

Get Set Go on Club Night

At an athletics club we want to support coaches and parents in the planning and development of a Get Set Go Programme. Use this as a guide for Get Set Go implementation on club night and to plan your club season.

Example Club Night Programme (Based on 1 hour)

	Information	Time Allocation
Group Warm Up	Check out the Sport NZ Kiwidex manual for heaps of fun warm up games. http://www.sportnz.org.nz/managing-sport/guides/kiwidex-manual	5 minutes
Get kids into groups	Move kids into groups (Age or ability groups). Try and make this as fast as possible to avoid kids sitting around. Try to keep group numbers below 20 children	2 minutes
Station 1 - Stability	The Stability section only has one skill – Balance. It is important to have kids practice Balancing activities every week. Remember to pick game cards (colour) relevant to the age and ability of the Children.	10 minutes
Station 2 - Locomotor	Pick a skill from the locomotor section. Remember to pick game cards (colour) relevant to the age and ability of the Children.	10 minutes
Station 3 - Manipulative	Pick a skill from the Manipulative section. Remember to pick game cards (colour) relevant to the age and ability of the Children.	10 minutes
Station 4 - Athletics	To give club night that Athletics flavour we recommend setting up activities that look a bit more like athletics. E.g. Shuttle relays, short sprints, jumping into the sand pit. Remember to avoid kids waiting in lines and over emphasis on competition	10 minutes
Warm down/debrief/at home activity	Get all children and parents back together. This is the opportunity	5 minutes
<p>Allow at least 2 minutes for children to move from one activity to another. Why not make it fun by trying different movements to get there. Try skipping, hopping or jumping like a kangaroo.</p>		

Example Eight Week Programme:

	Stability	Locomotor	Manipulative	Athletics Specific (suggestions)
Week 1	Balance	Running	Underarm Throw	Mini Sprints (30m)
Week 2	Balance	Jumping	Overarm Throw	Long jump in the Sand Pit (use horizontal)
Week 3	Balance	Skipping	Chest pass	Shuttle Relay
Week 4	Balance	Hopping	Striking	Mini Sprints (30m)
Week 5	Balance	Dodging	Catching	Mini Hurdles
Week 6	Balance	Running	Kicking	Bean Bag Shot Put
Week 7	Balance	Jumping	Underarm Throw	Obstacle course
Week 8	Balance	Hopping	Overarm Throw	Mini Sprints (30m)

Remember this is only a guide. You may wish to run just an eight week programme or double this up to create a whole season plan.

