

Kids & Youth News

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Signing of Primary Schools Agreement in Tahiti

Kids and Youth Athletics Development:

- Collaborative approach for the development of athletics in schools in French Polynesia
- Training courses: from Asia to South America going through Europe....

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IAAF President Lamine Diack and FAPF President Titaua Juventin-Maurin—28th January 2011, Tahiti

Following the success aroused by the IAAF Kids' Athletics, a convention was signed between the IAAF, the Ministry of Education and the Ministry of Sport and the Athletics Federation of French Polynesia (FAPF), to establish the 'Kids in Primary Schools Athletics Polynesia programme'.

The quick development of the Kids' Athletics project in French Polynesia originates from the initiative of Mrs Titaua Juventin-Maurin, President of FAPF, who had attended the IAAF training course for *Athletics at School* in Australia in 2009: *"When I attended the course in May 2009, I presented a project to Malek (IAAF expert who conducted this activity). In this presentation, I announced that I would present the IAAF Kids' Athletics Programme to the Ministry of Education of Tahiti. Malek believed this could be*

carried through. She explained.

Today I can tell all the participants at the course and Malek, that we were right: the Ministry of Education took my advice and supported the programme into the schools of Tahiti. The Ministry of Sport was also impressed by Kids' Athletics ».

She started then to implement the project in 30 primary schools of Tahiti and Moorea. From then on, the number of schools associated to the Kids' Athletics project has been increasing.

The agreement is the concrete expression of a collaborative approach for the promotion and development of athletics in schools and for the continuing improvement of the conditions of participation and training in schools. The groups being specifically targeted are teacher trainers, primary school teachers and pupils.

The term of the agreement is for five years and sets out to strengthen the technical and teaching officials' education and training and to implement the IAAF Kids' Athletics Programme. The objectives of the convention are to be focused on primary schools and youth centres in French Polynesia, and will in particular help to support training courses conducted by IAAF lecturers.

On the occasion of an official tour in Oceania, IAAF President Lamine Diack, was pleased to meet with FAPF President Titaua Juventin-Maurin, the Minister of Education Greig Moana, and the Youth & Sports Minister Jean-Pierre Beaury (FAPF) for the historical signing of the mentioned Convention.



Our special thanks to Mrs Titaua Juventin-Maurin for her dedication and efforts to get this project underway.

Youth Seminar in Beijing live broadcasted on the web



An IAAF Youth Seminar was successfully conducted at RDC Beijing from 11th to 14th October 2010. 8 Member Federations affiliated to IAAF RDC Beijing (China, Chinese Taipei, Hong Kong, Japan, Korea, Laos, Mongolia and Vietnam) sent 26 candidates to attend this activity which is a continuation of Kids' Athletics.

The target age group of this seminar is 13-15 years old: this age group is essential and requires specific coaching, different from Kids' Athletics and senior athletics. It is important for the continuing education of KA lecturers and Instructors in Asia and necessary for the smooth transition of 'lower age KA' to IAAF Youth and Junior age groups. The seminar is also significant for the consolidation of talent base in our sport, and the implementation of the IAAF Athletics' World Plan and its Development Strategy.

Under the assignment of the IAAF Member Services Department, Mr. Abdel Malek El-Hebil conducted the Seminar in English and Mr. Yingbo Zhang, co-lecturer, gave some lectures in Chinese, and also interpreted the English lessons into Chinese. In addition, RDC Beijing provided interpreters of Japanese, Korean, Vietnamese and Mongolian. The theoretical sessions took place



Training workshop about youth educational methods

at the Sport Scientific Forum of Beijing Sport University with sound lecturing facilities. The Seminar has been live broadcasted on the web, and could be accessed worldwide simultaneously. It is the first time that RDC Beijing and BSU jointly live broadcast an IAAF activity on the internet. The practical sessions were conducted in the well-equipped indoor and outdoor tracks of Beijing Sport University, with adapted implements and facilities. RDC Beijing also provided several volunteers for the seminar organisation which facilitated the smooth running of the practical sessions to introduce the new equipment for the 13-15 age group. A KA demonstrative competition involving local primary school pupils was also carried out at the end of the seminar.



Children getting ready for the Kids' Athletics Competition

A website dedicated to IAAF Kids' Athletics in CHINA !

Please follow the link below:

<http://www.kidsathletics.com.cn/>

Fostering 'Athletics at School' in South America



Group photo of the course participants

In the spirit of the **Athletics' World Plan**, the IAAF has implemented a development programme for clubs but more particularly for schools. Initiated in October 2008, a series of Pilot Projects specifically intended for schools were launched in the various IAAF Areas and South America has just jumped on the train.

The IAAF RDC Santa Fe, Argentina, hosted an **Educational Seminar** from 14 to 18 December 2010, which was coordinated and conducted by Mr. Abdel Malek El Hebil with the participation of two representatives of each country who obtained the necessary training to implement and conduct the Programme.

The 25 participants represented 12 National Federations, Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador,

Guyana, Panama, Paraguay, Peru, Uruguay and Venezuela.

The objective of the project is to **imple-**

ment the IAAF Kids' Athletics programme within 10 primary schools.

Once appropriately trained, the participants should implement the IAAF Kids' Athletics programme in 10 schools of their respective countries.

The course duration was 5 days and the syllabus comprised theory and practical sessions and workshops. The participants have been actively involved in the course.

During the second day of the course, a Kids' Athletics Competition has been organised where 48 kids (24 girls and 24 boys) took part. Every kid got a Kids' Athletics Certificate.

This Pilot Development Project for Schools is based on a **Cooperation Principle**.

The IAAF fully funded the course, including accommodation and air tickets of the participants, and supplied the necessary educational material for local training. Last but not least, the IAAF provided five Kids Athletics Kits to the participating federations.

Those Federations took on a commitment to the IAAF and will submit their project plan to implement the IAAF KA programme in their local schools. Each MF resolved to implement a sustainable programme. They will submit a monthly progress report to the RDC Santa Fe. They will endeavour to promote Kids Athletics as often as possible in their local media. Of course, they will seek assistance from the RDC Santa Fe as and when necessary.



Practical session

Turkey adopted the IAAF Education System (CECS)

With the goal of promoting athletics in schools and clubs, the Turkish Athletic Federation has decided to adopt the IAAF Coaches Education and Certification System (CECS). The first step in reaching this objective is to train national lecturers who will give training courses for local coaches and develop the IAAF kids and Youth Programme.

Under the guidance of Abdel Malek El-Hebil, IAAF Senior Manager, the first CECS Level I Lecturers course was launched at Eskisehir University between September 4th—7th, 2010, involving 9 candidates representing different provinces of the country.

The newly certified lecturers will be responsible for the CECS Level I coaches education according to the IAAF standards.

In addition, the Turkish Athletic Federation aims to establish direct relation between Physical Education in schools and Sports in 3 Turkish Universities and the IAAF: they all strive for the development of sports and education, and the necessity to increase the number of qualified coaches.



CECS Level I Lecturers Course participants—Eskisehir University of Turkey

CECS Level I Lecturers Course for the Egyptian Sport Universities



In accordance with the agreements signed between the IAAF and 6 Egyptian Universities of Physical Education and Sport, the RDC Cairo organised a CECS Level I Lecturers Course in Alexandria for 27 participants: 8 women and 19 men.

The course was organised in cooperation with the Abu Queer University (Alexandria) from 23 to 27 December 2010 and has been conducted by Abdel Malek El-Hebil (IAAF) and Dr. Hamdi Abderrahim (EGY).

The five Universities which have been represented are: Alexandria, Al Manufia University, Al Jazeera University for Women (Cairo), Al Haram University (Cairo), Al Zagazeeg University and the University of Al Mania.

The Dean of the Faculty Prof. Dr. Sabri Omar, the Vice-Dean Prof. Dr. Sami Ibrahim Nasr, and Prof. Dr. Hussein Hagag attended the opening and the closing ceremony of the course.

CECS Level I Lecturers Course in Tallinn

The RDC Moscow, in cooperation with the Estonian Athletic Association, organised a CECS Level I course for Lecturers in Tallinn from 5th to 10th December 2010 at the Sports School "Audentes" to increase the number of Lecturers in Western European countries.

The Course was attended by 12 candidates (4 men and 8 women) representing 9 countries (Belgium, Bosnia & Herzegovina, Czech Republic, Denmark, Estonia (2), Netherlands, Poland (2), Romania (2) and Slovak Republic).

Mr Abdel Malek El Hebil, Senior Manager of the IAAF Member Services Department and one of the developers of the IAAF «Kids' and Youth Athletic Programme», was Moderator of the Course. He was assisted during practical sessions by Mr Viktor Predbannikov (Estonia), certified IAAF Lecturer.

In addition to the Lectures of the Moderator of the Course, a "Kids' Athletics" competition was organised involving 48 boys and girls aged 9-10y who practice different sports in "Audentes Sport School".

All participants of the Course had to make practical and theoretical presentations and sat for written exam. Eleven participants received the certificate of "IAAF CECS Level I Lecturer" and one participant received a title of "Activator of Kids' Athletics". Thus, the overall number of the countries who have certified Lecturers in this programme has increased by 8 and is now up to 156.

At the end of the Course, all participants were assigned to individual tasks (taking into account his/her main job) in order to promote the "Kids' Athletics" programme in their respective countries.

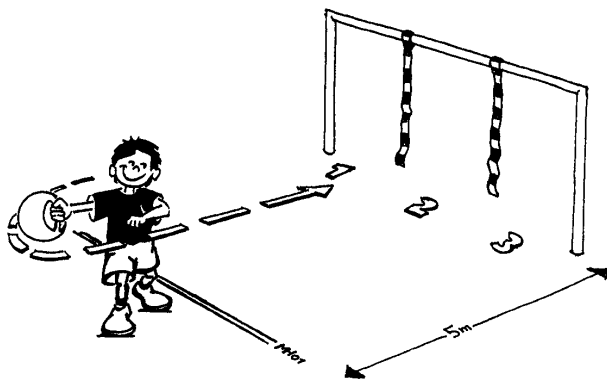
All participants of the Course have positively evaluated this programme and the organisation of the Course.

Of course, they received the required educational material (in electronic format as well as books and brochures) and have now all the keys to implement the School and Youth Programme successfully.



Participants to the Lecturers Course in Tallinn, December 2010.

Example of Educational Situation: Rotational Throw



How to prepare for the Rotational Throw?

Analysis of the situation:

With a rotational movement, throw a light implement towards a precise target. This action implies: experimenting the rotational throw (axis, radius, strides) and mastering balance.

Safety of the participants:

The rotational throw is a high-risk throw. Safe implements, organised throwing area (markers, targets), organisation of the group for throwing practice (left-handed

throwers on the left, sufficient space, throw in turn) and the action timing (throw, pick up the implements) are to be taken into account to reduce the risks at the most.

EDUCATIONAL CARD

Objective: To master a rotational throw after walking strides

Proposed situation

To propose throwing with a rotation at a target after taking walking steps with Left/Right/Left foot for right-handed throwers (maximum weight of the implements: 1kg).

The beginner's behaviour

The walking strides will entail unsteady movements and the throwing implement will often be placed before the thrower in the final phase of acceleration.

Instructions for the exercise:

When the left foot lastly lands, the throwing implement should be maintained backwards; count the rhythm of the walking steps: long Left...quick Right Left; keep facing the throwing direction, the eyes looking in the same direction.

Noticeable points:

Successful throws; General balance in the delivery phase; Face the target during the delivery phase.

Teaching progression:

Vary the throwing implements, vary the distances and move towards games

Safety & Equipment:

Organisation of the group - Throwing implements—Well marked-out area - Vertical markers - Targets.



Kids' Athletics in Otago Clubs and Schools, New Zealand

Since October 2009 Children from 3 clubs and 3 schools in Dunedin New Zealand have had the opportunity to participate in trials of IAAF Kids Athletics. The feedback from kids, parents and teachers was fantastic. The kids especially liked Kids' Athletics. As part of the trials, parents and teachers were shown how to prepare and carry out each activity. This helped those with little athletic knowledge feel confident in taking sessions and made the activities a great success.

Otago children's athletics clubs are now looking at incorporating the IAAF Kids Athletics programme into their existing club format with the aim of promoting it to schools in

their area. Training courses will be planned in the next couple of months for parents in Otago clubs so the introduction of the programme runs smoothly.

Thanks to Catherine O'Sullivan for her kind contribution

Taiieri Athletics Club



SPORTS MADE IN UGANDA

Following the Partnership and Cooperation agreement signed between the Ministry of Sports and Education of Uganda (MoES), the IAAF and the Uganda Athletics Federation (UAF), in June 2010, the country has developed many activities for kids and youth athletics.

For example, KISWA Primary School, Bugolobi, in the region of Kempala, has been the scene of an outstanding Kids' Athletics Event on February 6th, 2011. With the participation of 414 Ugandan children, the Competition has been a crowd-puller and was reported on the four Ugandan TV stations.

This Kids' Athletics Competition was the first of a series of 11 countrywide events scheduled in 2011.

The events carried out by the participants were as following:

- Speed ladder (frequency)
- Overhead backward Throw
- Rope skipping
- Sprint / Hurdles
- Knee Throwing
- Cross-Hopping
- Local Game, Throw in
- Forward Squat Jump
- Ball Control and Penalty shooting.

All the kids were given a Certificate of Participation signed by Mr Daniel Tamwesigire, Commissioner MoES, Mr Domenic Otucet, UAF President, Mr Roger Ddungu, UOC President and Mr Gunter Lange, German Foreign Office Coach.

Uganda kid clearing an improvised hurdle made of cardboard boxes and sticks, under the watchful eye of the crowd



16th Edition of the World Athletics Day



The World Athletics Day (WAD) celebrates its 16th edition this year.

At its origin, this day was exclusively planned for youngsters members of clubs affiliated with Member Federations, but in recent years the scope of the project has broadened to include the participation of school children.

Once again this year, the World Athletics Day provides the opportunity to initiate the participation of a great number of children in Athletics through a

wide range of age categories:

- Youth (individuals born in 1994 & 1995): with the participation of Clubs during which it is strongly urged to also organise a Cross Country event as well.
- Youngsters (individuals born in 1996, 1997 & 1998): with the participation of Schools organising only Team competitions.
- Kids (individuals born from 1999-2004): This is a recommended activity which must be organised with the IAAF's Kids' Athletics programme.

In 2011, the IAAF hopes to register an increased participation of Clubs and Schools. To this avail, the IAAF invites all Member Federations to take part in the World Athletics Day 2011 during the month of May and make it a grand Athletics festival for all children.

Busy 2010 for Kids' Athletics in Singapore

Since the first Kids 'Athletics Instructors course held in October 2009, the Singapore Athletic Association has spared no effort in promoting Kids' Athletics in schools and affiliated clubs.



« On 13th November, an IAAF Kids' Athletics Workshop for parents and kids was held at Bukit Gombak stadium. Ms Khairina Mohd, IAAF Level I

Activator, briefed parents on the growth development topic followed by issues on early specialization.

While the briefing was in progress, the children present were engaged by the SAA KA instructors. These volunteer instructors got the children involved in several KA activities. All children were awarded certificates of participation. To foster parent-child bonding, the parents were encouraged to participate alongside with their kids in the above event. It provided parents an excellent opportunity to team up with their kids and share the wonderful joy experienced by their kids.

On 3rd December, the third Kids' Athletics Instructors' Course was conducted. Ms. Khairina and Mr. S Thiagaraja were the lecturer and co-lecturer for the course. The 5-day course included 3 days of Kids Athletics (KA) programme and 2 days of Programme for Active Learning (PAL). The course included one written assessment and two practical assessments one each for the KA and PAL.

On 6th December, SAA Kids' Athletics Programme was officially endorsed by Singapore Sports Council's School Education Programme (SEP) for the period 1st January 2011 to 31st December 2011.

On 28th December, the Official SAA Kids' Athletics Facebook page was launched. The page was to serve as a platform for providing information on the KA Programme offered by SAA.

Looking ahead to 2011

The Singapore Athletic Association will continue strengthening its existing Kids Athletics Programmes/activities in schools. SAA will also make consented effort to promote the Kids Athletics to schools which have yet to incorporate our programmes/activities.

The Programme for Active Learning (PAL) though takes a different approach to develop-

ing motor skills of kids, its terminal objectives complements the Kids Athletics



programmes/activities. We'll work closely with the Ministry of Education (MOE) towards meeting its 2015 target to getting all primary schools in Singapore to embrace the Programme for Active Learning (PAL).

To ensure we have sufficient Kids Athletics Instructors to meet the increasing demands for coaching our Kids Athletics and Programme for Active Learning, SAA will continue to conduct its Kids Athletics Instructors Courses in 2011."

Ms Khairina Mohd
CECS Level I Kids' Athletics
Activator
Sports Development Manager
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Latest News

IAAF School & Youth Commission Meeting

The IAAF is looking forward to the 10th meeting of the School & Youth Commission, which will take place 13th March 2011 in Monaco. Chaired by Jamel Simohamed, the meeting promises to be very challenging as it will be the occasion to discuss focus areas and to prepare the final report on the World Plan.

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CECS Level I Lecturers' Course in SAUDI ARABIA

Riyadh has hosted a training course for PE Teachers from 19th to 24th February 2011 with 25 participants coming from 5 main regions of Saudi Arabia. Supported by the IAAF, this activity was conducted by Abdel Malek El-Hebil (IAAF MSD) and Dr. Hamdi Abarrahim (EGY) for a highly motivated audience. The course lays the foundations of the future development of kids and youth athletics in Saudi Arabia.

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Cooperation Agreement for athletics in Ghana

The IAAF is currently in discussions to sign a partnership and cooperation agreement with the Ghana Athletics Association. With a view to leading joint actions for athletics promotion and development in the school community, this convention—still in process—should come into force on 20th May 2011 for a two-year term.

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Agreement with the Bolivian Government in preparation

The Bolivian Athletics Federation has approached the Ministry of Education and discussed the possibility to sign an agreement between the IAAF and the Bolivian government. For the coming months, the Federation is coordinating with the Education Minister to run Kid Athletics courses for P.E. teachers in the nine departments (regions) of the country and the agreement will be very valuable to sustain the project. To be continued.



Kids' Athletics competition at Primary School of Tefana, French Polynesia—October 2009



Speed ladder event, Buthan—September 2010



KA Event, France—June 2009

Estonia, September 2010

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