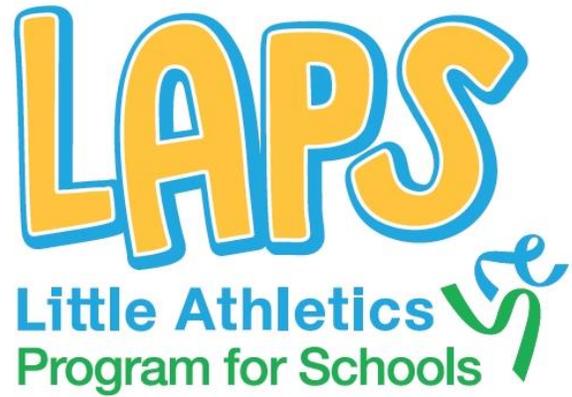


**Jetstar** 



# LAPS

# School's

# Guide 2017

## Little Athletics Program for Schools (LAPS) 2017

Your school has been invited to participate in the 2017 Little Athletics Program for Schools (**LAPS**).

This program involves an Athletics Development Officer (ADO) and a representative from your local Little Athletics Centre (if available) visiting your school and conducting a modified athletics session.

### Clinic

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 to the age and ability of your students.
- Enables schools to create a direct link with a local Little Athletics Centre.
- Is available as a resource **CD**, supplied **FREE** upon successfully completing the program and a copy of the schools newsletter advertising Little Athletics being provided to the LAVic Office.

### **The Program is:**

- Open to Prep to Grade 6 classes
- 40 - 60 minutes per session
- Held throughout the whole year
- Consists of athletic activities and games that:
  - Teach children fundamental motor and athletics skills
  - Cater for all ability levels
- Available to a maximum of 30 students (one class) per session with a minimum of 3 and maximum of 6 sessions per day.
- This year we are offering sessions to be held on 2 consecutive weeks to allow more time for further skill development (eg. Week 1 - general run, jump, throw. Week 2 – specific event coaching).

The program is conducted by an **Athletic Development Officer (ADO)** (with the assistance of the Centre Representative if available) under the supervision of the school teacher. At all times the teacher **must** be present during the session **otherwise it will cease until they return.**

Generic Little Athletics flyers will be provided to all students that have attended the LAPS sessions. These flyers state the contact information of your local Little Athletics Centre.

A **LAPS CD** resource kit will be supplied to the school **Free** upon receipt of a copy of the schools newsletter advertising the local Little Athletics Centre. This **CD** contains all of the session plans and activities that a school requires to implement a successful Athletics program for primary schools. The school will be e-mailed a sample newsletter template with the LAPS confirmation booking form when your school LAPS visit is confirmed. The Centre representative will also be able to supply details for your newsletter.

## Little Athletics Program for Schools (LAPS) 2017

### 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 are required – a maximum of Six (6) per day.
- 4) Timetable these sessions to fit around the school timetable – 40 -60 minute sessions.
- 5) Complete the **Booking Forms** and send directly to the LAVic Office -  
Email: [laps@lavic.com.au](mailto:laps@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 ADO (individual conducting the sessions) 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 confirmation of the booking 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 it could and can be altered to meet specific needs of the school. These need to be discussed with the ADO at the time of booking or with the LAVic Office.
- 9) The ADO will arrive at least 15-20 mins 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.**

## Little Athletics Program for Schools

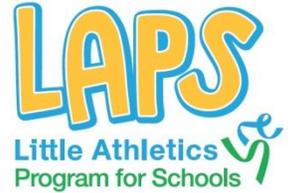
The school needs to supply the following equipment:

**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
<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 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 brief talk about Little Athletics. Little Athletics flyers will be distributed to all students.



# LITTLE ATHLETICS PROGRAM FOR SCHOOLS

## SCHOOL DETAILS

Please complete details below and **email** along with the **Booking Form** directly to the LAVic Office: **laps@lavic.com.au**

**(maximum 6 x sessions per day).**

Little Athletics Centre: \_\_\_\_\_

School Name: \_\_\_\_\_

Contact Teacher: \_\_\_\_\_ Position: \_\_\_\_\_

Contact Teacher Email: \_\_\_\_\_ **(Compulsory)**

Mobile Number: \_\_\_\_\_

Principal: \_\_\_\_\_

School Address: \_\_\_\_\_ P/C \_\_\_\_\_

School Phone No. \_\_\_\_\_

### IMPORTANT INFORMATION:

- The dates listed below are only **tentative** booking dates.
- Sessions will **not** take place until the school has received a confirmation e-mail.
- Bookings will depend on the availability of our ADOs to run the sessions.
- Dates must fall during a school term
- Please indicate specific dates rather than a particular month.

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

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

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

**Please list session times on the attached sheets**

**EMAIL COMPLETED SCHOOL DETAILS AND BOOKING FORM TO:  
LAVic OFFICE: laps@lavic.com.au**

## LAPS BOOKING FORM

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

**Please ensure that you keep a copy of this form for your reference**

Do you have the required equipment? \_\_\_\_\_  
**(20 cones, 10 hoops, 10 skipping ropes, 30 bean bags or small soft balls)**

Do you have indoor facilities in case of bad weather? \_\_\_\_\_

**PLEASE EMAIL SCHOOL DETAILS AND BOOKING FORM  
 TO THE LAVic OFFICE: [laps@lavic.com.au](mailto:laps@lavic.com.au)**