

Athletics Holiday Camps

Published: 13.7.2020



Created by



funetics
run + jump + throw

Powered by

**Athletics
365**

CONTENTS

Section 1 – What are the NEW Athletics Holiday Camps?

What is the Athletics Holiday Camps programme?	page 1
Why have we developed this and how can it help you?	page 1
Values, guiding principles and standards of delivery	page 2
An overview of the supporting resources.	page 3

Section 2 – Promoting your Athletics Holiday Camp

Promoting your Athletics Holiday Camp	page 4
---------------------------------------	--------

Section 3 – Recruiting and Developing your Coaching Workforce

Recruitment of new coaches	page 5
Developing existing coaches	page 6
funetics coaching workshop	page 7
Organising your staff	page 8

Section 4 – Organising your Athletics Holiday Camp

Example business model	page 9
Suggested price structure and pay rates	page 10
Ordering your kits bags and equipment	page 11

Section 5 – Delivering your Athletics Holiday Camp

Designing your holiday activity programme	page 12
Organising your programme	page 13
Recommended coach to athlete ratio	page 13
🚫 Holiday Camp guidelines from the Government	page 16
🚫 Covid-19 guidance from England Athletics	page 13
Top Tips for planning your Athletics Holiday Camp	page 17
Preparing for the first session	page 20
Coaching programmes and Activity Cards	page 21
Sample outline coaching programmes	page 22
funetics Home School Pack	page 27
Super Teams and the English Schools Awards programme	page 28
Awards and certificates	page 29

Section 6 – Life after your Athletics Holiday Camp

Linking with your local clubs	page 31
Developing a junior section	page 32
Working in schools	page 33

Appendices

Example three-day programme	page 34
Example four-day programme	page 37

SECTION 1: What are the NEW Athletics Holiday Camps?



What is the Athletics Holiday Camps programme?

England Athletics continue to explore creative ways in how we can support our member clubs, coaches and wider members to stay active and get back on 'track' as soon as possible.

We are excited to tell you about our new Athletics Holiday Camps for kids programme, which builds on **funetics** – a programme created by England Athletics, which aims to help 4-11 year old children across the country to learn, develop and practice running, jumping and throwing skills all year round, for a healthy confident future.

We have developed a new resource to help clubs, coaches and local providers to run Athletics Holiday Camps for children in their local area throughout the summer holidays (if safe and feasible to do so). The resource includes content to help you deliver fun activities to anyone over the age of 4 and includes warm-ups, running, jumping and throwing sessions, cool downs and links to wider curriculum subjects such as Maths and English.

To support this, we will be providing training for coaches delivering this programme, as well as access to the new **funetics** website platform and coaches app to help you provide a great experience to anyone taking part in your summer camp programme.

Any athletics clubs wishing to offer these camps to children aged 12-17 years can do so, using the Athletics 365 resources and programme. for more information contact: support@funetics.co.uk

Why have we developed this and how can it help you?

We know that currently many tracks are not open and Government and England Athletics guidelines on social distancing have limited the number of individuals who can train together. However, to keep one step ahead of an ever-changing environment, we wanted to provide our athletics community with some useful tools and a programme to help re-engage (when safe to do so) with your existing club members and provide fun athletics activities throughout the late summer period.

The Government have, on several occasions in recent weeks, expressed the desire to help children catch up with missed educational time and one suggested way to achieve this is through summer holiday camp activity.

Through the Athletics Holiday Camp organiser's manual, clubs and providers will have access to useful support resources. These will help not only to develop young people's athletics skills, but also their wider development – such as social and emotional skills – as well as providing cross-curricular activities to help with their academic studies.



Covid-19

PLEASE NOTE: During the Coronavirus Pandemic the information and guidance in this document may be subject to change – please make sure you keep up to date with the latest developments and advice.

SECTION 1: What are the NEW Athletics Holiday Camps?

Values, guiding principles and standards of delivery

We are looking to work with enthusiastic people who share the same passion we do in making a child's experience of athletics fun and enjoyable.

We have a number of values and guiding principles that we believe all programmes should deliver against. These are:

Values

- ▼ **Fun** – our commitment to parents and children is that every session will be delivered in a fun and engaging way.
- ▼ **Dynamic** – full of energy and enthusiasm, **funetics** will continue to develop and evolve.
- ▼ **Inclusive** – everyone attending a **funetics** session will be made to feel welcome and included at all times.

Guiding Principles

- ▼ **Safe** – all activities will be delivered with safety as a first priority.
- ▼ **Encouraging** – children will always be encouraged for their effort.
- ▼ **Rewarding** – we recognise and celebrate children who demonstrate both physical skills and softer skills such as teamwork, punctuality and determination.
- ▼ **Developmental** – we deliver age-appropriate sessions that allow children to learn at their own pace.
- ▼ **Child-centred** – we always put the child at the heart of our programme development and delivery.



SECTION 1: What are the NEW Athletics Holiday Camps?

An overview of the supporting resources

To help you deliver a great Athletics Holiday Camp experience we have developed a number of resources. These resources are detailed further in the Athletics Holiday Camp manual and include the following:

1. Activities for you to deliver ,including examples of daily and weekly summer camp programmes.
2. A series of Activity Cards to support your delivery.
3. Competition and awards activities and scoring charts.
4. Example certificates to help reward and recognise children's progress.
5. Ideas on how to run your programme, including a pricing structure and pay rate for attendees.
6. Further training and attendance at a one day online coaches workshop.
7. An equipment bag that you can purchase to support your delivery.
8. A range of marketing assets including the funetics logo, brand guidelines, fonts, template press releases.
9. A free website platform to help you manage and take bookings from parents (please note there is a 20% fee for bookings taken through the platform).
10. A coaches app and parents app to help children understand how they are progressing.



SECTION 2: Promoting your Athletics Holiday Camp

Promoting your Athletics Holiday Camp

The aim of promoting your Athletics Holiday Camp should be to:

- ▼ To promote the importance and benefits of fun-based athletics (running, jumping and throwing) and developing physical literacy for all children.
- ▼ To reach as large an audience as possible to increase the numbers of children attending your camps.

What your promotion needs to do to achieve the above aims:

- ▼ Be relevant to your audiences by highlighting the relevant benefits.
- ▼ Be carefully targeted and timed.

How can England Athletics support your promotional and communications activity?

Via the **funetics** marketing hub: <https://marketinghub.funetics.co.uk> the funetics team has made available for you to download or print and then distribute the following assets:

- ▼ **A3 posters**
- ▼ **Flyers**
- ▼ **Email signature** (design)
- ▼ **Social media posts** (includes suggested copy and images)
- ▼ **Template local press release**

England Athletics' promotional activity through its' own marketing channels, trade press and partners include the following:

- ▼ Press releases to trade athletics press. This will be general releases mentioning all providers and camps at the start of the promotional period and during the camps.
- ▼ Organic social media posts in our channels.
- ▼ Paid social media advertising campaigns targeting parents in your region to support your camps.
- ▼ Asset packs to partners such as Youth Sports Trust (YST) to encourage their promotion of the camps.



SECTION 3: Recruiting and Developing your Coaching Workforce

Recruitment of new coaches

Every coach recruited to work on your camp should hold as a minimum the British Athletics **Coaching Assistant Award** (Level 1). The Coaching Assistant qualification will insure and qualify your coaches to coach athletes under supervision of an **Athletics Coach** (Level 2) or above coach.

Coach education

The **Coaching Assistant Award** (Level 1) is a two-day introduction to coaching. The course helps coaches to identify their roles and responsibilities, develop and practice their coaching skills and enables coaches to gain enjoyment from their early coaching experiences. The minimum age for this course is 16 years.

As an alternative to the Coaching Assistant Award, clubs may wish to use young leaders to support the deliver of athletics events, under the *direct* supervision of a coach. This can be achieved by attending the **Leading Athletics** workshop (delivered either online as 2 x 1.5 hours session or a 3-hours practical session).

Important: Please note that the **Leading Athletics workshop is a certificate of attendance only and does not come with insurance or make up part of the formal British Athletics coach education qualification pathway.**

Anyone who has attended the Leading Athletics workshop, but does not hold an appropriate coaching qualification, must work under the direct supervision and guidance of a qualified Athletics Coach (those holding an Athletics Coach award or above).

This workshop is recommended for leaders working on holiday camp as it develops skills in leading and organising fun and safe activities for children, similar to the various activities that children will be taking part in during the camps. The minimum age for this workshop is 14 years.

Finding courses

For more information on the Coach Education courses please visit: www.athleticshub.org

If you have a number of new coaches who need to complete a qualification, it may be possible to request a course in your area for the coaches by contacting England Athletics directly. If you think this may be an option, please ensure that you are in touch as early as possible to enable us to find a suitable venue and tutor(s) for the course.

Finding new leaders and coaches

A good place to recruit new coaches is to advertise at the local club. As the Athletics Holiday Camps are in the school holidays, teachers and students can be a good source of coaches. It is therefore worth advertising at your local Sixth Form Colleges and Universities – particularly those with PE or Sport Science courses – or through your nearest Active Partnership.

Coach Education and Coach Development

The coaches who operate on Athletics Holiday Camps are vital in ensuring that the programme is both informative and entertaining for the children. This section will deal with the recruitment of new coaches and the development of existing coaches.

SECTION 3: Recruiting and Developing your Coaching Workforce

Development of existing coaches

England Athletics is highly committed to the ongoing development of all our coaches and would actively encourage clubs, providers and independent coaches to explore how to further develop themselves and the coaches they support.

There are a number of ways that you can develop existing coaches:

- ▼ Progression to the next level of Coach Education.
- ▼ Attending Regional Coach and Athlete Development Days.
- ▼ Accessing an extensive library of coaching support through the Athletics Hub portal (www.athleticshub.org).
- ▼ Watching the online Coaching Webinar series from England Athletics.
- ▼ Requesting/attending Track Night Visits.
- ▼ Mentoring Support.
- ▼ Attending other CPD opportunities including First Aid and Child Protection courses.
- ▼ Offering coaches greater responsibility on the holiday camps.
- ▼ Encouraging coaches to become involved with coaching at their local athletic club (if not already).

Another good way to develop existing coaches is to hold a training day where the coaches can update their knowledge of **funetics**, **Athletics 365** and the **Holiday Camp** programme. They can also 'get to know' who they will be working with during holiday camps.

The morale of the coaches working on holiday camps is very important, as children react better to enthusiastic coaches. It might be an idea to hold a pre-camp coaches' day, where the coaches can interact, relax and have fun!



SECTION 3: Recruiting and Developing your Coaching Workforce

Funetics Coaching Workshop

Each **funetics** provider will be responsible for recruiting a coaching team to help deliver the funetics holiday camp(s).

To become a **funetics** coach, a coach will need to hold one of the following qualifications:

- ▼ Level 2 Athletics Coach
- ▼ Level 2 NGB qualified in another sport (i.e. Level 2 FA/Netball/Rugby, etc.)
- ▼ Qualified Teacher
- ▼ Coaching in Running Fitness (CiRF)

They will also need as have an up-to-date DBS check and to attend a **funetics** Coaching workshop:

The funetics Coaching Workshop is a one-day workshop and has three main aims:

1. To introduce a child-centred, age-appropriate approach to delivering activities

To ensure that those who attend the workshop gain an appreciation and understanding of why adopting a child-centred approach is crucial when coaching children and why this should be the basis of delivery for any funetics session.

2. To gain a better understanding of funetics

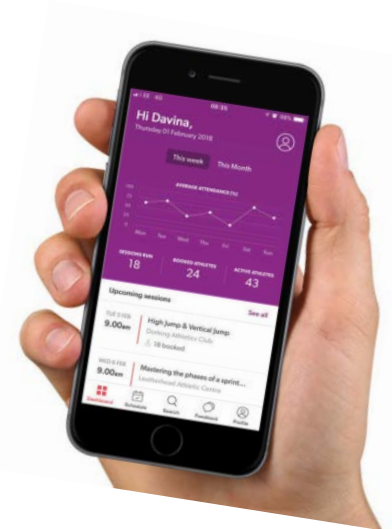
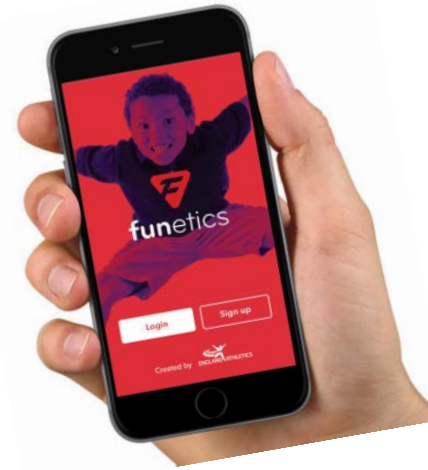
To ensure that those who attend the workshop gain a better understanding of what funetics is and how to access the various component parts of the programme (e.g. using the coaches app to support delivery and child assessment).

3. To direct attendees to other development opportunities

To ensure that those who attend the workshop are clear on where/how to access additional support/learning on:

- a. How to further their understanding of the topics introduced, including the application of this learning into their funetics sessions.
- b. How to use all the tools made available through funetics (e.g. the coach/deliver app).

The funetics Coaching Workshop is now available online and is being delivered in two 3-hour workshops. For more information please contact support@funetics.co.uk



SECTION 3: Recruiting and Developing your Coaching Workforce

Organising your Staff

There are two basic ways (but with many adaptations) to organise your staff, depending upon their skills, their knowledge and the budget you have available:

Model One:

Children retain the same member of staff who guides them through all the skill sessions. This is the preferred model for the younger age group.

Advantage: This allows continuity and bonding between the members of staff and their team.

Disadvantage: The quality and style of delivery may vary.

NB: The above approach is currently the recommended model due to **Covid-19 Guidelines** to help control social distancing and manage group movement and interaction.

Model Two:

Each skill session has a member of staff allocated to it, which they deliver all the time. The children rotate around the events, visiting a number of staff in turn. This is the preferred model for the older age group.

Advantage: If the coach has a very specialist interest, this ensures greater quality of delivery.

Disadvantage: Coaches have to deliver the same activity several times.

NB: The above approach should NOT currently be used due to **Covid-19 Guidelines**. This model may be useful for future holiday camps, but please review the England Athletics guidelines prior to any holiday camp.



SECTION 4: Organising your Athletics Holiday Camp

Example business model

INCOME

Locations ¹	One
Charge per child per day ^{2, 3}	£35
Number of children per day ⁴	25
Number of days of delivery ⁵	15
Discount for whole week booking ⁶	10%
Weekly price ⁷	£157.50
% of children at discount whole week rate	20%
Average number of 'weekly' children /day ⁸	5
Income from 'weekly' children ⁹	£2,362.50
Income from 'daily' children ¹⁰	£10,500
Early start ¹¹	£2.50
Late finish ¹²	£5.00
% Taking extended day early start ¹³	10%
% Taking extended day late finish	25%
Income from early starts	£93.75
Income from late finishes	£468.75
Income before credit card costs & booking fee	£13,425.00
Credit card deductions ¹⁴	£402.75
England Athletics Booking Fee ¹⁵	£2,685.00
TOTAL NET INCOME	£10,337.25

COSTS

Lead Coach per day ¹⁶	£120
Assistant coach per day ¹⁷	£60
Total coaching costs	£2,700
Bags (2 per area) ¹⁸	£600
Clothing (6 per area) ¹⁹	£270
Marketing ²⁰	£100
Venue per day ²¹	£200
Total venue costs	£3,000
Sundry costs ²²	£150
TOTAL COST	£6,820
PROFIT	£3,517.25

NOTES

- How many locations will you be operating in. For most providers and clubs this is likely to be just one.
- You need to consider how much you want to charge per child per day. This will vary by location but summer camps typically vary from between £25 and £45 per day per child.
- As the activity is classified as childcare rather than sports training it will be VAT exempt regardless if you are a commercial or not for profit organisation.
- Average number of children per day.
- Based on 3 weeks of delivery - Monday to Friday.
- Do you want to offer a small discount to parents booking for a whole week?
- Based on 10% discount
- Number of children on any given day who have booked for whole week.
- Total income from children booked for whole weeks.
- Total income from children booked on individual days.
- Typically camps start at 9am, but you might want to offer an early start option of around 30 mins.
- Typically camps finish at 3pm, but you might want to offer a late finish extension of around 1 hour.
- With fewer parents needing to travel this is likely to be lower compared to summer camps previously.
- 3% deduction for credit cards fees.
- England Athletics 20% of booking fee.
- This will vary by location. The lead coach needs to be a Level 2 or above coach – either CiRF or Athletics Coach or Level 2 from another NGB.
- This will vary by location. For a group of 25 children we would expect one lead coach and one assistant coach. For a larger groups, you should look at add more assistant coaches.
- For a group of 25 children we would expect you will need two coaching equipment bags.
- For a group of 25 children we would expect you will need 6 x coaches T-shirts and 2 x jackets. Based on £45 jacket and £30 T-shirt
- You will be provided with template for flyers and posters, emails an social media. This will cover costs of printing. You might want to consider some paid local or social advertising too, but England Athletics will also be providing some paid media support
- Cost per day per venue
- Hand sanitiser etc

SECTION 4: Organising your Athletics Holiday Camp

Suggested price structure for Holiday Camps

This is detailed in the business model above.

There is likely to be considerable variation in the costs of holiday camps, both from region to region and according to the type of provision given.

The model is based on a national average of £35 for a typical day of 9am to 3pm or 3.30pm day. The camps can still be profitable at a lower cost, but where providers are charging less, we would expect this to be reflected in lower venue and coaching costs too.

Suggested pay rate for Holiday Camp coaches and leaders

Again, this detailed in the business model above.

There will be regional variation in pay rates for coaches.

The model is based on a national average of £120 / day for a lead coach and £60 / day for an assistant coach.



SECTION 4: Organising your Athletics Holiday Camp

Ordering your kits bags and equipment

Equipment bag

To help with the delivery of your holiday camps, coaches/providers can purchase a **funetics** Equipment Package which includes:

- ▼ Tennis Balls x 6
- ▼ Bean Bags x 30
- ▼ Large Rubber Dots x 12
- ▼ Rubber Lines x 12
- ▼ Quoits x 6
- ▼ 6" Speed Hurdles (set of 6) x 1
- ▼ Agility Ladder – 4m x 1
- ▼ 30m Measuring Tape x 1
- ▼ Stopwatch x 1
- ▼ Reaction Ball 6.5cm x 6
- ▼ Wobble Cushions (with pump) x 3
- ▼ Vortex Howler x 6
- ▼ Wheelie Kit Bag x 1



Additional items can be purchased at an extra cost.

For more information or to order your equipment bag visit <https://store.funetics.co.uk>

Kids goody bag

To help children enjoy the experience further, why not purchase a Kids Goody Bag for each attendee.

The goody bag includes:

- ▼ Baseball Cap
- ▼ Water Bottle
- ▼ T-Shirt
- ▼ Draw String Bag

For more information or to order your goody bags visit <https://store.funetics.co.uk>

SECTION 5: Delivering your Athletics Holiday Camp

Designing your holiday activity programme

When designing your holiday activity programme, you will need to consider the following:

- ▼ How many days will be in each holiday camp?
- ▼ How long will each day be?
- ▼ How long will you assign for each section within a day?
- ▼ What space, equipment and facilities are available for each camp?
- ▼ How many coaches, leaders and volunteers are available (coach to child ratio)?
- ▼ How many children will be attending each camp/day?
- ▼ Will there be any form of competition or awards challenge in your camps?

Once this information is collected you can use the examples provided within this resource to help with planning your programme.

The initial thought of organising a holiday programme can seem a large, time consuming task, but with the support of this resource, this does not have to be the case.

Once you developed your holiday programme, you will appreciate the excellent advantages that come with careful planning including:

- ▼ A clear understanding of roles and responsibilities for coaches, leaders and supervisors for each camp.
- ▼ Child and parents will come prepared for the activities that will be covered each day.
- ▼ Facilities, equipment and timing can be organised ahead of each day.
- ▼ Coaches and leaders can provide a more child-centred approach to their coaching.
- ▼ **Better allocation of space and groups to fall in line with social distancing guidelines.**



SECTION 5: Delivering your Athletics Holiday Camp

Organising your programme

The following information on example activity programmes provide models for you to adapt and fit to suit your own organisation, local circumstances and the duration of your camp.

Grouping the children

The children should be divided into at least three groups (wherever feasible), initially by age.

The number of groups and age range will partially depend on the number of children in attendance and the number of coaching staff available.

SMALL HOLIDAY CAMP GROUPING

Grouping 1: 4 – 7 Years

Grouping 2: 7 – 11 Years

Grouping 3: 12 – 15 Years

LARGE HOLIDAY CAMP GROUPING

Grouping 1: 4 – 7 Years

Grouping 2: 7 – 9 Years

Grouping 3: 9 – 11 Years

Grouping 4: 11 – 13 Years

Grouping 5: 13 – 15 Years

There may need to be flexibility within your approach, to allow for the individual child's ability and/or physical development.

From experience we would recommend that the groups should be divided into teams, with each team containing 6–10 members (please see also recommended ratio information below). For example, a group of 32 children in the younger age group could be split into four groups of eight and named A, B, C, D. If your scheme has more than 32 children then simply add extra teams i.e. teams E, F and G. Please remember the coach to athlete ratio.



SECTION 5: Delivering your Athletics Holiday Camp

Recommended coach to athlete ratio

The current recommended guidelines from the NSPCC for a maximum ratio of coach to child are as follows:

- ▼ Children aged 13 - 17 years: 1 coach to 10 athletes;
- ▼ Children aged 9 - 12 years: 1 coach to 8 athletes;
- ▼ Children aged 4 - 8 years: 1 coach to 6 athletes.

To help coaches, clubs and providers correctly manage these ratios, assistant coaches and leaders can be used to help increase the numbers – e.g. 1 coach being supported by 1 leader could allow for a 2:12 ratio for the under 9 years and 1 coach and 1 assistant would allow for 2:16 ratio for a group of athletes aged 9-12 years.

The main aims of keeping the ratio of coach to children low are to maximise the child's experience, to provide increased coaching/teaching support, and to ensure the child's and coach's safety and welfare as the number one priority.

We would also recommend, wherever possible:

- ▼ There is at least one male and one female qualified coach for every holiday camp.
- ▼ Coaches and groups work in pairs (allowing for a safe social distancing), to provide a support network and maximise every child's welfare. No coach should coach alone with a group of young athletes.
- ▼ A minimum of one coach/scheme organiser should hold an appropriate first aid qualification.



Covid-19

PLEASE NOTE: During the Covid-19 pandemic recommended ratios and other guidance may differ and is subject to change. Please see the following pages to further information and use the links to stay up to date.



SECTION 5: Delivering your Athletics Holiday Camp

IMPORTANT

Holiday Camp Guidelines from the Government

Following the Prime Minister's confirmation that holiday clubs will now be allowed to reopen during the summer holidays, the Department for Education has published two pieces of guidance on GOV.UK about community activities, holiday and after-school clubs provision for children under the age of 18.

The guidance informs providers of the protective measures that need to be in place to ensure that such settings can open as safely as possible, and the practical steps they can take to minimise the risk to children, staff and parents who attend their settings.

Coach to athlete ratios for Holiday Camps

From the 4th July, children under the age of 18 years will be able to meet in groups of 15, as long as it is reasonably necessary to do so. There are three specific points which defines reasonably necessary.

- For the purposes, or provision of voluntary or charitable services;
- For the purpose of education or training;
- For the purpose of childcare provided by a person registered under part 3 of the Childcare Act 2006, or as part of supervised activities provided by children.

To help minimise any risk through these camps, provider should ensure, as far as possible, that they are keeping children and young people in small, consistent groups every time they attend.

For the latest information please visit:

- [Guidance for providers](#)
- [Guidance for parents](#)

PLEASE NOTE: These ratios differ from the current government guidelines for outdoor exercise and have been specifically developed to support Holiday Camps and other activities which will support children through holiday periods. Please remember that the current guidelines for sports clubs are as follows:

- Exercise outdoors only in groups of up to 6 people providing athletes/runners maintain social distancing advice i.e. 2m apart if from a different household
- A coach and up to 5 athletes or runners can train together provided they maintain social distancing i.e. 2m apart if from a different household
- Advice for young, masters and disabled runners and athletes is contained in the England Athletics athlete guidance document (see next page).

SECTION 5: Delivering your Athletics Holiday Camp

IMPORTANT

Covid-19 Guidance from England Athletics

Over the past few months England Athletics have produced several extensive documents designed to support our clubs, coaches, volunteers and the athletes stay safe in these current times and which follow the latest guidelines set out by the Government.

Any club, coach or provider who wishes to run an Athletics Holiday camp, must ensure they follow the latest Guideline produced by England Athletics.

For more information please visit:

www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/

You can also download extensive guidelines direct from the following links:

1. **Guidance for athletes and runners: return to activity** (PDF 220kB)
2. **Guidance for coaches and leaders: return to activity** (PDF 280kB)
3. **Guidance for athletic venues: return to activity** (PDF 210kB)
4. **Guidance for affiliated clubs: return to activity** (PDF 270kB)
5. **Health and safety guidance: return to activity** (PDF 230kB)



SECTION 5: Delivering your Athletics Holiday Camp

Top Tips for planning your Athletics Holiday Camp

This section will provide coaches, clubs and providers with some 'Top Tips' to consider when planning your holiday programme. The tips in this section are taken from some of the leading youth development coaches in the UK, who have a wealth of knowledge and experience in both planning and coaching young athletes.

Weather

Some thought and planning will need to be given to the arrangements in the event of wet weather. If indoor space or facilities are available (and safe to use), the programme could continue with some adjustment and with little interruption. In the absence of an appropriate indoor facility, some suggestions for wet weather activities would be:

- ▼ Use the **funetics** Home Schools Pack to support cross-curricular learning through athletics;
- ▼ Meet a celebrity/local top athlete;
- ▼ Meet the local Athletics Club;
- ▼ Design an athletics quiz for the children;
- ▼ Ask children to design an athletics kit, event or challenge, etc.

Registration

- ▼ Name labels: ideally, on every child's first day, provide name labels for both the children and the coaches. This will allow coaches to use the children's names when providing a coaching point or advice. Using a child's name will also help the coach build rapport with each individual.
- ▼ Use a sign-in, sign-out policy to ensure that the children are dropped off and collected properly by their parents. Coaches can inform the parents that they will only take responsibility for their child once the child is signed in. This will allow the coach time to prepare for their sessions prior to taking registration and control of the group.

Timing

- ▼ When planning each day and the coaching section within this day, coaches should consider how long each section of the day will last (such as warm-up, activity, cool down, etc.).
- ▼ Coaches should also consider how long it will take children to move from one activity to the next.
- ▼ Coaches should allow time for children to have regular drinks and toilet breaks.
- ▼ When working with young athletes try to ensure that each section is not too long, to avoid boredom setting in and a lack of concentration. Keep the day varied to ensure children are as active as possible.



SECTION 5: Delivering your Athletics Holiday Camp

Lunch and breaktime

Organisers should pay particular attention to the lunchtime arrangement. Ensuring:

- ▼ Every child has come with a packed lunch, or there is access to purchase lunch.
- ▼ A designated area has been set up for lunch and refreshment breaks.
- ▼ The supervision of the children is an important responsibility and members of staff should be clearly identified for these roles.

Group control

When attempting to gain control of a group of athletes (especially young athletes) the temptation is to either shout or use a whistle. An alternative suggestion would be to use a visual cue such as when the coach holds a pose, every child has to hold the same pose as quickly as possible. This could be as simple as a hand in the air or as entertaining as holding Mo Farah's 'Mobot' pose. The benefits of this approach are that it increases the child's visual awareness, helps gain their attention in a fun manner, and saves the coaches vocal cords!

Appropriate level of coach

When delivering any athletics event/activity, coaches should ensure they hold the appropriate coaching qualification.

Coaches delivering any athletics event without the appropriate qualification will not be qualified and this means they will not be insured. One way to overcome this potential issue is to encourage 'Event Coaches' at your local club to deliver event-specific sessions as part of your holiday camps.

Using local athletics 'Event Coaches' can have many benefits, including:

- ▼ Providing an opportunity for the young athletes (and youth coaches) to increase their understanding of the event.
- ▼ Helping these Event Coaches build rapport with young athletes (helping in the long term, to ease the transition between holiday camp and the local club).
- ▼ Building a greater community environment between your holiday camps and the local athletics club and its coaches.



SECTION 5: Delivering your Athletics Holiday Camp

Track Etiquette

Coaches should ensure children are aware of track etiquette, to minimise potential accidents. This is especially relevant for those new to an athletics track, who may not be aware of the track rules. Things to consider include:

- ▼ **Crossing the track** – Children should look both ways and ensure the track is clear from other athletes prior to crossing.
- ▼ **Calling “track”** – If someone is in the way when running (and is not actively running themselves) the word “track” can be called to encourage them to step out of the way. If a child hears the word “track” they should move out of the way as quickly and as safely as possible.
- ▼ **Using the inner field** – Coaches and children should only use/cross the inner field if this area is clear of throwers and throwing implements, and it is safe to do so.
- ▼ **Inner field conditions** – Coaches should inspect the condition of the inner field (throwing field) prior to use. Issues with the inner field may include such things as:
 - ▼ Uneven surface (caused by throwing implements).
 - ▼ Discarded throwing implements (left by other athletes).
 - ▼ Other potential trip and safety hazards.
- ▼ **Coach communication** – If two groups wish to use the same or similar areas within the track facilities, good communication between coaches is key so as to avoid any safety issues or potential conflicts. In most cases, a simple chat between coaches can minimise any potential issues. To further minimise this issue, careful planning of how each group will use the facilities throughout the week will help.



SECTION 5: Delivering your Athletics Holiday Camp

Preparing for the first session

The first day is key to setting the scene and getting to know the children. It is important to consider how you are going to develop each child through the introduction of child-centred coaching, using the '5 Cs' and considering their Physical, Psychological, Emotional and Social development.

The daily programmes and funetics /Athletics 365 activity cards will support your thinking around planning for each group, and will also provide suggestions on how to adapt each activity, following the STEP principles.

Top Tips for the first session of each day

1. Have a fun, energetics activity to start with, as part of the warm-up;
2. Make sure every child is engaged from the very beginning;
3. Allow for late arrivals to join in with minimal disruption;
4. Keep the rules simple so the children can get active straight away;
5. Have a plan B, C and D ... as your brilliant planned day, that you spent hours coming up with, will probably have to change at some point. So, make sure you can adapt and be flexible.



The 5 C's

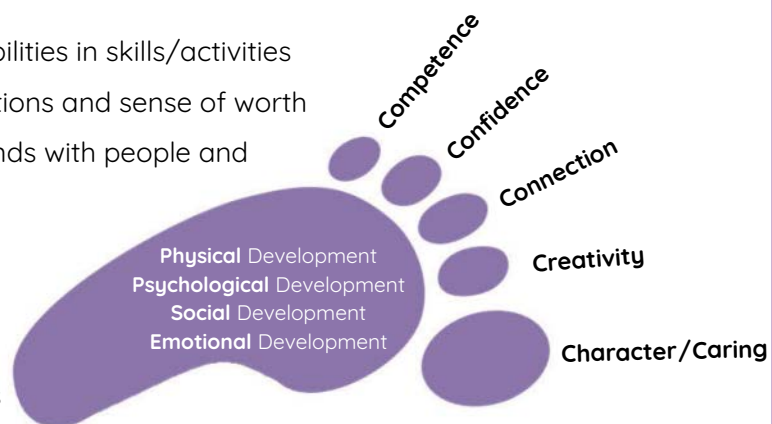
Competence – developing capabilities in skills/activities

Confidence – positive view of actions and sense of worth

Connection – having positive bonds with people and organisations

Creativity – being able to find your own solutions to challenges

Character and Caring – having respect for societal/cultural rules; displaying good standards of behaviour – knowing what is right/wrong; having empathy with others



SECTION 5: Delivering your Athletics Holiday Camp

Coaching programmes and Activity Cards

Over the following pages we have provided a suggested example of how you might run a five-day holiday programme, including sample overview programmes for each day. (examples for four-day and three-day programmes can be found in the Appendices).

To support the programmes, a series of Activity Cards are available from our **funetics** (4-11 years) and **Athletics 365** (11 years +) resource library. Examples of these are shown below:



In addition, our **Home School Pack** will help to support wrap-around delivery of your programme with ideas for cross-curricular activity. More information about this can be found after the example programmes.

Further supporting resources can be supplied to confirmed providers nearer the time of delivery by contacting support@funetics.co.uk.

Summer 2020 Athletics Holiday Camp

Outline five-day programme: Monday

SECTION 5: Delivering your Athletics Holiday Camp

AGE GROUP	09.00 - 09.15	09.15 - 10.15	10.15 - 10.30	10.30 - 11.15	11.15 - 12.00	12.00 - 12.45	12.45 - 13.00	13.00 - 13.45	13.45 - 14.30	14.30 - 15.00	15.00 - 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Tennis Ball Throw & Bean Bag Floor Target	Run and Touch 4 targets & Shuttle Runs 4 x 10m	LUNCH	Warm-ups	Long Jump or High Jump	How far in 5 seconds & Grab a Bag	Relay	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				High Jump or Long Jump	Soft / Turbo Javelin or Discus			Hurdles	Standing / Short Approach Triple Jump	Relay	
12-15 YEARS		Cross Curricular Activity		80m - 100m Sprints	Long Jump			Javelin	800 - 1500m	Relay	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp

Outline five-day programme: Tuesday

SECTION 5: Delivering your Athletics Holiday Camp

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Vertical Jump & Five Extended Strides	Long Jump or High Jump	LUNCH	Warm-ups	Turbo Javelin & Soft Discus	Cone Runs & How far now? – 30 Seconds	Relay	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				Discus or Soft Javelin	50m/75m Sprints			Long Jump or High Jump	400m – 800m Distance running	Relay	
12-15 YEARS		Cross Curricular Activity		High Jump	Discus			Hurdles	Triple Jump	Relay	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp

Outline five-day programme: Wednesday

SECTION 5: Delivering your Athletics Holiday Camp

AGE GROUP	09.00 - 09.15	09.15 - 10.15	10.15 - 10.30	10.30 - 11.15	11.15 - 12.00	12.00 - 12.45	12.45 - 13.00	13.00 - 13.45	13.45 - 14.30	14.30 - 15.00	15.00 - 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Tennis Ball Throw & Bean Bag Floor Target	Run and Touch 4 targets & Shuttle Runs 4 x 10m	LUNCH	Warm-ups	Long Jump or High Jump	How far in 5 seconds & Grab a Bag	Relay	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				Shot Put	Soft / Turbo Javelin or Discus			Hurdles	Standing / Short Approach Triple Jump	Relay	
12-15 YEARS		Cross Curricular Activity		80m - 100m Sprints	Long Jump			Javelin	800 - 1500m	Relay	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp

Outline five-day programme: Thursday

SECTION 5: Delivering your Athletics Holiday Camp

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	COMPETITION DAY (Super Teams Competition)	LUNCH	Warm-ups	COMPETITION DAY (Super Teams Competition)	Relay	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				COMPETITION DAY (Super Teams Competition)			COMPETITION DAY (Super Teams Competition)	Relay	
12-15 YEARS		Cross Curricular Activity		COMPETITION DAY (Super Teams Competition)			COMPETITION DAY (Super Teams Competition)	Relay	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp Outline five-day programme: Friday

SECTION 5: Delivering your Athletics Holiday Camp

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Athletes' Choice Running Activity	Athletes' Choice Jumping Activity	LUNCH	Warm-ups	Athletes' Choice Throwing Activity	Relay	Cross Curricular Activity from the funetics Home School Pack	Awards Presentations
8-11 YEARS				Athletes' Choice Jumping Activity	Athletes' Choice Throwing Activity			Athletes' Choice Running Activity	Relay		
12-15 YEARS		Cross Curricular Activity		Athletes' Choice Throwing Activity	Athletes' Choice Running Activity			Athletes' Choice Jumping Activity	Relay		

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

SECTION 5: Delivering your Athletics Holiday Camp

Home School Pack

England Athletics support the Government's desire to help children catch up with their educational needs throughout the summer and rebuild their confidence, creativity, connection and character along with other life skills. Ensuring every child is happy, confident and has a positive experience is at the heart of everything England Athletics do.

To help coaches, clubs and providers support the Government goals, and help children better prepare for the new school year, we would suggest offering athletics-based, wrap-around cross-curricular activities as part of your holiday programme.

To support these sessions England Athletics have produced an extensive Home School Pack, which includes several lesson plans (covering Literacy, Numeracy, Science, History and Art), fun activities and useful information about athletics.

Do download a copy and use as part of your holiday programme:
<https://funetics.co.uk/for-parents/funetics-home/>



SECTION 5: Delivering your Athletics Holiday Camp

Super Teams and the English Schools Awards programme

As part of the Holiday Camp programme, coaches, clubs and providers can access the new Super Teams competition scoring system, which will allow them to record and measure every child's performance against their peers, and also the NEW English Schools Awards.

The Super Teams competition has been designed to provide a fun, short, exciting multi-event competition format which measures the performance and progress of every child.

Built into this competition scoring system is the English Schools Awards programme which measures and rewards the progress of children aged 4-15 years. The awards focus on everyone's personal best and personal improvement, rather than who is the fastest or who can jump the furthest.

Why not use the scoring system to help measure each child's performance on your holiday camp as part of your competition day?

For more information on the Super Teams scoring system please contact:
support@funetics.co.uk



SECTION 5: Delivering your Athletics Holiday Camp

Awards and Certificates

The **funetics** Coach app allows coaches to give specific awards to each child as they progress through the week.

In addition, you may wish to award your own certificates – not just to recognise sporting achievements during the Holiday Camp, but also to recognise positive aspects of character and behaviour. This will enable you to give recognition to most or all of the participants. You can create your own awards, or we will provide templates you can adapt nearer the time.

Possible Awards include:

Most 'Sportsmanlike'	An important award in personal development. A good attitude to all others, no matter what their personal result may be.
Best Leadership Skills**	For the individual who stood out as a leader for all others in their group.
Best Behaviour	Outstanding behaviour throughout the programme.
Best Smile*	For the child who's smile has helped the coach get through the week.
Best Attitude	Showed a good attitude throughout the programme.
Most Improved	The individual who has improved the most throughout the week.
Most Promising	An individual who has shown promise in one or more athletics events.
Most Enthusiastic	Always eager to take on any challenge put in front of them.
Most Energetic	The liveliest individual in the group, with non-stop energy.
Most Entertaining	A character, which brought entertainment to the group.
Most Determined	Most determined individual at one or more events and who stood out from all others.
Most Helpful	Like the coach's assistant. Always eager to help with the activities.
Effort & Commitment	For the best effort and commitment in both training and competition throughout the programme.
Best Runner	In each age group.
Best Jumper	In each age group.
Best Thrower	In each age group.
Excellence & Achievement	Based on competition scores and the overall winner.

* Suitable for under 8's only. ** Suitable for over 8's only



SECTION 6: Life after your Athletics Holiday Camp

Life after your Holiday Camps

Within many Athletics Holiday Camps there will be a mixture of children who already actively participate in a local athletics club, take part in community sessions, or attend after-school athletics activities.

However, there are also likely to be several children who are new to the sport and, after a successful Holiday Camp, these children may wish to progress on to local athletics activities.

This section lays out some options which may be available in your local area.

When planning your Holiday Camps it will be advantageous to ensure that you have information on what regular athletics opportunities are available in your local area, and ideally to have a working relationship with the providers of these.

At the end of your camp, many enthusiastic children and parents will want to know 'what next?' and it would be advisable to have this information on hand to help them.



SECTION 6: Life after your Athletics Holiday Camp

Linking with your local athletics club

Any athletics development programme will be more effective when it is established through a partnership between the Local Authority, Active Partnership, local athletics clubs and local schools.

Athletics clubs play a vital in providing opportunities for young people. They may already offer a year-round programme. Links with local athletics clubs are essential, therefore, in both the planning and implementation of your Holiday Camp and future follow-on camps.

- ▼ Have you harnessed the expertise of the local club in designing your Holiday Camp?
- ▼ Are you utilising local clubs' coaches, administrators and other volunteers to help run your camp?
- ▼ Have local clubs been invited to make a presentation, have a demonstration stand or provide publicity during the camp?
- ▼ Have you identified an individual from a local club who will act as link between the holiday camp and club? This can ease the transfer for new children joining the club and provide a familiar face.

Club open nights

If a child has the desire to continue with athletics, the next step into a club may be difficult due to them not knowing who to see or where to go, and having to make new friends. A club open night would help to break down some of these barriers. Ideally, the coaches from the Holiday Camp and other coaches from the club would be attending and would work together in producing an evening of fun activities. If the child then wants to continue with their athletics, they will have already met a 'friendly face' from the club.

Parent's Night

If you do decide to hold a club open night, consider extending the invite to the parents of the children who attended the Holiday Camp. While the children are outside having fun, the parents can be enjoying a cup of tea, while the club talks to them about the benefits of joining. This talk could cover things such as how each session works, what are the current recommendation for training sessions (including advise around COVID-19), and how parents could become involved in volunteering at the club.

SECTION 6: Life after your Athletics Holiday Camp

Developing a funetics club/programme

If your local athletics clubs do not currently have a Junior (under 11 years) section, or they have an extensive waiting list, clubs and providers could use the **funetics** programme to help provide a fun engaging run, jump, throw programme for this age group within the local community.

The benefits of this approach would include:

- ▼ Helping provide extended opportunities for every child who attended the Holiday Camp.
- ▼ Developing a Junior section to help engage more children into our sport.
- ▼ Developing a Junior section which helps the long-term development of the sport and local athletics clubs, by:
 - ▼ Increasing the membership and
 - ▼ Increasing the number of children moving through to Youth and Senior teams.
- ▼ Help local clubs address the challenge of waiting lists and retain more young people in athletics.

Providers should ensure they have developed a good working relationship with their local athletics club, to ensure the ongoing development of every child.

Most people involved in athletics are aware of the current issues relating to children dropping out of sport, in particular at the age of 14-16 years. Many clubs and local providers are successfully tackling the problem, by reflecting on what they current offer and pulling together a long-term plan to either create, or further develop a strong junior section.

There are common areas of difficulty when looking to the provision of junior coaching and competition. Including:

- ▼ “we can’t find enough coaches/volunteers”
- ▼ “we don’t have enough pieces of equipment for younger athletes to deal with an increase number of children attending our sessions”

When first looking to introduce a new junior club/section or developing your existing section, there are a number of options to help:

- ▼ Speak to an England Athletics Club Support Manager about how you can recruit and develop volunteers in your area.
- ▼ Speak to your local Active Partnership or Local Authority to seek advice and potential funding support to help establish your junior section.
- ▼ Visit the England Athletics website for more useful information and support:
www.englandathletics.org

SECTION 6: Life after your Athletics Holiday Camp

Linking with Local Schools

One of the best ways to increase the profile of your Holiday Camps and the number of children attending these camps is by linking with the local schools.

Every child who attends your camps would have first experienced sport through PE at their School. By working with schools, you increase both the profile of your Holiday Camps and the wider coaching offers you can provide.

Through the **funetics** programme, clubs and providers can offer schools a term-long run, jump, throw programme, which can be delivered as part of a Breakfast/After-School Club or within curriculum time.

Running, jumping and throwing underpin almost every other sport and these movements are recognised as key elements in the National Curriculum for Key Stage 1 & 2 (ages 4-11 years).

Within England, primary schools are able to access funding support from the government to help deliver PE and Sport within their school. Many schools are constantly looking for external coaching providers to help deliver both curricular and extra-curricular PE and Sport.

An average Primary School will receive roughly £18,000 to support their delivery in the 2020 /21 Academic years*. For any providers, clubs or coaches wishing to increase the impact of their work the Primary PE and Sport Premium funding provides a great opportunity to do this.

If you, your club or your local provider would like more information on how you use the **funetics** programme within a school or community setting throughout the year, please contact: **support@funetics.co.uk**

*Source:

<https://www.afpe.org.uk/physical-education/primary-pe-and-sport-premium-to-continue-at-320-million-for-2020-21/>

Summer 2020 Athletics Holiday Camp

Outline four-day programme: Day 1

APPENDICES

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Pull Throw Tennis Ball Throw & Bean Bag Floor Target	Agility Run and touch 4 targets & Shuttle runs 4 x 10m	LUNCH	Warm-ups	Multiple Jumps Hopscotch & 5 x Skips forward with rope	How far in 5 seconds & Grab a Bag	Relay	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				Jumping for Height	Pull Throw Soft / Turbo Javelin			Hurdles	Standing / Short Approach Triple Jump	Relay	
12-15 YEARS				Running for Speed 80m - 100m Sprints	Jumping for Distance Long Jump			Pull Throw Javelin	Running for Distance 800-1500m	Relay	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp

Outline four-day programme: Day 2

APPENDICES

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Jumping for Height Vertical Jump & Speed Bounce	Push / Sling Throws Hoop /Quoit throw	LUNCH	Warm-ups	Standing Hop, Step and Jump & Run over obstacles	Cone Runs & How far now? – 30 Seconds	Relay	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				Sling Throw Foam Discus	Running for Speed 50m / 75m Sprints			Jumping for Distance Standing /Long Jump	Running for Distance 400m – 800m	Relay	
12-15 YEARS		Cross Curricular Activity		High Jump	Discus			Hurdles	Triple Jump	Relay	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp

Outline four-day programme: Day 3

APPENDICES

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	COMPETITION DAY (Super Teams Competition)	LUNCH	Warm-ups	COMPETITION DAY (Super Teams Competition)	Relay	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				COMPETITION DAY (Super Teams Competition)			COMPETITION DAY (Super Teams Competition)	Relay	
12-15 YEARS		Cross Curricular Activity		COMPETITION DAY (Super Teams Competition)			COMPETITION DAY (Super Teams Competition)	Relay	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp

Outline four-day programme: Day 4

APPENDICES

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Athletes' Choice Running Activity	Athletes' Choice Jumping Activity	LUNCH	Warm-ups	Athletes' Choice Throwing Activity	Relay	Cross Curricular Activity from the funetics Home School Pack	Awards Presentations
8-11 YEARS				Athletes' Choice Jumping Activity	Athletes' Choice Throwing Activity			Athletes' Choice Running Activity	Relay		
12-15 YEARS		Cross Curricular Activity		Athletes' Choice Throwing Activity	Athletes' Choice Running Activity			Athletes' Choice Jumping Activity	Relay		

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Outline three-day programme: Day 1 - Running

APPENDICES

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Running for Distance Games & Skills	Running for Speed & Agility Games & Skills	LUNCH	Warm-ups	Running in Teams Games & Skills	Running over obstacles Games & Skills	Various Relays & Awards	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				Hurdles Drills & Races	Running for Distance (400 – 800m) Drills & Races			Running for Speed Drills & Races	Relay Change-over Practice	Various Relays & Awards	
12-15 YEARS		Cross Curricular Activity		Running for Speed Drills & Races	Relay Change Over Practice			Hurdles Drills & Races	Running for Distance 600-800m	Various Relays & Awards	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Summer 2020 Athletics Holiday Camp

Outline three-day programme: Day 2 - Jumping

APPENDICES

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Hopscotch and Combination Jumps Games	Speed Bounce & Vertical Jump	LUNCH	Warm-ups	Standing & Short approach Long Jump	High Jump	Jumping Games & Awards	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				Long Jump Drills & Jumps	Standing Triple Jump Drills & Jumps			High Jump Drills & Jumps	Vertical Jump & Standing Long Jump	Team Relays & Awards	
12-15 YEARS		Cross Curricular Activity		High Jump Drills & Jumps	Long Jump Drills & Jumps			Vertical Jump & Standing Long Jump	Short Approach Triple Jump	Team Relays & Awards	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such as focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Outline three-day programme: Day 3 - Throwing

APPENDICES

AGE GROUP	09.00 – 09.15	09.15 – 10.15	10.15 – 10.30	10.30 – 11.15	11.15 – 12.00	12.00 – 12.45	12.45 – 13.00	13.00 – 13.45	13.45 – 14.30	14.30 – 15.00	15.00 – 16.00
4-7 YEARS	Registration	Cross Curricular Activity from the funetics Home School Pack	Warm-ups	Push Throw Push at Wall + Sitting Throw + Standing Throw	Pull Throw including: Tennis ball & Bean Bag	LUNCH	Warm-ups	Sling Throw including: Hoop and Quoit throw	Heave Throw and Rolling Skills	Fun Relays & Awards	Cross Curricular Activity from the funetics Home School Pack
8-11 YEARS				Heave Throw	Discus / Sling Throw			Shot Put / Push Throw	Turbo Jav/ Howler/ Pull Throw	Team Relays & Awards	
12-15 YEARS		Cross Curricular Activity		Shot Put	Javelin / Turbo Jav			Heave / Soft Hammer Throw	Discus	Team Relays & Awards	

Developing the Whole Child

Throughout the day, coaches and leaders should consider how they can help develop every child's wider social and emotional skills. Recognise and encourage positive behaviour by children, such focus and commitment on a task, helping and working with other children or listening and engaging with the coaches and leaders. Use the funetics awards to help reinforce these positive behaviours.

Following Social Distance Guidelines



Holiday camp providers, coaches and leaders should familiarise themselves with the current guidelines set out by the government for Holiday Camps. Groups should work on a maximum of 1 coach to 15 children. Remember, a Leader or Assistant Coach must always be supervised by a qualified Coach and cannot work independently.

Date Published: 13th July 2020.

Please note all the information provided within this document were accurate as of the publication date.

Due to the ever-changing Guidelines relating to COVID 19, we will provide regular updates,
as an when required for this document.