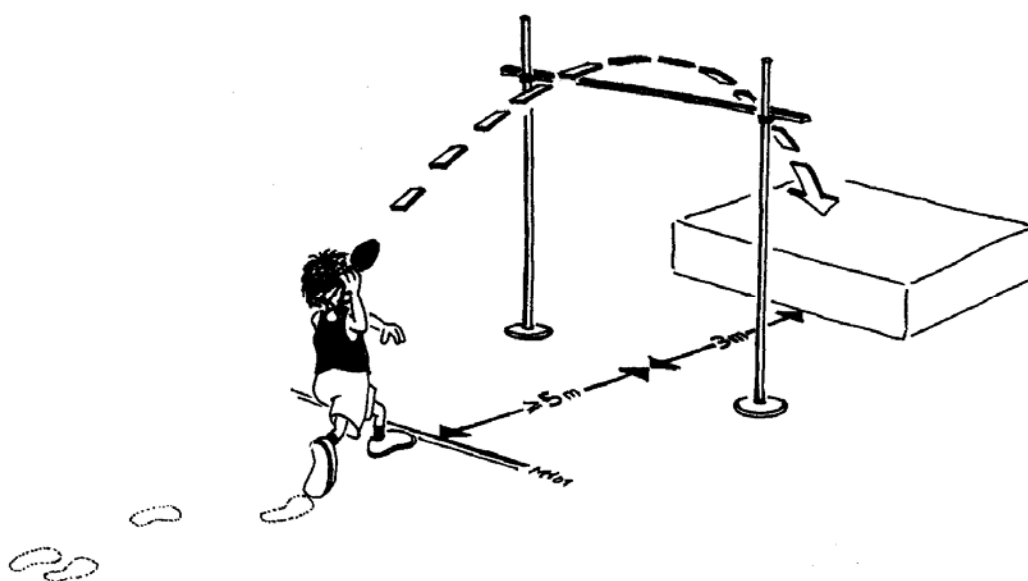
- Various implements
- Mats or seats
- Targets



Educational Card: Precision Throw

Analysis of the situation: Throw a light implement at a target.
Master balance and control the leeway and intensity.

Safety of the participant: Selecting safe throwing implements and organising the group for throwing practice should be the best way to reduce the risks at the most.



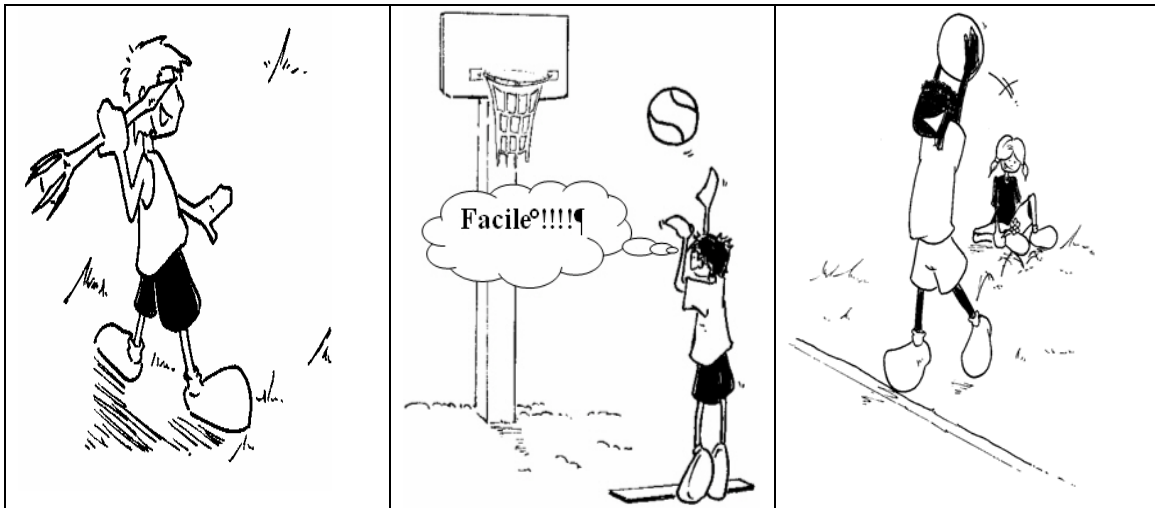
Event from IAAF Kids' Athletics Competition

Educational Card 1: Precision Throw

Objective: To improve the precision and the regularity of the throws

Proposed situation: To prepare the event, any target throwing practice will be beneficial. Varying and repeating the exercises will necessarily entail a progression.

The beginner's behaviour: Beginners will be clumsy because of the deformed movements of his/her body and because of a bad command of muscular tensions.



Instructions for the exercise:

- Check the sturdiness of the body
- Look at the achieved performance

Noticeable points:

- Precision in the throwing actions
- The body remains in straight position after delivery

Teaching progression:

- Various implements
- High, low, average targets
- Vary the implements in the throwing practice
- Vary the targets in the throwing practice
- Carry out increasing, decreasing or random throws
- Move towards games

Safety:

- Organisation of the group
- Safe throwing implements

Equipment:

- Various throwing implements
- Various targets

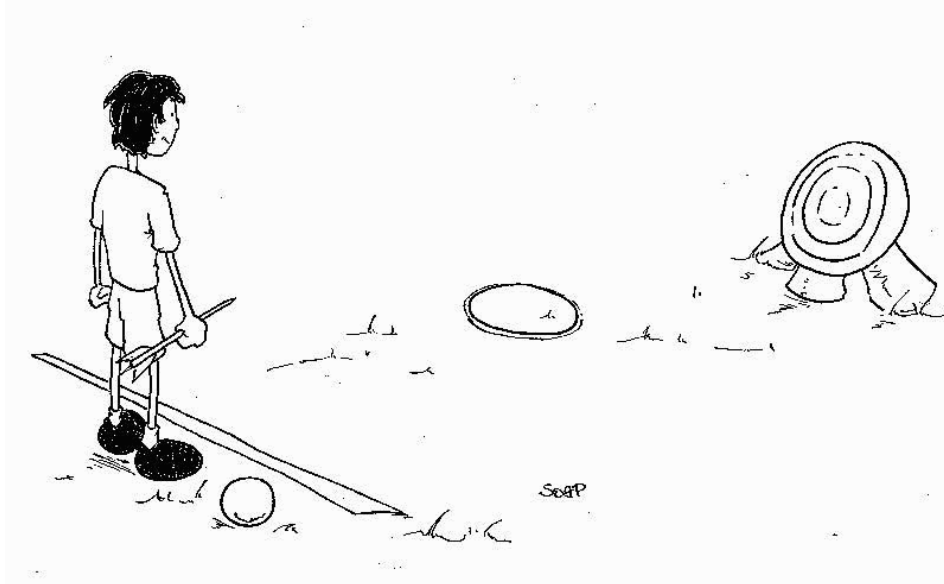


Educational Card 2: Precision Throw

Objective: To be able to throw various implements at various targets with precision

Proposed situation: Young athletes are offered to practice the target throw, with different throwing implements and numerous targets. The thrower will select the targets according to the implements at his/her disposal.

The beginner's behaviour: Beginners will be clumsy because of the deformed movements of his/her body and because of a bad command of muscular tensions.



Instructions for the exercise:

- Check the sturdiness of the body
- Look at the achieved performance
- Select carefully the targets according to the retained implements

Noticeable points:

- Precision in the throwing actions
- upon delivery the body remains in line and in front of the target

Teaching progression:

- Various implements
- High, low, average targets
- Vary the implements in the throwing practice
- Vary the targets in the throwing practice
- Move towards games

Safety:

- Organisation of the group
- Safe throwing implements

Equipment:

- Various throwing implements
- Various targets

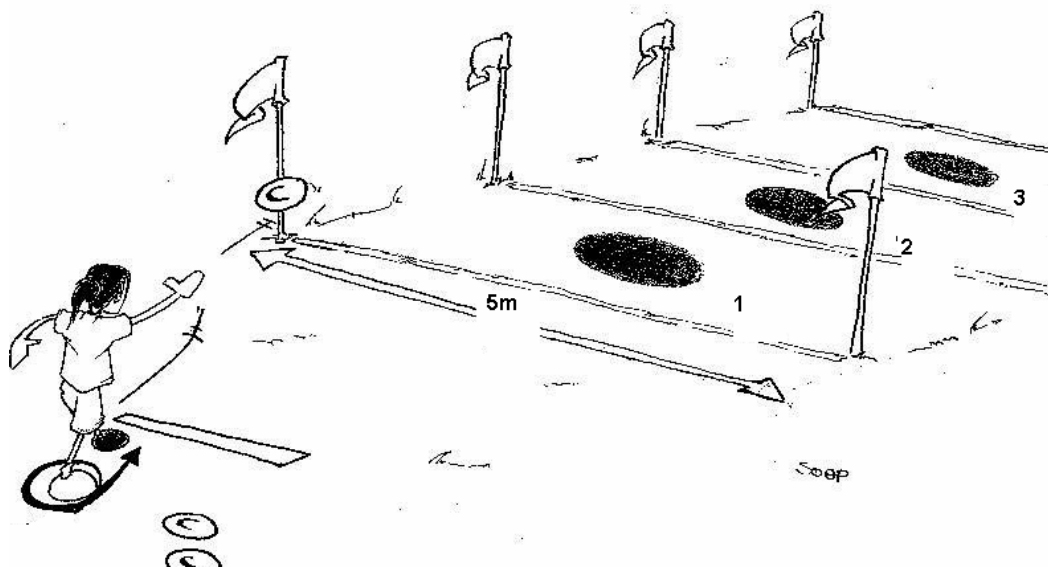


Educational Card 3: Precision Throw

Objective: To be able to throw similar implements at different targets

Proposed situation: The children have to carry out some throwing sequences of similar implements at compulsory targets, playing with various distances (+-, --, =+, etc.).

The beginner's behaviour: Beginners will be clumsy because of the deformed movements of his/her body and because of a bad command of muscular tensions.



Instructions for the exercise:

- Respect the instructions for the targets
- Check the sturdiness of the body
- Look at the achieved performance

Noticeable points:

- Precision in the throwing actions
- The body is in line upon delivery

Teaching progression:

- Carry out increasing, decreasing or random throws (123, 321, 132, etc.)
- Move towards games

Safety:

- Organisation of the group
- Safe throwing implements

Equipment:

- Various throwing implements
- Various targets



Educational Card 4: Precision Throw

Objective: To improve the throwing precision from very stable positions

Proposed situation: From a sitting or kneeling position, beginners will have to throw various implements (different form, weight = 1kg maximum) at various targets.

The beginner's behaviour: Beginners will be clumsy because of the deformed movements of his/her body and because of a bad command of muscular tensions.



Instructions for the exercise:

- Check the sturdiness of the chest
- Look at the achieved performance

Noticeable points:

- Precision in the throwing actions
- The chest is facing the target upon delivery

Teaching progression:

- Various implements
- High, low, average targets
- Vary the implements in the throwing practice
- Vary the targets in the throwing practice
- Carry out increasing, decreasing, random throws
- For rotational throws, shift the right-handed thrower to the left of the targets (conversely for left-handed thrower)
- Move towards games

Safety:

- Organisation of the group
- Safe throwing implements
- A hurdle, a chair, a bench, etc.

Equipment:

- Various throwing implements
- Various targets

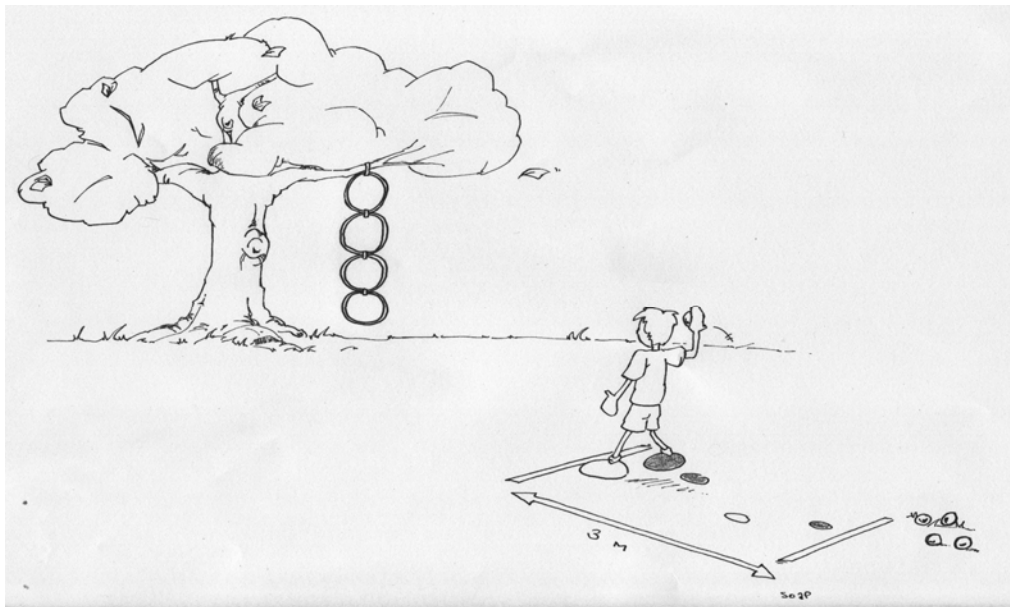


Educational Card 5: Precision Throw

Objective: **Precision throws with walking strides**

Proposed situation: After some walking strides beginners will have to throw various implements (different form, weight = 1kg maximum) from various positions at various targets.

The beginner's behaviour: Beginners will be clumsy because of the deformed movements of his/her body and because of a bad command of muscular tensions.



Instructions for the exercise:

- Master the balance upon delivery
- Look at the achieved performance

Noticeable points:

- Precision in the actions
- Balance in the delivery phase
- The chest/eyes are facing the target upon delivery

Teaching progression:

- Various implements, various distances
- Vary the implements in the throwing practice
- For rotational throws, shift the right-handed thrower to the left of the targets (conversely for left-handed thrower)
- Move towards games

Safety:

- Organisation of the group
- Safe throwing implements

Equipment:

- Various throwing implements
- Various targets

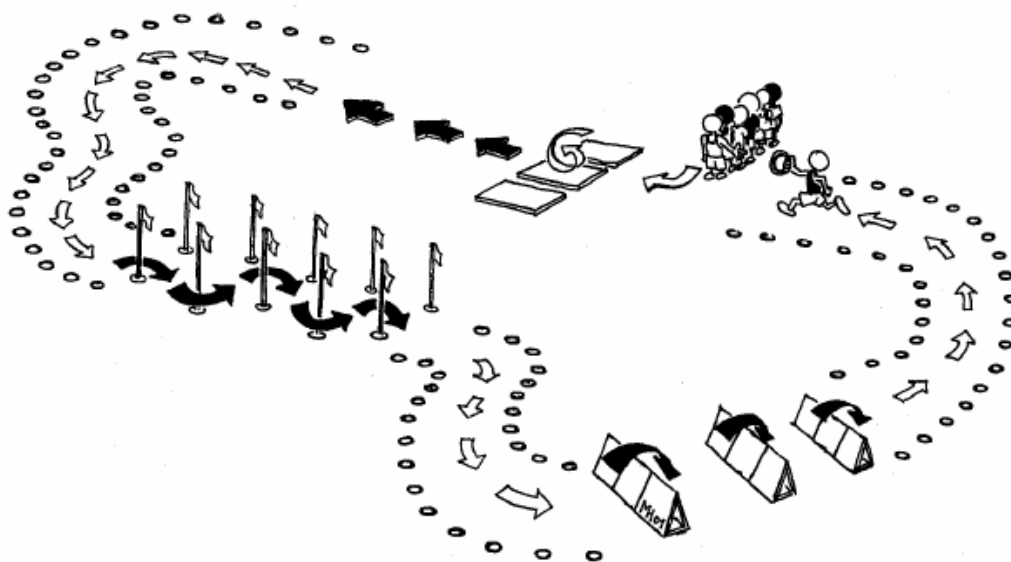


How to prepare the Formula One race?

Analysis of the situation: the Formula One race is a digest of running problems/situations. Each element could be subjected to groundwork.

Instructions for the safety of the participant: Safe course and equipment, maximum 60-70m distance.

Figure



IAAF Kids' Athletics event

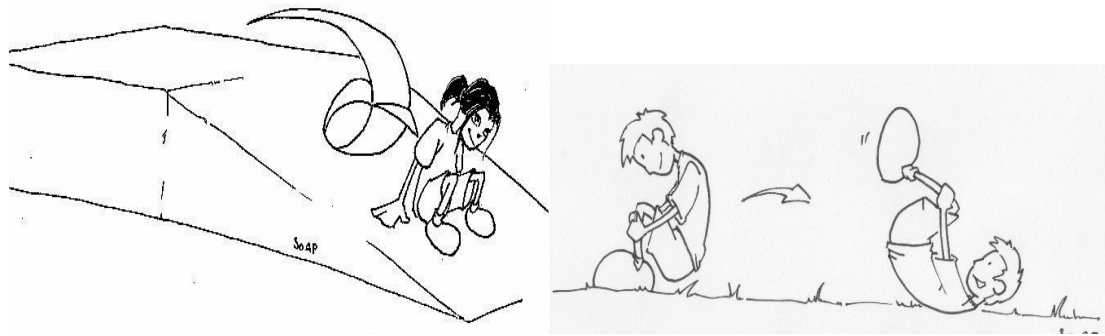


Educational Card 1: Formula One Race

Objective: Overall experiment of the forward roll

Proposed situations: Complete a forward roll on a sloping surface; this position makes things easier and enables children to assimilate the sequence roll/start. On a soft ground or mats, complete backward rolls, landing on both feet, holding the knees.

The beginner's behaviour: Beginners do not keep the rolling position during the roll; they often stretch their lower limbs which prevents them from landing on their feet.



Instructions for the exercise:

- Keep the chin on the chest until the exercise is completed
- Rest on one's hands at the starting line

Criteria for a successful performance:

- Keep the rolling position during the roll
- Maintain the velocity on the two feet landing
- Roll in the direction of the displacement

Teaching progression:

- Vary the sloping surfaces
- Vary the rolls (backward, splits, etc.)
- Vary the starting positions (kneeling, half-kneeling positions, etc.)
- After landing, use the support of the hands
- Move towards games

Safety:

- Appropriate sloping surface
- Strict organisation
- Organisation of the group

Equipment:

- Sloping surface
- Mats

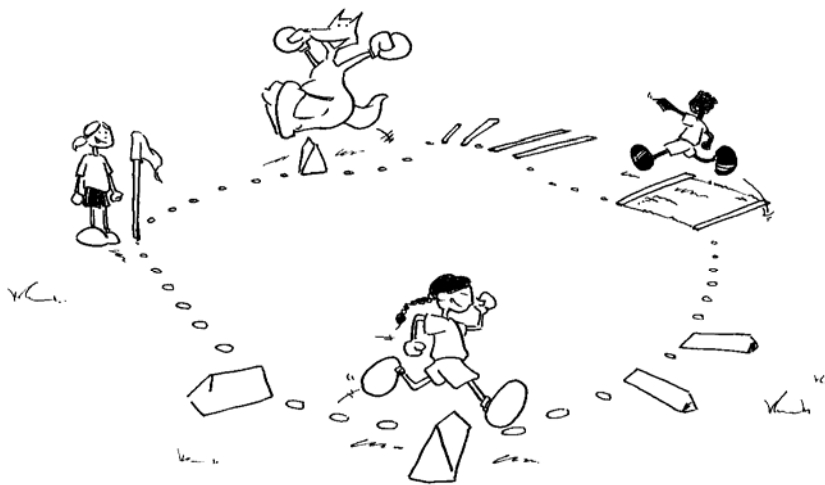


Educational Card 2: Formula One Race

Objective: To experiment and master the obstacle clearance

Proposed situation: Have the children carry out running distances with low and indefinite obstacles. Each course will be different; the number of obstacles can vary and be 1 until 10 strides apart.

The beginner's behaviour: Beginners often slow down before the obstacles to adjust their pace and jump over. The landing after the clearance is often completed in the safety position (a two-foot touchdown) preventing from running again.



Instructions for the exercise:

- Link up running and getting over the obstacles
- Achieve the clearance with take-off from both feet

Criteria for a successful performance:

- No loss of balance
- No loss of speed as the obstacles approach
- Keep the running position at clearance (arms, general position of the body, etc.)

Teaching progression:

- Vary the courses
- Straight then curved course
- Varying hurdle height (lower range)
- Link up hurdle and “water” jump clearance
- Progress towards games (relays for ex.)

Safety:

- Safe course
- Safe obstacles

Equipment:

- Different kinds of obstacles
- Markers

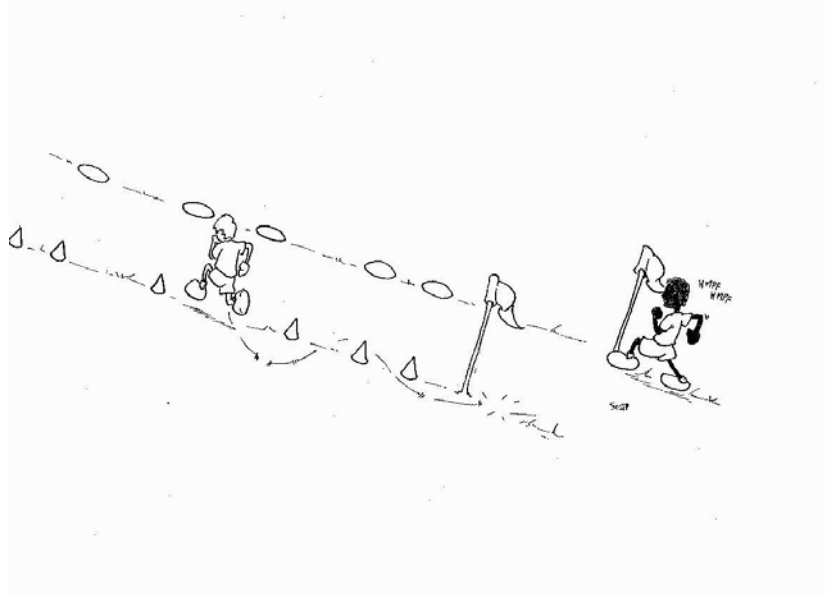


Educational Card 3: Formula One Race

Objective: To experiment and master the sprint slaloming

Proposed situation: Race with varied markers for sprint slaloming: the distance between markers will be varying to experiment all the curves possible.

The beginner's behaviour: Beginners often tend to modify their pace to complete the slalom (point stances out of the direction of displacement, body no longer facing the direction of the race).



Instructions for the exercise:

- Run as regularly as possible
- Keep facing the direction of the race

Noticeable points:

- Respect the given instructions
- Maintain the body facing the direction of the race
- Maintain the running position (arms, etc.)
- Run fast

Teaching progression:

- Vary the courses at the most
- Vary the field (flat, steep, etc.)
- Vary the velocity
- Move towards games (relay for example)

Safety:

- Safe course
- Organisation of the group

Equipment:

- Markers



Educational Card 4: Formula One Race

Objective: To improve the curve running

Proposed situation: On a sprinting mode, react to some instructions in varied situations, achieving curve running distances with a varied radius.

The beginner's behaviour: Beginners will often complete a curve running with decreasing speed quality (arms, point stances). They often run the same curved distance to complete different kinds of curves.



Instructions for the exercise:

- Keep running as regularly as possible in spite of the curves
- Lean inward the curve

Noticeable points:

- Achieve the given exercises
- In the curves, oblique and in-line position of the body
- Similar adjustment in right and left curves

Teaching progression:

- Vary the radius of the curves at the most
- Increase the speed
- Delay the signal announcing the selected curve
- Move towards games

Safety:

- Non-slippery ground
- Organisation of the group

Equipment:

- Vertical markers

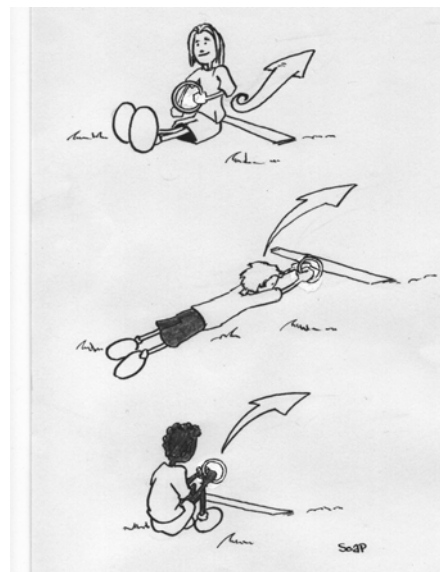
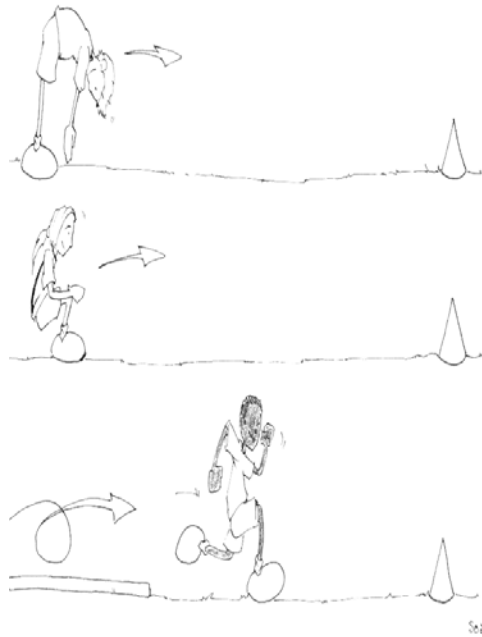


Educational Card 5: Formula One Race

Objective: To get an efficient starting position

Proposed situation: From various positions of the body, all implying a bent position, the participant will have to perform efficient starts.

The beginner's behaviour: Beginners will tend to stand up before moving into a running position.



Instructions for the exercise:

- Use the maximum push of the leg to start
- use the instability after the start position to move faster

Noticeable points:

- Lower limbs are fully extended
- Forward loss of balance during the first strides
- Use of the arms to improve the quality of the start

Teaching progression:

- Vary the starting positions at the most
- Keep the time for a 10m distance
- Submit challenges to be taken up
- Move towards games

Safety:

- Non-slippery and soft ground
- Organisation of the group

Equipment:

- Vertical markers
- A stopwatch