

**LAPS**

Little Athletics  
Program for Schools

2020

School Guide  
&  
Booking Form



# Little Athletics Program for Schools

## Free Little Athletics Program for Schools (LAPS) 2020

Your school is invited to participate in the free **Little Athletics Program for Schools (LAPS)**.

This program involves an Athletics Development Officer (ADO) and possibly a representative from your local Little Athletics Centre visiting your school and conducting a modified athletics session to teach the fundamental movements of running, jumping and throwing.

### The Little Athletics Program for Schools:

- Provides a fun packed athletics session for students in Prep to Grade 6.
- Is based on **ACHPER** fundamental motor skill development.
- Includes activities from the successful "**On Track – Athletics Skill Development**" program.
- Is geared and modified to the age and ability of your students.
- Enables schools to create a direct link with a local Little Athletics Centre.

### Program Outline:

- For Prep to Grade 6 students
- 40 - 60 minutes per session
- Conducted across the whole school year
- Consists of athletic activities and games that:
  - Teach children the fundamental movement skills of running, jumping and throwing
  - Caters to all ages and abilities
- Available to a maximum of 30 students (one class) per session
- Minimum of 3 and maximum of 6 sessions per day

The program is facilitated by an **Athletic Development Officer (ADO)** under the supervision of a school teacher. The teacher **must** be present at all times during the session, otherwise it will cease until they return. (All ADO's have current Working with Children Checks)

### The Booking Process

- 1) Choose 3 alternative dates which suit your School to conduct LAPS.
- 2) Decide which classes you would like to participate: Prep – Grade 6.
- 3) Decide how many sessions and/or days are required (1 free session per class)  
– Minimum of 3 sessions and a maximum of 6 sessions per day.
- 4) Timetable these sessions to fit around your school timetable – i.e. Recess/Lunch
- 5) Complete the 'Booking Form' below and send directly to the LAVic LAPS Co-ordinator - [taylah.perry@lavic.com.au](mailto:taylah.perry@lavic.com.au)
- 6) A confirmation of the booking will be e-mailed through to the School contact (as per the booking form) prior to the sessions taking place. A copy will also be e-mailed to the facilitator and a Centre Representative (if available) so that all parties are aware of the details of the booking.
- 7) The LAPS sessions will **not** take place until a 'Booking confirmation' has been e-mailed through to the School. Simply filling in the booking form with your preferred dates does not guarantee that those dates will be available.
- 8) The program will follow the below format however, can be altered to meet specific needs of your school. These need to be discussed with the LAPS Co-ordinator at the time of booking.
- 9) The ADO will arrive at least 10-15 minutes before the first session to set up, however the school needs to supply the following equipment\*:
  - 20 cones
  - 10 hoops
  - 10 skipping ropes

- 30 bean bags or small soft balls

\*Please advise on the Booking Form if your school does not have the available equipment.

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### Session Format

ACTIVITIES	TIMEFRAME	DESCRIPTION
<b>Introduction</b>	5 minutes	A brief introduction by the ADO about the sport of athletics.
<b>Warm-Up</b>	5 minutes	A simple game to prepare the children, both physically and mentally, for the upcoming activities.
<b>Skill Activities Running, Jumping, Throwing</b>	30-40 minutes	Children will be divided into groups and with the assistance of the Centre representative and supervising teacher, a 30 minute athletics session will be conducted. The activities will cover running, jumping & throwing.
<b>Conclusion</b>	5 minutes	The Centre representative (if in attendance) will talk about the local Little Athletics Centre and how children can join. If a Centre representative is not present, the ADO should be able to give you a



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		brief talk about Little Athletics. Little Athletics flyers will be distributed to all students.
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## LAPS Booking Form

Please complete school details below and email directly to the LAVic LAPS Co-ordinator at: [taylah.perry@lavic.com.au](mailto:taylah.perry@lavic.com.au)

**Little Athletics Centre:**

**School Name:**

**Contact Teacher:**

**Position:**

**Contact Teacher Email (Required):**

**Mobile Number:**

**Principal:**

**School Address:**

**School Phone Number:**

### IMPORTANT INFORMATION:

- The dates listed below are only **tentative** booking dates
- Sessions will **not** take place until the school has received a Booking Confirmation
- Minimum of 3 sessions and a maximum of 6 sessions per day
- Bookings will depend on our facilitator availability
- Dates must fall during a school term
- Please indicate specific dates rather than a particular month.

1) \_\_\_\_\_



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2) \_\_\_\_\_

3) \_\_\_\_\_

\*Please list session times on the following page

Session	Time Start	Time finish	Grade	Number of children	
				Boys	Girls
<b>example</b>	<b>9.15am</b>	<b>10.00am</b>	<b>Prep</b>	<b>12</b>	<b>13</b>
1					
2					
3					
4					
5					
6					

- Please remember to schedule sessions around recess and lunch times

Session	Time Start	Time finish	Grade	Number of children	
				Boys	Girls
<b>example</b>	<b>9.15am</b>	<b>10.00am</b>	<b>Prep</b>	<b>12</b>	<b>13</b>
1					
2					
3					
4					
5					



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6					

- Do you have the required equipment?
- Do you have indoor facilities in case of bad weather?

Please email this Booking Form to [tayah.perry@lavic.com.au](mailto:tayah.perry@lavic.com.au)

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