

Team Athletics



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What is Team Athletics?

Team Athletics is a modified competition structure based on the IAAF Kids Athletics model. It is aimed at giving children the opportunity to compete in a fun and non-threatening environment. It's a fun team-based competition comprising modified athletics games and it draws on the skill progressions learnt through Run Jump Throw.

Organising a Kids Team Athletics Event

There are a range of different games/activities to choose from as part of a team athletics event. It's a good idea to pick a selection from each of the Run, Jump and Throw games.

Split your group into teams of no more than 8 participants. The aim is to avoid participants waiting around in lines.

Pick the same number of activities as there are teams. This way there are no 'bye' rounds. For the Run activities (Shuttle Formula One and sprint Slalom) try and make it so two teams are at that activity at once. This means they can race each other.

Event List

Run	Jump	Throw
Shuttle Relay	Pole Flying	Discus – The Swing
Bends Formula	Sprint/Slalom	Turbo Throw
Sprint/Slalom	Rope Skipping	Football Throw Ins
Formula One	Team Squat Jump	Boulder Heave
Heart Beat	Cross Hop	Bombs Away
Fast Feet		

Equipment Table

Event	Equipment
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Running Events

Shuttle Relay	2 Stopwatches, 8 Hurdles, 4 Slalom Poles, 2 Batons
Bends Formula	2 Stopwatches, 4 Slalom Poles, 4 Cones, 2 Batons
Hot Feet	1 step ladder, 1 stopwatch, 2 cones
Formula One	6 Hurdles, 8 Slalom Poles, 2 Mats, 2 Stopwatches, 30 Cone markers, 2 batons
Heart Beat	1 Stopwatch, 6 Slalom Poles, 20 balls/cards per child

Jumping Events

Pole Flying	2 Poles, Pole flying mats, cones, measuring tape
Sprint / Slalom	2 Stopwatches, 8 hurdles, 12 Slalom Poles, 2 Batons
Rope Skipping	Skipping ropes, stop watch
Cross Hop	Cross Hop mat, stopwatch

Throwing Events

Bombs Away	2 poles, 1 cross bar or rope (2.5m high), 2 vortex, 1 hoop or mat (target)
Turbo Throw	A variety of javelin throwing implements (for different ages), 1 Measuring tape (40m), Metre cones
Soccer Throw-in	2 Medicine Balls (1kg), 1 Measuring tape (20m), 1 mat, Metre cones
Boulder Heave	2 Medicine Balls (1kg), 1 measuring tape
Discus – The Swing	2 Throwing balls, 4 Slalom poles, 2 cones

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Event Scoring

The scoring system is straightforward. The results are simple enough to be posted 2 minutes after the last event.

Scoring – Running Events

In the running events, the result is the time recorded for the whole team to complete the activity (eg Formula 1). In the individual events (eg 1000m endurance race) the time of each individual in the team is added up for the team result.

Scoring – Field Events

In the jumping and throwing events, each participant has to compete in all events with the given number of trials. The best performance (distance/height) of each individual in the team is added together to get the total team score for each event.

Note: If you have a team with fewer members e.g. 7 instead of 8, one participant will need to go twice, in both running and field events.

Final Score

A Scoreboard (see page 81) is used to visually show teams' rankings. The maximum score depends on the number of teams in the competition. For example with 8 teams participating, the best team in any event gets 8 points, the second team 7 points and so on, until the last team gets 1 point.

Immediately after a rotation the scores from individual events can be added to the score board. Once all teams have completed all events the scores can be ranked and points allocated.

The winner of the competition is the team that reaches the highest total score at the end of all events.

Event Scoring Sheet – Running Events

Event:		
Team Name / Colour	Attempt 1 (Time)	Attempt 2 (Time)

Event Scoring Sheet – Jumping & Throwing Events

	Team / Colour:		Group:	
	First Name	1st Trial	2nd Trial	Best Performance
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
	Team Total:			

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IAAF Kids Athletics Scoreboard Example

	FI		Shuttle		Cross Hop		Standing LJ		Boulder Heave		Vortex Throw		Total	Placing
	Result	Ranking	Result	Ranking	Result	Ranking	Result	Ranking	Result	Ranking	Result	Ranking		
Team 1	54.1	3	60.1	1	13	5	12.6m	2	45.1m	1	101m	2	14	1st
Team 2														
Team 3														
Team 4														
Team 5														
Team 6														

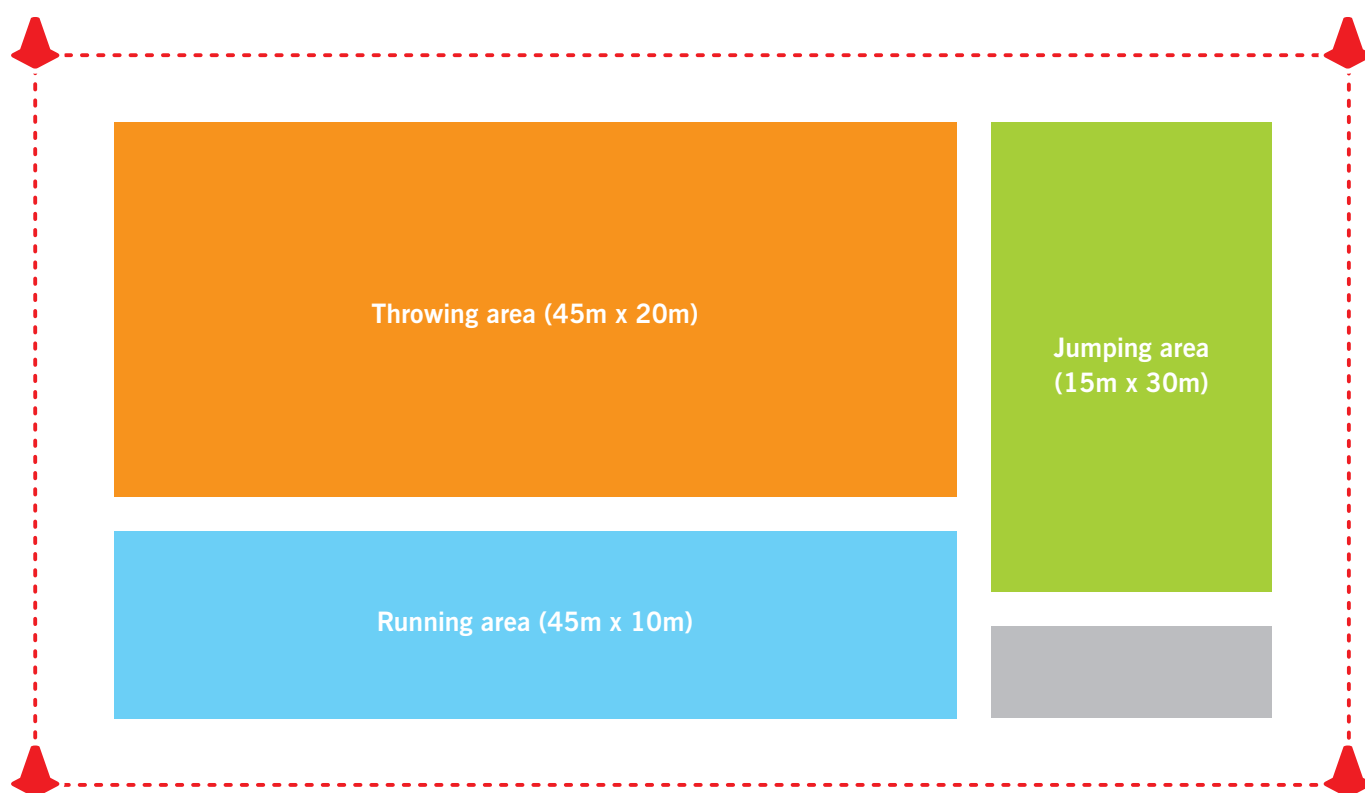


Setting up a Competition Space

Space

A Kids Team Athletics Competition can be done on grass or indoors. Make sure that the area is:

- ▶ A level area (grass, asphalt or indoors – hall).
- ▶ Maximum (60m x 40m).



Note: This is just an example and depending on the chosen events the space required could be less.

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Competition Timing

Events can normally run within 1½ hours dependent on how many teams and events there are. Generally each team spends no longer than 10 minutes at any one event.

Example programme (6 Teams & 6 Events):

	10'	20'	30'	40'	50'	60'
Team 1	Shuttle Relay	Formula One	Pole Flying	Boulder Heave	Cross Hop	Vortex
Team 2	Shuttle Relay	Formula One	Vortex	Pole Flying	Boulder Heave	Cross Hop
Team 3	Cross Hop	Vortex	Shuttle Relay	Formula One	Pole Flying	Boulder Heave
Team 4	Boulder Heave	Cross Hop	Shuttle Relay	Formula One	Vortex	Pole Flying
Team 5	Pole Flying	Boulder Heave	Cross Hop	Vortex	Shuttle Relay	Formula One
Team 6	Vortex	Pole Flying	Boulder Heave	Cross Hop	Shuttle Relay	Formula One

Note: Two teams are both at the Shuttle Relay and Formula One together. This makes it more like a race and more engaging.

Activity Cards

Each activity has its own card that outlines the general rules and scoring for that activity. They have been designed so a teacher, coach, parent or child can use them to run an activity.