

Little Athletics Program for Schools (LAPS) 2024

Your school is invited to participate in the **Little Athletics Program for Schools (LAPS)**. LAPS is offered to schools at no cost.

This program involves a Development Officer (DO), 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 a **Development Officer (DO)** under the supervision of a school teacher. The teacher **must** be present at all times during the session. (All DO's have current Working with Children Checks)

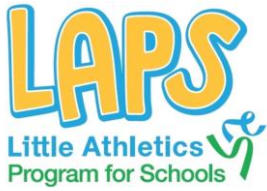
The Booking Process

- 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 Office – office@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 DO 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

Session Format

ACTIVITIES	TIMEFRAME	DESCRIPTION
Introduction	5 minutes	A brief introduction by the DO about the sport of Little Athletics.
Warm-Up	5 minutes	A simple game to prepare the children, both physically and mentally, for the upcoming activities.
Skill Activities Running, Jumping, Throwing	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.
Conclusion	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 DO should be able to give you a brief talk about Little Athletics. Little Athletics flyers will be distributed to all students.



LAPS Booking Form

Please complete school details below and email to the LAVic Office office@lavic.com.au

Little Athletics Centre: _____

School Name: _____

School Address: _____

Contact Teacher: _____

School Phone Number: _____ **Mobile Number:** _____

Contact Teacher Email: _____

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
- One session available per class in each calendar year
- Bookings will depend on our facilitator availability
- Dates must fall during a school term
- Please ensure that the Booking Form is submitted at least 1 month before requested dates
- Please indicate specific dates rather than a particular month.

1) _____

2) _____

3) _____

*Please list session times on the following page

Session date:	Session Start Time	Session Finish Time	Grade	No. of children
<i>example</i>	<i>9.15am</i>	<i>10.00am</i>	<i>Prep</i>	<i>15</i>
1				
2				
3				
4				
5				
6				

- Please remember to schedule sessions around recess and lunch times

Session date:	Session Start Time	Session Finish Time	Grade	No. of children
<i>example</i>	<i>9.15am</i>	<i>10.00am</i>	<i>Prep</i>	<i>15</i>
1				
2				
3				
4				
5				
6				

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

Please email this Booking Form to office@lavic.com.au