



3 Stadium Drive, Singapore Sports Hub, #01-33. SINGAPORE 397630
 TEL: 6386-2721 FAX: 6386-7773 Website: www.singaporeathletics.org.sg

KIDS' ATHLETICS PROGRAMMES

This is a list of our Kids' Athletics programmes. For further enquiries about Kids' Athletics training, please contact:
 Khairina Mohd (Senior Manager of Kids' Athletics Department) at khairina@athletics.sg or 6386-2721.

Activity	Venue	Time	Objective of Meet	Target of Profile	Description of Events
<u>(North Zone & South Zone- For Schools)</u> Kids' Athletics Competition 2021	HOA (Home of Athletics)	1pm – 6pm	1) Pre-NSG Competition- individual event 2) Children will put their General Skills for Run, Jump, Throw into practice before the NSG	- 9 to 10 years old - 11 to 12 years old	- Fun competition consisting of varied events such as: 1) Sprinting Event Group 2) Throwing Event Group 3) Jumping Event Group
<u>(East Zone & West Zone- For Schools)</u> Kids' Athletics Competition 2021	HOA (Home of Athletics)	1pm – 6pm	1) Pre-NSG Competition- individual event 2) Children will put their General Skills for Run, Jump, Throw into practice before the NSG	- 9 to 10 years old - 11 to 12 years old	- Fun competition consisting of varied events such as: 1) Sprinting Event Group 2) Throwing Event Group 3) Jumping Event Group



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Kids' Athletics Activator Course	SA Office Meeting Rm & HOA	10am – 4pm	1) Designed for those aspiring to be a Kids' Athletics Activator 2) Theoretical knowledge in kids' development in athletics 3) Practical knowledge for setting-up and use of the various kids' athletics approved by World Athletics 4) Practical knowledge to safely conduct KA lessons approved by World Athletics	1) Applicants must be at least 18 years of age 2) Applicants will be required to fulfill 10 hours coaching and activities within a year 3) Medically and physically fit to meet the coaching obligations	3-day course consisting of a Theory and Practical session where participants will learn basic teaching skills for conducting the various World Sports Kids' Athletics events currently available under the Kids' Athletics Programme
KA Parents' Workshop	HOA & SA Office	9am – 10am	Parents will be able to better understand: 1) Growth stages rather than ages 2) How changes in physical proportions will affect performance 3) Help children understand the changes taking place in their bodies 4) Improper training methods can do more harm than good.	Parents of all ages and who are interested	A 2-hour workshop while their children attend the KA Camp. Parents will learn on the growth development topic followed by issues on early specialization. They will also be taught the reasons why children should not specialize at an early stage of their development



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Kids' Athletics Festival (9 - 10, 11- 12 yrs old)	HOA (Home of Athletics)	1pm – 6pm	1) Children will get to practice their general skills of running, jumping and throwing as a team in a competitive but fun environment. 2) Through this, they will learn team-building and social interaction skills.	5 years to 12 years old	The Kids' Athletics Festival comprises of three different event groups: 1) Sprinting/running 2) Jumping 2) Throwing This festival will focus mainly on team events and team effort.
Kids' Athletics Festival (5 - 6, 7- 8 yrs old)	HOA (Home of Athletics)	1pm – 6pm	1) Children will get to practice their general skills of running, jumping and throwing as a team in a competitive but fun environment. 2) Through this, they will learn team-building and social interaction skills.	5 years to 12 years old	The Kids' Athletics Festival comprises of three different event groups: 1) Sprinting/running 2) Jumping 2) Throwing This festival will focus mainly on team events and team effort.



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KA Relay Competition	HOA (Home of Athletics)	1pm – 6pm	Through this competition, the children will be able to: 1) Foster competitive spirit 2) Encourage team spirit 3) Compete with one another in a fun environment	- 7 to 8 years old - 9 to 10 years old - 11 to 12 years old	All running events are performed as a team-relay race. Baton Relay of: - 6x 50m –Shuttle relay - 4x 50m - 8x 50m
Kids' Athletics Workshop for Teachers	SA Office Meeting RM & HOA	2pm – 6pm	1) Equip teachers with training and development of young athletes 2) Differences between young & adult athletes 3) Principles & methods of effective training for young athletes 4) Effective exercises & drills for young athletes	Teachers of all ages who are interested to deepen their knowledge about KA	This workshop will equip teachers with key concepts and practices for how KA is customised & conducted in the context of Singapore's athletics scene.



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KA Holiday Half Day Camp cum Competition	HOA & SA Office	8am – 1pm	1) Build children capabilities in fundamental movement skills through creative activities. 2) This camp provides children with broad exposure and experiences through fun and varied activities. 3) It facilitates the well-rounded development of children in the five learning domains (physical, cognitive, social, aesthetics and moral). 4) It also provides varied avenues for children to develop social emotional competencies.	- 5 years to 12 years old	Developing of Kids' Athletics Skills through learning stations. Total number of stations: 8 By the end of the session, the children will be able to execute the proper skills from sprints, jumps and throws events group through a competition.