IAAF KIDS’ ATHLETICS

Youth Conference
Oslo, 6 December 08

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Long Term Development Athlete
<table>
<thead>
<tr>
<th>Stage</th>
<th>Name</th>
<th>Optimal Biological Age</th>
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<tr>
<td>Stage 0</td>
<td>Movement awakening</td>
<td>0 - 5/7</td>
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<tr>
<td>Stage 1</td>
<td>Kids’ Athletics</td>
<td>5/7 - 11/12</td>
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<td>Stage 2</td>
<td>Multi-Events</td>
<td>11/12 - 13/14</td>
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<td>Stage 3</td>
<td>Event Group Development</td>
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<td>Stage 4</td>
<td>Specialisation</td>
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<td>Stage 5</td>
<td>Performance</td>
<td>18/19 +</td>
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<td>Stage 6</td>
<td>Exercise for life</td>
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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
- Performance

Level II
- Multi-Events, Event Group Development
- Specialisation

Level I
- Kid’s Athletics, Multi-Events, Event Group Development

Stage 1
- Kids’ Athletics
- Multi-Events

Stage 2
- Multi-Events

Stage 3
- Event Group Development

Stage 4
- Event Group Development
- Specialisation

Stage 5
- Performance

Training Age (years)
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 +

Optimum
- 6-9
- 8-11
- 10-13
- 12-14
- 13-15
- 14-16
- 15-17
- 16-18
- 17-19
- 18-20+

Biological Age
The place of Competition:

- **Kids’ Athletics**: Competition at any time of the year - training is structured for long term development, not ‘peaking’ for many competitions.
- **Multi-Events**: Competition begins to shape training structure.
- **Event Group Development**: Competition is significant, but not the ONLY, influence on training structure.
- **Specialisation**: Performance

Training Age (years):

1 2 3 4 5 6 7 8 9 10 +
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.
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 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.
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.
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.
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
Lawn
Kids Athletics in the Congo refugees camp
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 Kids & Youth News’ has been issued and posted on the IAAF website.

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

WE CAN!
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.
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