

## **Little Athletics 6 Week Programme**

The Little Athletics video series is a step by step progressive introduction for Children (5-10yrs) to the ABC Programme. (Agility,Balance ,Co-ordination).The step by step guide is fun and is delivered in an interactive manner.

We cover, Shot Put, Hurdles, Race Walk, Standing Long Jump, Relays and Balance- Enjoy

### **Week #1- 12mins**

-Introduction to Little Athletics Programme

-Warm up (Active) – Up throw the gears /Pop Corn

-Intro to Hurdles

-Intro to Shot Put

-ABC Challenge Balance (Rope/Broom Handle), Speed Bounce, Standing Long Jump

<https://www.youtube.com/watch?v=gV3CHKPDJGo&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ>

### **Week #2- 17mins**

-Warm Up (Active) – Up through the Gears /Pop Corn

-Relays-Intro to the Press/Push pass

-Towers-Balance

-Hurdles-Same lead Leg

-Shot Put-Intro to a Slide/Glide

-Javelin

-ABC Challenge Balance (Rope/Broom Handle), Speed Bounce, Standing Long Jump

<https://www.youtube.com/watch?v=rkPmgYyqqcE&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ&index=3>

### **Week #3-22mins**

-Warm Up (Active) - Up through the Gears /Pop Corn

-Static Balance

-Hurdles- -Same leg

-Shot Put- Progressive Drills

-Relays-Intro to Press Pass

-Triple Jump-Intro

-ABC Challenge

<https://www.youtube.com/watch?v=jeDHRC4x1L8&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ&index=4>

### **Week #4 - 20mins**

-Warm Up (Active) -Up through Gears/ Pop Corn, Sandwich, Hot Dog

-Triple Jump-Intro

-Shot Put- Two Step, Glide

-Relays- Baton passing, Press Pass

-ABC Challenge- Balance (Rope/Broom Handle), Speed Bounce, Standing Long Jump

[https://www.youtube.com/watch?v=q8\\_Xme3FUvM&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ&index=5](https://www.youtube.com/watch?v=q8_Xme3FUvM&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ&index=5)

### **Week #5- 12 mins**

-Race Walk Drills and Challenge- 100mtrs in 30 secs

-Standing Long Jump Challenge- Childs Height

-Shot Put-Introduction of the Glide/Slide distance the Childs age in Mtrs

-Hurdles- 8 obstacles- Challenge to ensure Child uses same leg take off

<https://www.youtube.com/watch?v=VIJCocvsTcw&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ&index=6>

### **Week #6 Final Week- 10mins**

-Race Walk Challenge with Drills

-Standing Long Jump Challenge– Jumping your height ie Child is 1.35mtrs Standing Long Jump 1.35mtrs

-Triple Jump- Hop/Step Jump



**-Hurdle Relays-** Circuit Hurdles with Baton

[https://www.youtube.com/watch?v=X92Oa9h\\_cUE&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ&index=8](https://www.youtube.com/watch?v=X92Oa9h_cUE&list=PLRYNMmA21ojNFkk8BRAaT6fBPfXUsOGBQ&index=8)