

# On Track

## Athletics Skills Program



Giggles

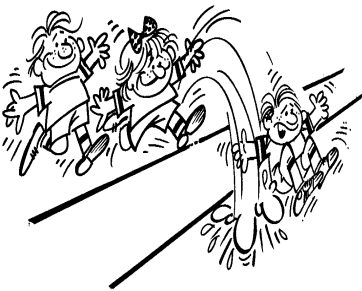


Fun

Lots Of Goes

**Skills Learning**

and more Fun



**Smiles**



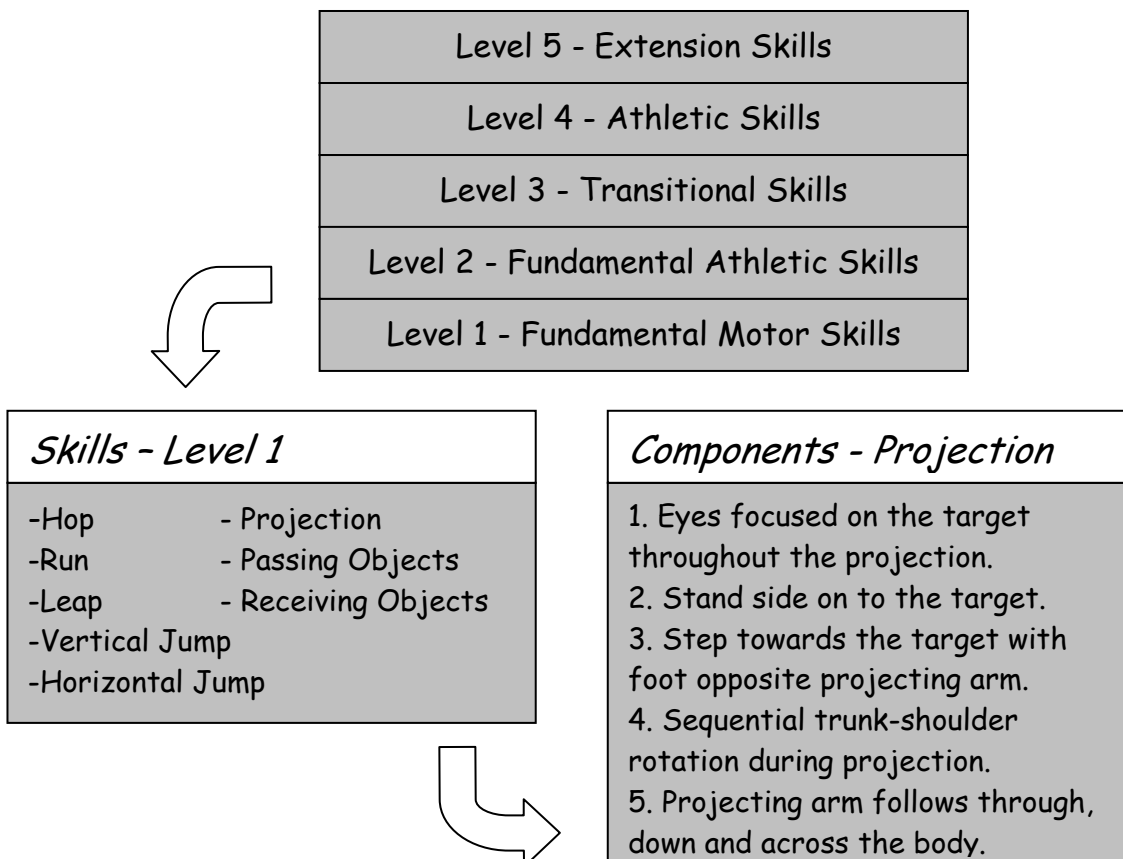
and more Fun.....

# Skills Based Program

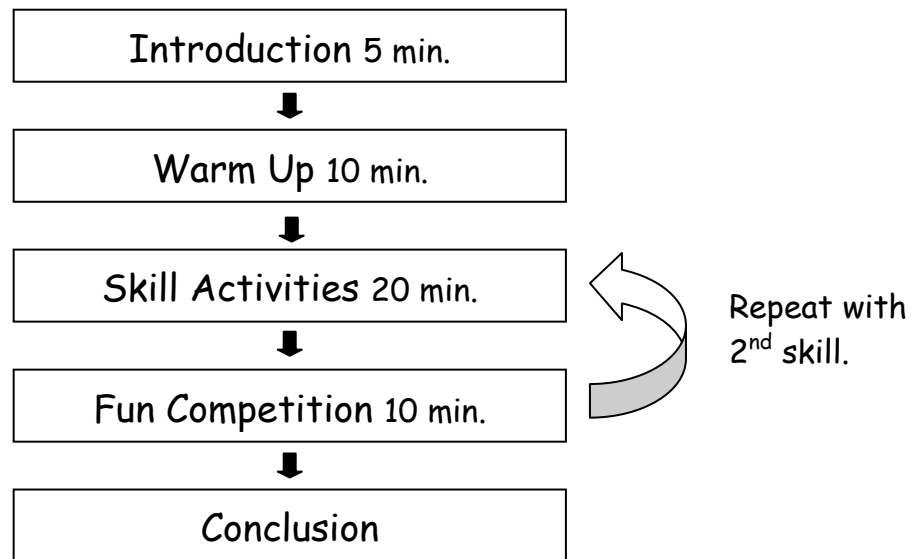
- The idea of On Track is to teach children skills before they are asked to perform them in a competitive environment.
- A massive amount of research has gone into understanding how children learn. On Track is based on this research. If parents want their children to be able to perform sporting skills at a later stage, On Track is the best start they can have.

## How it works

- On Track has 5 *Levels* - simple to complex  
UNDER 6's do Level 1 - UNDER 7's do Level 2
- Each *Level* is made up of a number of *Skills*
- Each *Skill* is made up of a number of *Components*



# An On Track session



## Uses Modified Equipment

■ At the lower levels of On Track, modified equipment is used, the reasons are:

- It is odd and unusual and keeps the On Trackers interest.
- It allows for more participation and practice.
- It is safe.
- Allows for area flexibility.
- Is better suited for skill development activities.

## Smaller Groups

Within each age group are smaller groups. The smaller the groups the more opportunities the kids get. The more people that help with the sessions directly relates to how much activity and learning the children receive.

# How to help

Who takes the On Track sessions? - YOU DO !

(with some help)

The program is designed so that anybody can teach athletic skills to the children. You don't need:

- Any coaching qualifications or experience.
- Any athletics experience.
- Any teaching experience.

All you do need is ENTHUSIASM - you just have to follow the instructions in the session plans.

More helpers = Smaller groups = More goes

# How it all fits together

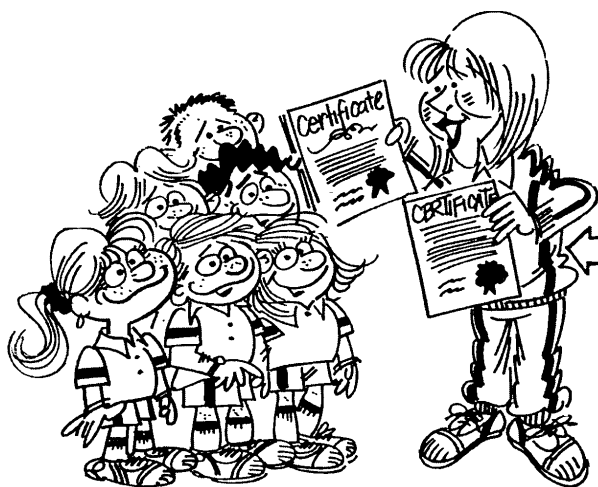
Level 1	Level 2	Level 3	Level 4	Level 5
Run	Sprint Standing Start	Sprint	Sprint Crouch Start	Sprint Extension Skills
Run				Distance Running
		Modified Race Walk		Race Walking
Horizontal Jump Leap Run Vertical Jump	Run and Jump Sprint Standing Start	One Stride Jump	Long Jump	
Run Leap	Sprint Standing Start Run Over Objects	Modified Hurdles	Hurdles	Hurdle Extension Skills
Run Vertical Jump Hop Leap	Scissor Jump	Standing Back Flops	Fosbury Flop	High Jump Approach To Bar
Run Hop Leap Horizontal Jump	Skip Run and Jump Sprint Standing start	Hop Step Jump	Triple Jump	Triple Jump Extension Skills
Projection  Run	Standing Sling Over Arm Throw High Arm Push	Standing Discus Standing Shotput	1 ¼ Turn Discus Modified Javelin Side Step Shotput	1 ½ Turn Discus Javelin 3 Stride Shotput Glide
Passing Objects Run Receiving Objects	Sprint Standing start Moving Exchange	Circular Relays  Sprints		Relay Racing

# It's all about BEING POSITIVE

- Remarks to children are positive, specific and enthusiastic.  
"Well done Sally that was great, your knees were really high, fantastic, next time remember to look straight ahead as well."

Children receive

- Weekly Tickets, Skill certificates, Level certificates



# Benefits of On Track

The benefits of your child participating in On Track are:

- ***No waiting around.*** With On Track the kids are on the go the whole time, there is no excessive waiting in lines or queue's.
- ***More chances to practice.*** A child does not have any chance to improve their skills unless they have plenty of opportunities to practice. For example if they only have three turns at long jump each week, they are not going to improve those skills. If they have 63 turns at 'leaping' and 'horizontal jump' then they do improve those skills.
- ***All children have the opportunity to excel.*** The focus is on the skill development of each individual. There are no winners and losers, all children come out ahead.
- ***It's fun.*** All of the activities are designed so that the kids are having fun all the time. Research has shown that the best conditions for children to learn skills is when they are stimulated through enjoyment.
- ***It's easy.*** There are no complicated rules to follow, nobody gets disqualified and it's easy for parents to lend a helping hand.
- ***It satisfies*** the specific needs and wants of children between 5-7 years and is designed for ***them.***