

Completing the sections

For an athlete to be signed off as competent in any challenge or skill, they must be able to demonstrate that skill at least 80% of the time, as well as during an assessment session. A coach will observe their performance over a minimum period of time, as learning a skill is not just a matter of demonstrating it once, but as many times as required. It's important for an athlete to ensure they've mastered each skill prior to progressing to the next stage as the challenges become progressively harder.

Within the Athletics 365 Athlete Pack, there is a Record of Achievement Chart for each stage of the programme. As the athlete completes each challenge to their coach's satisfaction, the athlete should tick them off on this chart. Once all of the boxes are ticked, the athlete should give the chart to their coach for them to confirm that they have completed this stage and sign the athlete off.

Coaches will have a choice over how they record an athlete's achievements – simple templates will be provided through the website www.athletics365.org. England Athletics suggests that on completion of a stage the athlete should receive a 365 award, although it is up to the club how they wish to award the Athletics 365 programme.

Why run, jump and throw?

One important question we've been asked is "why does a youngster have to do running, jumping and throwing to complete Athletics 365 when they only want to participate in one of these event groups?"

Athletics 365 is a multi-skills and multi-event based programme designed to develop an all-round athlete. Some of Britain's most successful athletes – such as Jessica Ennis, Christine Ohuruogu and Steve Backley – started by running, jumping and throwing.

England Athletics believe that through this programme all athletes will have a greater choice of events and sports to participate and succeed in, both now and later in life.

By developing a better conditioned athlete, Athletics 365 will increase performance and also minimise the likelihood of injury. The athlete will still be encouraged to participate

and compete in those events that they enjoy the most, while at the same time experiencing new and exciting challenges and events.

Coaches who specialise an athlete's training too early in life increase the likelihood that they will develop repetition-related injuries. This is a particular issue while an athlete is still growing and going through puberty, and can affect their physical development.

Linking to competition

Athletics 365 encourages athletes to strive for new personal bests and to perform in competition. England Athletics recommends that at the end of each term (Christmas, Easter and Summer holidays), the last week of the programme is dedicated to competition. Clubs will, where possible, provide competitions such as QuadKids, AVIVA Sportshall and the new UKA Awards programme which recognises personal bests!

To find out more about Athletics 365 go to www.athletics365.org now!



ATHLETICS 365



The new and exciting multi-event youth development syllabus for Athletics Clubs across England!

RESOURCE PACKS NOW ON SALE!



find out more at www.athletics365.org

now available via www.athletics365.org

ATHLETICS 365



Athletics 365 is an exciting new club syllabus from England Athletics. It's designed to help coaches and young athletes in clubs develop a successful and enjoyable future in athletics.

What is Athletics 365?

Athletics 365 is a multi-event, development programme for young people which is shaped by the recently launched UK-wide Athlete Development Model. The programme introduces athletes to the fundamental skills of athletics, which are vital in every sport. It is aimed primarily at 8-15 year olds, but the resources can easily be adapted for younger athletes.

Athletics 365 focuses not only on how fast someone runs, or how far someone jumps or throws but, more importantly, on developing the technical skills involved in running, jumping and throwing, with the aim of realising full potential – and moving like a champion! The programme also looks at an athlete's physical, mental and emotional development, as well as lifestyle and social considerations.

There are nine progressive stages, each of which provides athletes with new and more difficult challenges appropriate to their level of development. This encourages athletes to

learn all the skills and events of athletics, while reinforcing the importance of a good all-round skill base.

The Athletics 365 stages are similar to the martial arts 'belt system' with different colours denoting an improvement in skills. England Athletics firmly believe that Athletics 365 will help young people develop the skills and confidence to excel – not only in athletics, but in other sports and life pursuits.

Supporting products

Two main products have been developed to support the implementation of Athletics 365 by clubs across the country. These are:

- **The Athlete's Record of Achievement Pack:** this is used to help the athlete keep a record of all the activities they have successfully completed, and how they are improving as an athlete. It also provides the young athlete with the specific challenges they need to meet for every area of Athletics 365, as well as the coaching points required to help them achieve these.
- **The Coach's Pack:** provides a coach with technical coaching cards and example game cards to help them deliver Athletics 365. Each technical coaching task card highlights the key coaching points to ensure that every athlete is able to develop their full potential.

Helping young people to develop the skills and confidence to excel – not only in athletics but in other sports and life pursuits

Athlete induction

Most clubs will offer young athletes an initial induction period lasting around 8-14 weeks. Within this period, the athlete should be introduced to all of the athletics events, delivered in a fun, activity-based programme which is appropriate to the age and physical development of the child.

Coaches can use this induction period to assess an athlete's skills and level of development against the Athletics 365 stages. At the end of the induction period the coach can assign the athlete to the most appropriate stage of Athletics 365, based on their observations. This means that young athletes can be placed at a stage which is appropriate to their level of development, and one which provides them with appropriate challenges.

Development sections

In order for an athlete to complete one of the nine stages they will need to master all of the challenges within that particular stage.

However, to allow an athlete greater flexibility, the programme is divided into four development sections. Within these, athletes can progress through three stages at a time in any given event. This means an athlete may be signed off by their coach at Stage 3 (green) for running, Stage 2 (yellow) for Jumping and Stage 1 (red) for everything else, but they will not receive their full Stage 2 (yellow) or Stage 3 (green) awards until all the challenges for every area have been signed off. This is designed to help athletes develop their all round skills, improve their conditioning and offer them a greater choice of events in which they can progress.

The four development sections are:

- Beginner** - New to the programme and under assessment, with no assigned stage.
- Developing** - Stage 1 (red) to Stage 3 (green). Learning and developing new skills and able to undertake simple skills (similar to a novice).
- Practising** - Stage 4 (purple) to Stage 6 (black). Having mastered the simple skills and now practising more complex skills. Able to undertake progressively more challenging and event-specific skills (similar to an intermediate athlete).
- Emerging** - Stage 7 (bronze) to Stage 9 (gold). Having mastered semi-complex skills, the athlete is now practising complex event-specific skills. Able to undertake progressively more challenging and event-specific skills (similar to an experienced or maturing athlete).

