



RUN, JUMP AND THROW YOUR WAY INTO FUN AND FITNESS!

Want to find an out of school activity to challenge and help you develop in athletics? Here at begin2Sports Group we have many young athletes taking part every week on our fun and progressive programme, a number of which go on to represent local clubs at junior and senior levels, with approximately 25 going on to regional and national honours.

We have a range of athletics courses for children between the ages of 3-15 regardless of their ability. Athletics provides a great opportunity for children to try a new sport, make friends and have fun, all in the safe hands of our highly qualified British athletics coaches and specialist staff.



COURSE STRUCTURE

Our athletics courses are designed to develop the fundamental skills required for an active and healthy life style that will complement other sports. Designed to make your child a great all round athlete, our courses use the 7 key principles of athletics; balance, coordination, agility, flexibility, strength, stamina and speed. Taught in a social environment, our athletics courses are fun and engaging. The programme is broken into the following levels:





Level	Course Outline
<p>Pre School</p>	<ul style="list-style-type: none"> • 3 – 5 year olds • Structured and non structured physical activities play to develop balance and coordination and agility • Development of gross motor control and hand eye coordination • Running, jumping and throwing and balancing etc games
<p>Multi Skills</p>	<ul style="list-style-type: none"> • 5 – 7 year olds <p>(Basic level -All athleticism foundation and fundamental basis will be identify)</p> <ul style="list-style-type: none"> • Fundamental movement skills, balance, coordination and agility • Use of classic play ground games to develop skills and fitness • Introduction to basic athletic concepts: run, jump and throw
<p>Athletic Fundamentals</p>	<ul style="list-style-type: none"> • 7 – 9 year olds • Development of complex movement patterns • Key focus on agility, speed and stamina • Introduction to athletic events • Competitive games and tasks both individual and team based





Athletic Skills	<ul style="list-style-type: none">• 9 – 11 year olds• Complete range of athletic events covered• Technical training concepts introduced and practiced• Emphasis on fitness and conditioning
Athletics Academy	<ul style="list-style-type: none">• Club level training for 11+• Focus on key event groups such as sprints, endurance, jumps and throws• Building Strong element of fitness and conditioning