





Little Athletics Victoria welcomes you to On Track – a structured program to develop children's athletic abilities.

To deliver On Track in the right spirit, please remember;

- Having fun is the most important aspect of the childrens' participation
- Encourage children, don't push them
- Be proud when they try their best, regardless of result
- Your pride in their efforts is more important than winning or losing.
- Encourage them to learn new skills
- Focus on achieving and not just on winning or beating other children
- Smile, laugh and have fun yourself
- And be somebody the children will be proud of.

This quick start guide provides 3 important things

- 1. How the On Track program works
- 2. Licencing conditions that you need to know
- 3. How to access the On Track program



On Track engages with children

Available evidence confirms children want:

- Active participation
- To learn & improve
- To have fun
- To experience excitement

Competition is ranked low on children's priority list.

On Track is a new approach

On Track addresses the key issues

- Increase activity time
- Decrease total time
- Increase fun
- Decrease competition focus
- Increase opportunities for learning

On Track is a Skills Based Program

- The idea of On Track is to teach children skills before they are asked to perform them in a competitive environment.
- A massive amount of research has gone into understanding how children learn. On Track is based on this research.
 If parents want their children to be able to perform sporting skills at a later stage, On Track is the best start they can have.

How On Track works

• On Track has 5 Levels – simple to complex.

 Each Level is made up of a number of Skills with simple teaching tips. The table on the following page shows how skills are developed using On Track.

Each skill also has a series of session plans that provide fun and practical ways for children to learn.

Session plans give you all the instructions you need to run an On Track session. They:

- Give you the Components that you need to teach.
- Explain the warm up, skill activities and fun competitions including;
 - » the equipment needed
 - » the space needed
 - » the formation of the children
 - » all instructions to run the activities

Who teaches On Track - YOU DO!

The program is designed so that anybody can teach athletic skills to the children.

You don't need:

- Any coaching qualifications or experience.
- Any athletics experience.
- Any teaching experience.

All you do need is ENTHUSIASM – you just have to follow the instructions in the session plans.

And remember - More helpers = Smaller groups = More goes for the children.



The table below shows how the skills in each level fit together

Level 1 Fundamental Motor Skills	Level 2 Fundamental Athletic Skills	Level 3 Transitional Skills	Level 4 Athletic Skills	Level 5 Extension Skills
Run	Sprint (Standing Start)	Sprint	Sprint (Crouch Start)	Sprint (Extension Skills)
Run				Distance Running
		Modified Race Walk		Race Walking
Horizontal Jump Leap Run Vertical Jump	Run & Jump Sprint (Standing Start)	One Stride Jump	Long Jump	
Run Leap	Sprint (Standing Start) Run Over Objects	Modified Hurdles	Hurdles	Hurdles (Extension Skills)
Run Vertical Jump Hop Leap	Scissor Jump	Standing Back Flops	Fosbury Flop	High Jump Approach to Bar
Run Hop Leap Horizontal Jump	Skip Run & Jump Sprint (Standing Start)	Hop Step Jump	Triple Jump	Triple Jump (Extension Skills)
Projection Run	Standing Sling Over Arm Throw High Arm Push	Standing Discus Standing Shotput	1 ¼ Turn Discus Modified Javelin Side Step Shotput	1 ½ Turn Discus Javelin 3 Stride Shotput Glide
Passing Objects Run Receiving Objects	Sprint (Standing Start) Moving Exchange	Circular Relays Sprints		Relay Racing



Let's say for example you are starting in Level 1 and want to teach Running;

The **Components** that should be taught for Running are detailed on the page along with some useful tips.

Select any one of the 5 **Session Plans** that are designed to help teach the various components.

For each Skill there is an **Assessment** sheet you can use to chart the childrens' progress.

CERTIFICATE

On Track

Run

Projection

Horizontal Jump

Vertical Jump

Нор

Leap

Passing Objects

Receiving Objects



HOME button returns you to the Main Menu.

Select the Run

skill on the left

hand side of

the page.



Run Skills Components & Tips

Running is an essential fundamental motor skill for developing children. Because it forms the foundation for many of the athletic events, it is important to develop good running technique as soon as possible. The following provides some tips to help you teach the components of running to children.

COMPONENT A

Eyes are focused forwards throughout the run. *Tips:*

- Hold up coloured ribbons, bean bags, picture cards or fingers and have children identify them as they run towards you.
- Have children pretend they are balancing an egg on their head as they run (you can even use a bean bag).
- Explore running with your head wobbling all over the place, now try it with a steady head, which is better?
- Have children focus on an object in the distance.
- Award points for the best eyes forwards during the activity.

COMPONENT B

As foot leaves the ground, knee bends greater than 90 deg. Tips:

- As children run have them flick their heels up to their bottoms.
- Explore running with heels flicking out to the side and knees across body. Then try the correct technique, which is better?
- · Award points for the highest heels.

COMPONENT C

Arms bend at elbows and move in opposition to legs. *Tips:*

ASSESSMENT

- Explore running with arms straight, moving across your body, tightly bent up and then in the correct position, which is better?
- Wrap a ribbon around the hand and bent elbow to lock it in place.
- Be like a train (use arm action to simulate wheels).
- Have children brush their hips with the heel of their hands.
- Have children watch a partners arms to see if they are bent.
 Have children point their thumb back over their shoulder.
- Hang a towel around children's necks and ask them to run

COMPONENT D & E

Contact ground with front part of foot.

while holding the ends of the towel.

Body leans slightly forward.

Tips:

- Ask children to fall with a straight body over the start line until they have to take a stride.
- Explore running on heels, on a flat foot and finally on the toes, which is better?
- Ask children to run leaning backwards, sideways and forwards.
 Time each run and compare.
- Run uphill, backwards or with another child holding lightly to the back of the running child's shirt, notice the body.

When children master each of the components, you can print them a **Certificate** and add their name.



ASSESSMENT

15-20m on track or grass.

passing the ball.

per group

hands together behind back

hoops. First group to finish wins.

Ask children to run out with their heels flicking their up

knees lifted right up high in front of them. This helps in

getting their knees bending at greater than 90 degrees.

into equal groups. Half of each group stands behind the starting line and the other half behind the cones at

the other end. First runner begins with the ball placed

behind back and runs towards the other group. Activity continues to all children have had a turn of running and

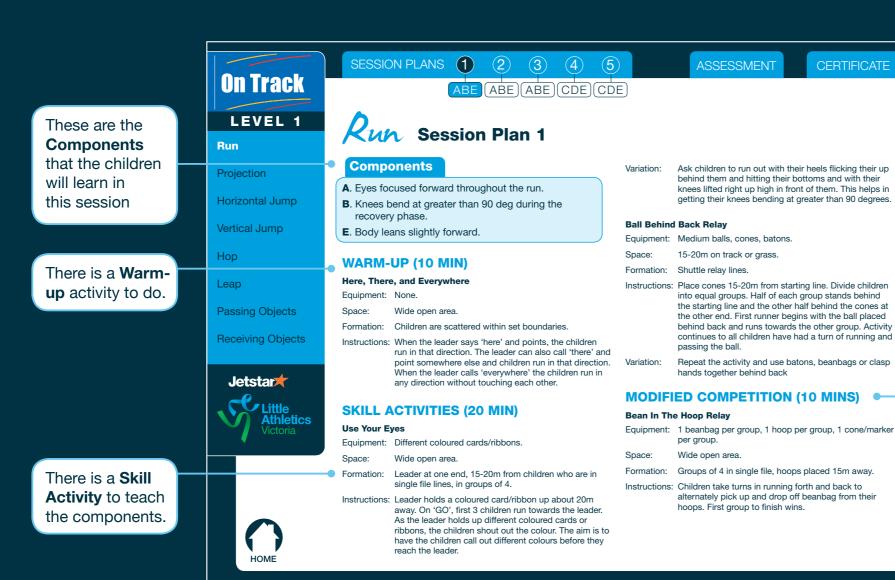
Repeat the activity and use batons, beanbags or clasp

alternately pick up and drop off beanbag from their

behind them and hitting their bottoms and with their

CERTIFICATE

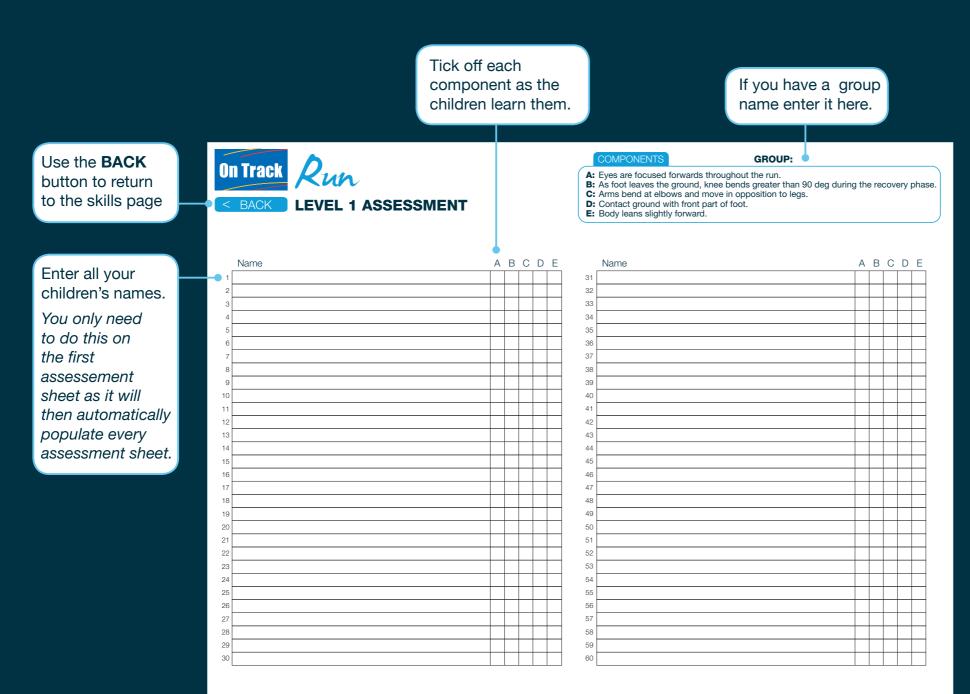
Here is an example of a Run Session Plan: Warm-up game - 10 mins Skill Activity - 20 mins **Fun Modified Competition – 10 mins** Conclusion



There is a Modified Competition in which the children can practice the learned components.



Here is an example of an Assessment Sheet.

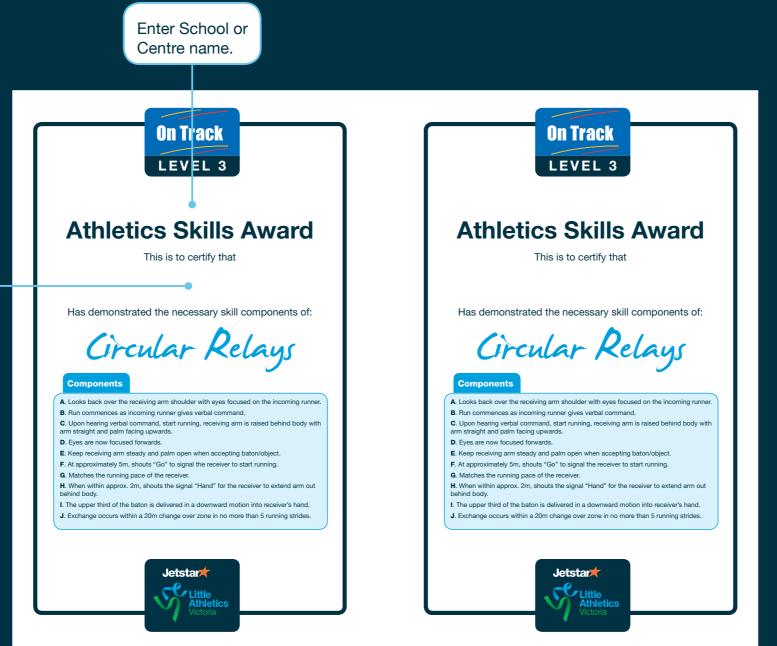




Here is an example of a Certificate that can be given to children as they complete the skill.

Enter childs name and print.

Once all the skills in a level have been learnt you can present the children with a level certificate.





Time Saving Tips

- 1. The On Track Documents are interactive PDF's, designed to work on your computer or tablet.
- 2. When you open the PDF on your computer pressing 'CTRL L' will make the PDF full screen.
- 3. Any page can be printed.
- 4. All the Menu items are linked so you can use your mouse/finger/stylus to navigate.
- 5. The assessment sheet is designed to save significant time. The first time you use this PDF, type the names of the Children into any one of the Assessment Sheets and the names will automatically be added to every Assessment Sheet.
- 6. You can then use your mouse/finger/stylus to tick the components as the children master them. Alternatively you can print the Assessment Sheet at any time.
- 7. Importantly, if you are using this document on a tablet, please ensure you have the free Adobe PDF app (download for iPad) (download for Android). Use this app to open the PDF and it will provide all the intended functionality and also allow you to save everything you do in each session.
- 8. When you exit the PDF, make sure you save the document.
- 9. This PDF allows you to enter up to 60 children's names. If you teach multiple groups of Children, simply duplicate the PDF and rename it for each group.





2) Licencing conditions that you need to know

Software Licence

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3) How to access the On Track program

There are 2 documents that make up the On Track program;

On Track Level 1-2 teaches

Level 1 - Fundamental Motor Skills and

Level 2 – Fundamental Athletic Skills

On Track Level 3-5 teaches

Level 3 – Transitional Skills,

Level 4 - Athletic Skills, and

Level 5 – Extension Skills

Both these documents are interactive PDF files that contain all the information you need to teach skills and run training sessions.

These documents can be used for both schools and Little Athletic Centres.

If you are interested in purchasing the On Track Program, please contact On Track at Little Athletics Victoria via the contact details below.



CONTACT US

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