

IAAF KIDS' ATHLETICS



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Long Term Development Athlete



Stages of The IAAF Long Term Development Athlete

Stage	Name	Optimal Biological Age
Stage 0	Movement awakening	0 - 5/7
Stage 1	Kids' Athletics	5/7 - 11/12
Stage 2	Multi-Events	11/12 - 13/14
Stage 3	Event Group Development	14/15 - 16/17
Stage 4	Specialisation	16/17 - 18/19
Stage 5	Performance	18/19 +
Stage 6	Exercise for life	



Stages of The IAAF Long Term Athlete Development

Academy

Multi-Events, Event Group Development, Specialisation, Performance

Level IV

Multi-Events, Event Group Development, Specialisation, Performance

Level III

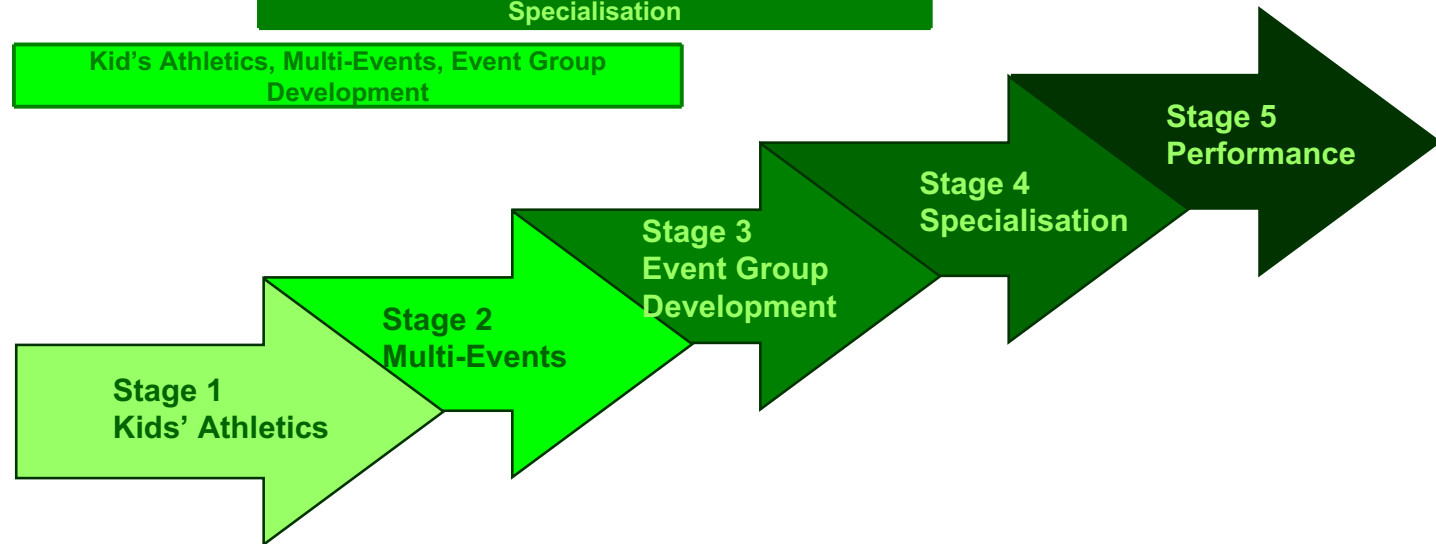
Multi-Events, Event Group Development, Specialisation, Performance

Level II

Multi-Events, Event Group Development, Specialisation

Level I

Kid's Athletics, Multi-Events, Event Group Development



Training Age
(years)

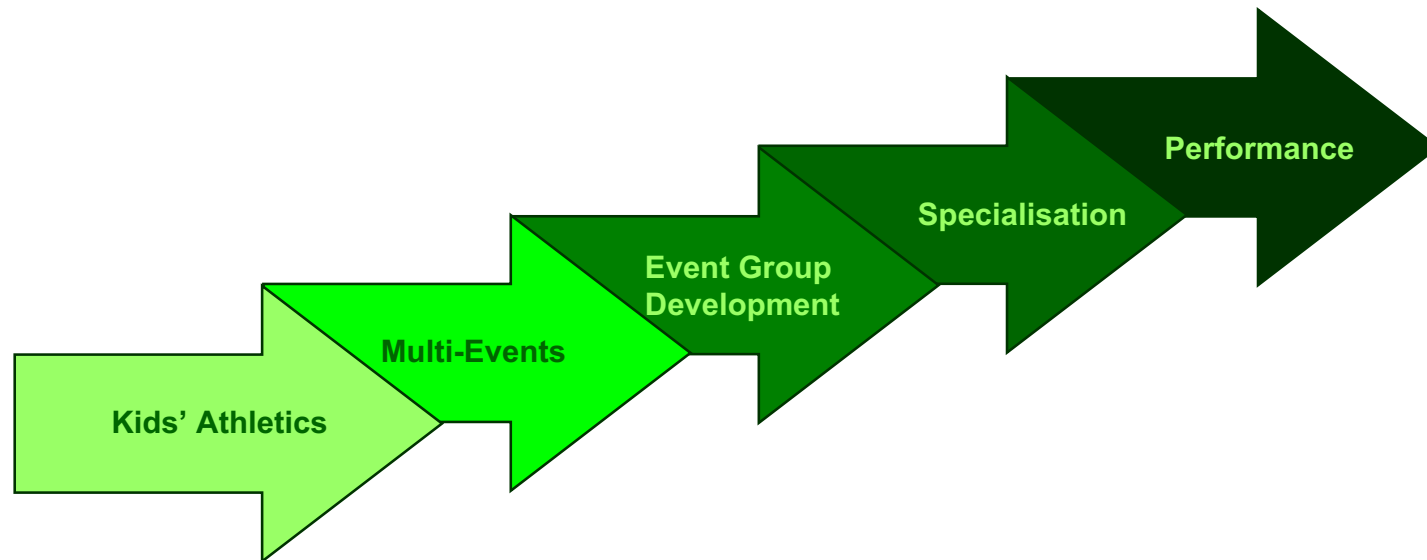
1	2	3	4	5	6	7	8	9	10 +
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Optimum
Biological Age

6-9	8-11	10-13	12-14	13-15	14-16	15-17	16-18	17-19	18-20+
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Athlete Development and the place of competition



Training Age
(years)

1	2	3	4	5	6	7	8	9	10 +
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The place of
Competition

Competition at any time of the year - training is structured for long term development, not 'peaking' for many competitions	Competition begins to shape training structure	Competition is significant, but not the ONLY, influence on training structure
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Why Kids' Athletics ?

The IAAF examined the current situation of the practice of Athletics among children and was willing to make a proposal tailored to the realities of children and of today's world.



The Current Situation

It is characterised by several factors:

- ☞ **hardly any athletic practice is organised for children in many countries**
- ☞ **when there is athletic practice in some countries, this is elitist athletics with early specialisation of children**
- ☞ **lack of specific facilities and equipment in many countries**
- ☞ **The motor and physical level of children is on the decline**
- ☞ **The image of Athletics which is conveyed, is one of a sport that is difficult, boring, demanding, naff, old-fashioned...etc.**



Image of Athletics ?

Hardly any athletic practice for children in many countries:

- Outward difficulty of this sport
- Practical requirements are overestimated (track, etc.)
- Weakness of federal structures
- Idea of sports activity at a late stage
- Competition with other sports, games



"Obesity Up. Phys Ed Down"



Lack of Specific Facilities ?

Lack of specific facilities and athletic materials in many countries:

- Few athletic facilities
- Few athletic materials



Elitist Policy

Early elitist practice in some countries:

- Early practice of competition is inappropriate
- Systematic elitism
- Early specialisation
- Unwell-trained coaching staff for children

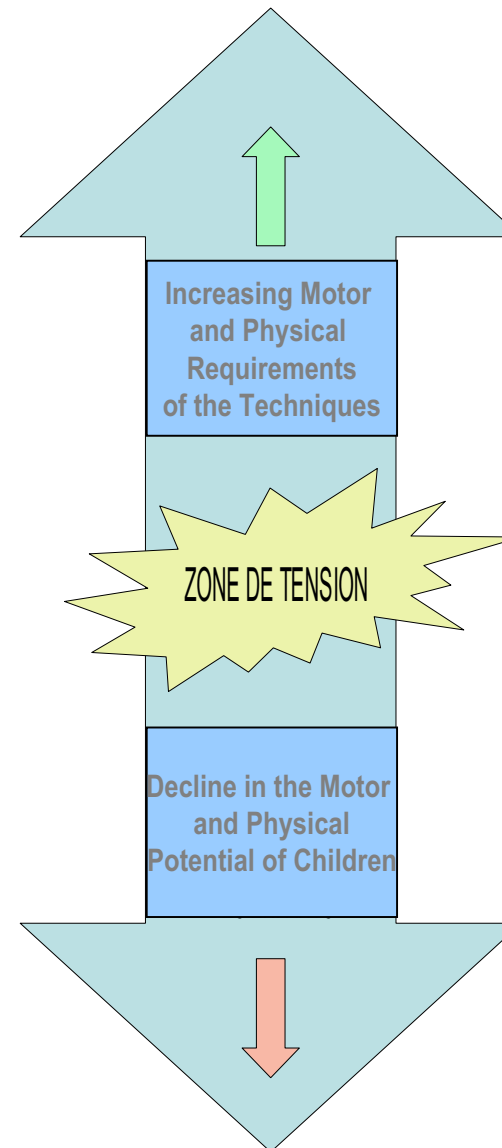


Motor & Physical decline

Significant decline in the motor and physical potential of children:

- Due to inactivity
- Increased by an unhealthy diet

This declining potential comes up against requirements of athletics which are stronger and stronger.



Tailored Practice

From this diagnosis, the IAAF experts set to work and developed a practice for children which is:

- Really tailored to their needs
- To their evolution
- To their motivations



Objectives of KA

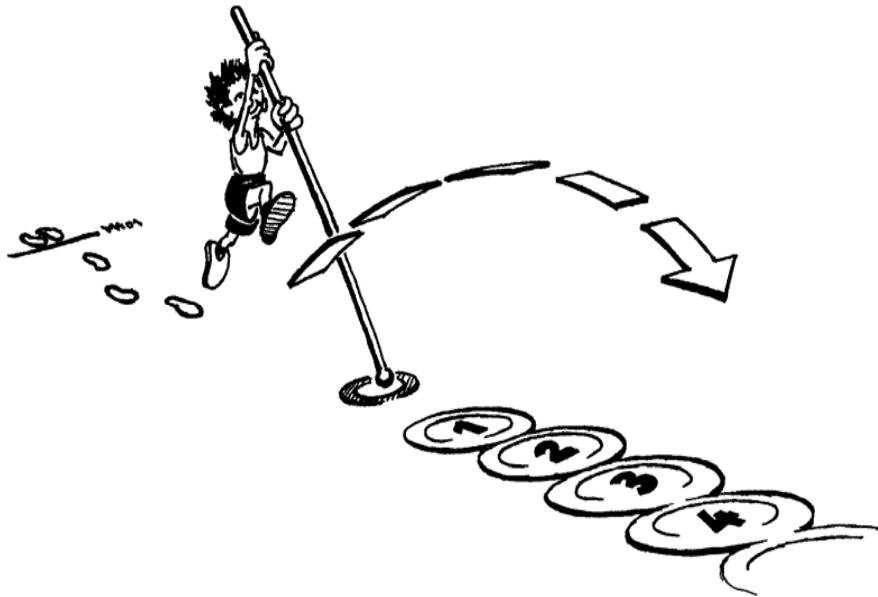
Define objectives :

- Healthy
- P/M Development
- Socialisation
- Well being, lifestyle, Access to culture
For every children.



KIDS' ATHLETICS

To come up to the children's expectations and to the IAAF objectives,



Kids' Athletics
has been created

Suitable Competition

This is a competition tailored to children

Playful

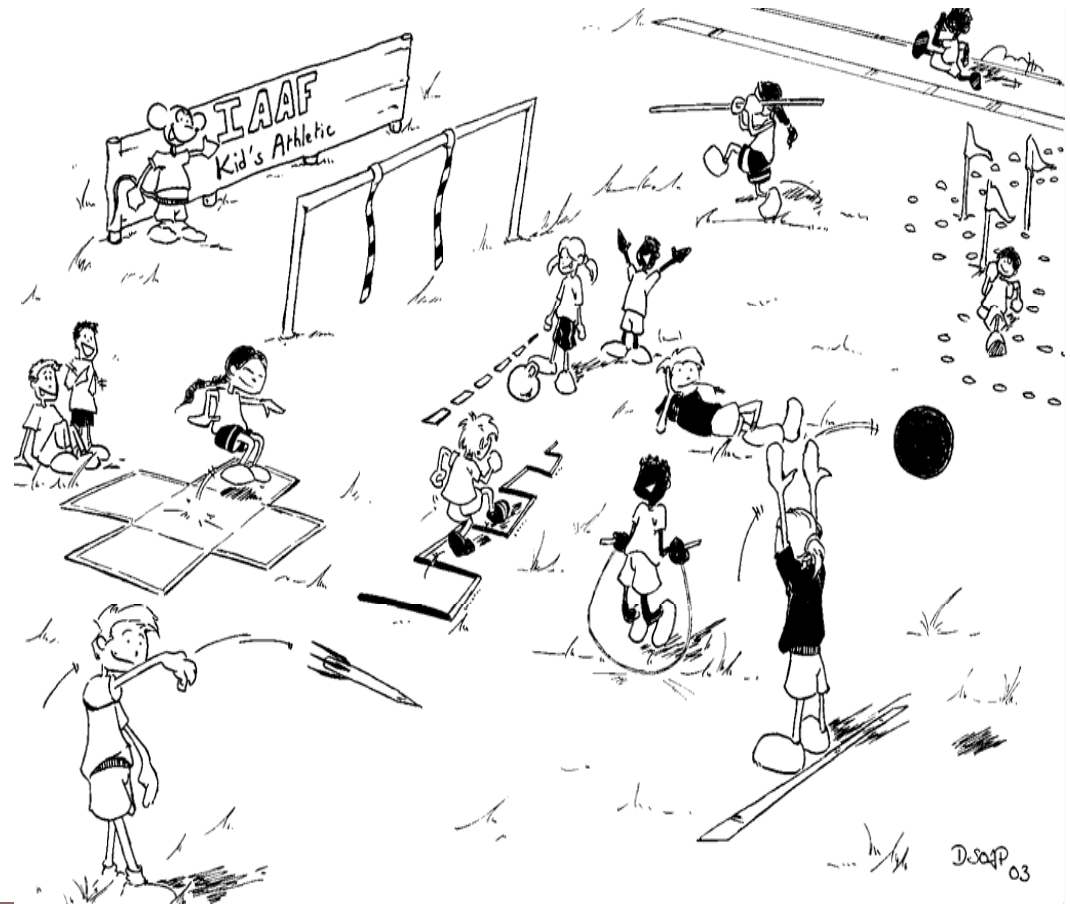
Accessible

Practicable everywhere

Team event

Brief (1- 2h)

Open practice



Kids' Athletics Events

- **classified according to age categories**
- **following a progression in terms of difficulty:**
 - **7/8 years**
 - **9/10 years**
 - **11/12 years**



An Adapted Competition to Kids

- **Team**
 - **Time limit**
 - **Continuous activity**
 - **Very basic procedures**
 - **Competition is conducted by an assistant**
 - **« Educational » officiating of performances**
 - **Continuous information (Scoreboard)**
- ...Etc.



Where?

For Kids' Athletics, any safe area which is large enough (50mx30m) may be used for competition and training.

Let us give some examples:



Public Garden



Waste Ground



Lawn



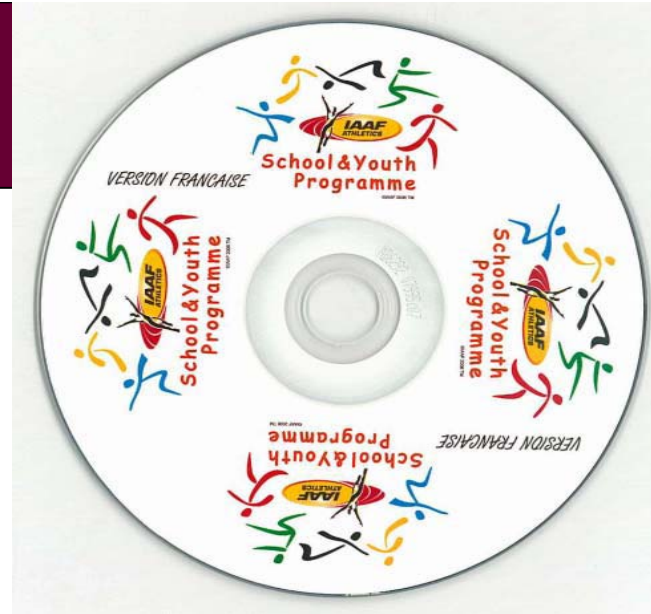
Kids Athletics in the Congo refugees camp







CD



To promote the IAAF Kids and Youth Programme, the IAAF experts designed an educational CD-Rom which was given to all MFs (in Osaka) and provided to all participants to an IAAF course. The CD-Rom is currently available in 6 languages: Arabic, Chinese, French, English, Russian and Spanish. The translation was done by the IAAF RDCs.

The CD contents more than 500 files (Books, Videos, PPT..etc



IAAF

This publication will be an additional tool for promoting our programme and the IAAF activities in the field of kids and youth athletics development.



Table 1 *Demographic characteristics of the study sample*

International Association of Athletics Federations

Athletics: a fundamental educational activity

Infant and Youth Athletic Developments

- The LaTeX 2.8 to 2.9
Programs
- The LaTeX Editors:
dvi2ps, TeXShop, Kile,
Aptex and more
programs for the LaTeX
2.9 suite

Developing Additions in schools has been the strategy for 2008 which goes with the creation of the School and Youth Commission. Its members are commissioned to ensure that addition is the number one spirit in schools by 2012.

The IAAF Educational Program is a global educational programme intended for both male and female youth which covers the transitional period between the basic stage of discovery of athletics and the advanced adult athletic training.

This project has been implemented with significant success in helping the various educational systems (Schools and Federations) throughout the world.

The implementation is backed up with a strict plan of action regarding educational courses for both education and provide teachers to strengthen the educational aspect of Katar's education, and equips its use in schools and clubs by the provision of appropriate documentation which is now available in several languages.

The Kale' Addition Program is being implanted worldwide. Several Federal States are willing to adopt it as their official programme, and simultaneously, the number of Kale' Addictive Rehabilitations is increasing.

To fill the gap between the Kids and Tween categories—the 12-13 year-old group—a new category of children has been

presented. The team configuration is at the core of this championship, which is accompanied with educational documents—still under study—for the initiation and training for this age category.

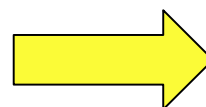
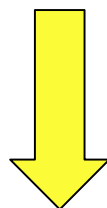
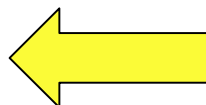
The new LEAP programmes for young people provide an alternative system for those countries that do not have any specific national programme at post- and school level.

Trends: This Century	
Fast Educational Progress	2
Education as a Career Choice	3
Learning Initiative Learning Tools	4
MS Activities Initiative to Development Program	6
MSI (MSI)	7
MSI (MSI) Initiative	7
MSI (MSI)	8



Modified Equipment





















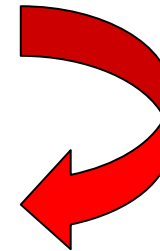
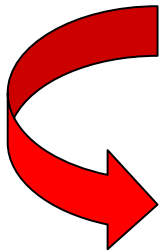








YES...



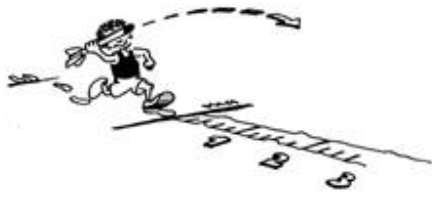
WE CAN!



All over the World



- ❑ The Kids' Athletics Programme is more and more popular in the world. Demands come not only from Member Federations, but also from other sports or educational structures and institutions. Many MFs were willing to adopt it as the official programme for kids. The IAAF assistance and advice is more and more requested to initiate this programme.



Means and Aids to MF

- 💰 Any development programme is dependent on the means.
- 💰 The IAAF should provide the needy MF with the KA Kits
- 💰 The IAAF will Provide the MF which present a sustainable development project with the following 'package':
 - ➡ Kids' Athletics Kit (1500 € /Kit + 500 € carriage)
 - ➡ Ensure education and training courses
 - ➡ Provide educational material (books and CD).





Thank you for your kind attention