



WORLD
ATHLETICS™

FIRST MOVES PRACTITIONER GUIDE

LEVEL 2

FIRST MOVES

Aim: To introduce your participants to Kids' Athletics and excite them about taking part.

Overview: First Moves is a fun, team-building event. Teams take part in a series of challenges to earn pieces of a jigsaw puzzle*. The challenges are based on the Level 2 Fundamental Movement activities. The jigsaw pieces represent aspects of Kids' Athletics:

- four values – respect, determination, friendship, pride
- three activity types – run, jump, throw
- one regional game – to collect their first Kids' Athletics Passport 'stamp'.

Requirements

SPACE

- Large, flat playing area (approx. 40m x 50m)
- 6 activity stations (1 per team) spread around the area, set out as a circuit
- Place the relevant activity card, challenge card, equipment and jigsaw piece at each station

If you have more than 6 teams, set up a second circuit, which runs in parallel to the first circuit.

CARDS

Activity card and a challenge card for:

- | | |
|-------------------|-----------------|
| • Ladder recovery | • Slalom switch |
| • Hop, step, jump | • Fruit picking |
| • Kykkaa | • Measure up |

You may use different activity cards if you prefer; you will need to create accompanying challenge cards.

EQUIPMENT

- | | |
|---|--|
| • Cones | • Rope, chalk or tape |
| • Flat or low obstacles | • 'Rubbish' - small objects to collect |
| • Hoops, bicycle tyres, or speed ladder | • Skittles |
| • Horn/bell | • Small balls or bean bags |
| • Labels to represent fruit | • Stopwatches |
| • Large ball | • String |
| • Paper and pens | • Tape measure |
| | • 'Washing line' |

See the activity cards for alternative equipment ideas.

JOBBS

- Officials x 6 (1 at each station)
- Timekeeper

*Instead of the jigsaw puzzle, you could use tokens, e.g. cards, bottle tops, shells, counters.

Teams

Set up small teams of approximately 6 participants. Aim to have 6 teams where possible, one for each region: Africa, Asia, Europe, North America, Oceania, South America. For large groups, more than one team can be a region (e.g. Africa 1, Africa 2). For small groups, teams can be two regions (e.g. North and South America).

Challenges

See the activity and challenge cards for details of the suggested starter, main (circuit stations) and plenary challenge activities.

STARTER

Choose one or more activities below:

- Play a name game if participants don't know each other
- Do a team-building task if participants do know each other
- Make a team flag to represent their region
- Watch the Kids' Athletics launch film

Jigsaw piece: Friendship

PLENARY

Choose one or more activities below:

- Create and perform a team cheer
- Complete the jigsaw puzzle
- Reflect on athletics-related sports skills
- Recognise their values
- Colour in their Kids' Athletics Passport Games Explorer 'stamp'

Jigsaw piece: Pride

CIRCUIT STATIONS

1. Ladder recovery

Jigsaw piece: Run

2. Hop, step, jump

Jigsaw piece: Jump

3. Kykkaa

Jigsaw piece: Passport stamp (Europe)

4. Slalom switch

Jigsaw piece: Determination

5. Fruit picking

Jigsaw piece: Respect

6. Measure up

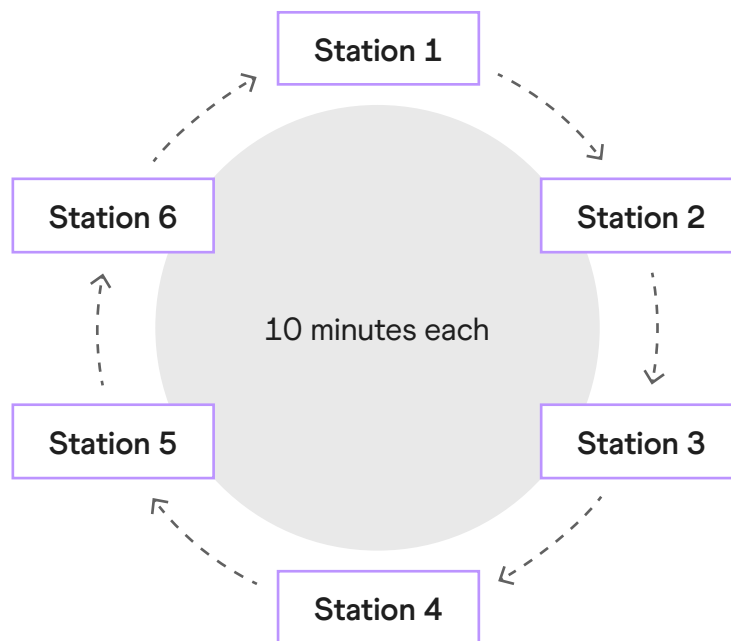
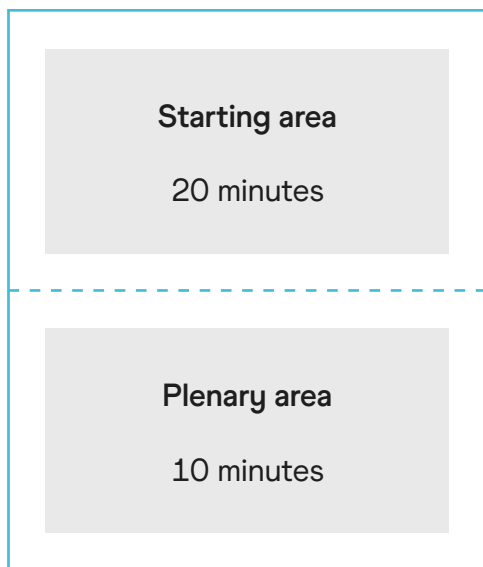
Jigsaw piece: Throw

HOME

Optional follow-up challenge:

- Research an athlete from their team's region. Find out about their background and accomplishments

Organisation



- Print the jigsaw puzzle – 1 copy for each team; cut each jigsaw into 8 pieces.
- Set up a circuit of 6 stations – one for each activity – spaced around the area. Clearly show the order of rotation, e.g. clockwise.
- Place the relevant activity card, challenge card, equipment and jigsaw pieces at each station.
- Allocate a volunteer to each station or ask each team to nominate their own official for each station. This person does not take part in the activity but explains the challenge and scores. Team members rotate roles so all participate and officiate.
- Starter – 20 minutes: all teams undertake your selected challenges at the same time in a shared area, e.g. middle of the circuit or to one side of the space.
- Circuit stations – 10 minutes for each station x 6 stations: make sure teams know which station they will start at (one team at each station). Have a central timekeeper who signals the changeover time. Teams replace the equipment tidily and move to the next station when they hear the signal. They start the new challenge as soon as they reach the new station.
- Remind teams to show the value of respect, and leave their stations promptly and ready for the next team to enjoy!
- Once the challenge has been completed (or the changeover signal sounds), the official awards the team the relevant jigsaw piece (see the challenge cards). Encourage participants to reflect on their skills or values, using the questions on the challenge cards.
- Plenary – 10 minutes: all teams undertake your selected challenges at the same time in the shared area. Award the final jigsaw piece and allow teams to make up their jigsaw puzzles. Issue the Kids' Athletics Passport (one per participant) and encourage them to use them during the programme. Set a follow-up home-based challenge if you wish.

Timings

The instructions above are based on a 90-minute event. These ideas can be used to adapt the session, if you have less time available:

- reduce the time at each station to 7 minutes
- reduce the number of stations, or direct teams to only visit some of them. Note that if removing stations, it is important to also reduce the number of teams to avoid teams becoming too large*
- reduce the starter time to just 10 minutes (remove the flag-making).

If you have more time available, increase the starter and plenary time and introduce a break.

Celebration

The event is **not** a competition between teams. The aim is for every team to complete their jigsaw puzzle, based on a spirit of participation and teamwork. Celebrate everyone's personal and team achievements, linked to the Kids' Athletics Values. Excite them about continuing their involvement in your Kids' Athletics programme.

HAVE FUN!



*For both these options, you will need to manage the jigsaw pieces accordingly.

STARTER CHALLENGES

Choose one or more of these starter challenges as team-building activities.
(A name game is essential if the participants do not know each other but you may use your own.)

Spider Ball (name game)

CHALLENGE

How many consecutive passes can your team make if everyone is throwing a ball at the same time?

EQUIPMENT

- Small objects, e.g. balls, bean bags, paper balls – 1 per team member

ORGANISATION

Stand in a circle in your team.

Round 1: pass a ball around/across the circle; the thrower says their name.

Round 2: this time, say the name of the person you are passing to. Continue with round 2 until you know everyone's name.

Round 3: agree an order for passing the ball. If possible, avoid passing it to your immediate neighbour. Make sure everyone is included. Pass one ball until you are familiar with the order.

Round 4: add a second ball.

Round 5: add a third ball... and so on, until you are passing the same number of balls as there are team members.

Can you keep all the balls going without dropping them?

Line Up

CHALLENGE

Can you rearrange team members along a line without stepping off?

EQUIPMENT

- Rope, e.g. chalk, line marking, tape

ORGANISATION

Stand on the line in your team in a random order.

Rearrange your team members so you are in either **a)** alphabetical order by first name (verbal communication allowed); or **b)** birthday order by day and month (non-verbal communication only).

Keep at least one foot in contact with the line at all times. If anyone steps off – the whole team starts again!

Can you rearrange yourselves correctly without stepping off the line?

Flag Making

CHALLENGE

Can you make a team flag that represents your team region?

EQUIPMENT

- Paper, coloured pens/pencils, sticks (optional)

ORGANISATION

Allocate each team one of the Kids' Athletics regions: Africa, Asia, Europe, North America, Oceania, South America.

Considering what they know about countries in that region – geography, history, language, culture etc. – ask them to design a team flag.

Teams may make one large flag or multiple small flags.

Can the other teams recognise the region from the flag?

Kids' Athletics
Launch Film

In addition to the starter challenge(s), play the Kids' Athletics launch film if you have a device and connection to the internet: kids-athletics.org



Each team receives a piece of their jigsaw for completing the challenge: **FRIENDSHIP**

How did you show friendship during that activity?

CIRCUIT STATIONS

The activity cards have the full details but the instructions below show some modifications for using the activities in a timed circuit.



Ladder Recovery

CHALLENGE

How quickly can your team collect the rubbish?

EQUIPMENT

- Start marker, e.g. line, cone
- Ladder, e.g. line of hoops or bicycle tyres, speed ladder
- At least 2 pieces of 'rubbish' per team member, e.g. ball, water bottle, cone, stone
- Stopwatch
- 2 containers for rubbish (optional)

ORGANISATION (SEE ACTIVITY CARD)

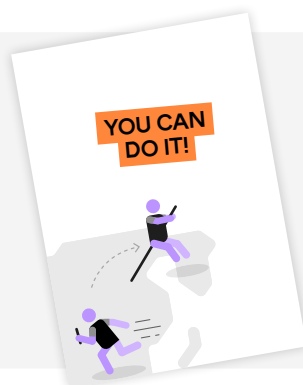
Round 1: time how long it takes for your team to collect all of the rubbish through a continuous team relay.

Run the ladder there and back, carrying one piece of rubbish at a time. Replace the rubbish and return to the start if you

make a mistake whilst running the ladder (i.e. if you step out of the hoop).

Round 2: can you collect the rubbish more quickly this time?

Keep going until the time is up: what is your quickest time?



Each team receives a piece of their jigsaw for completing the challenge: **RUN**

Which other sports need good running skills?



Hop, Step, Jump

CHALLENGE

How quickly can your team clear the obstacles?

EQUIPMENT

- Start marker, e.g. line, cone
- Flat or low obstacles, e.g. cones, spots, chalk, tape, ropes
- Stopwatch

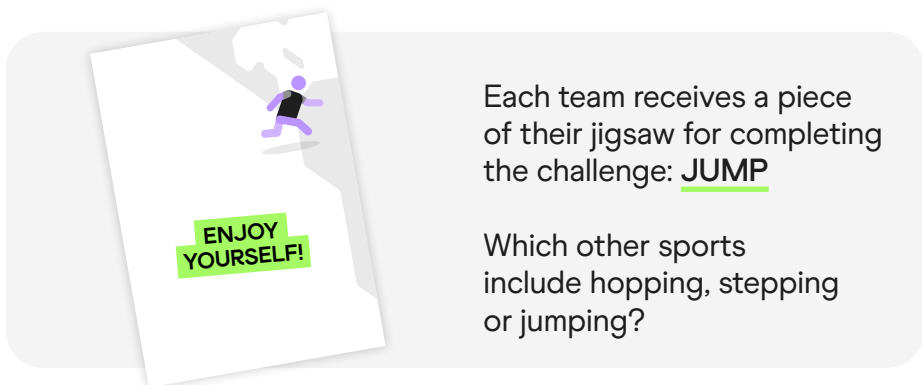
ORGANISATION (SEE ACTIVITY CARD)

Each team member may choose how they want to jump, i.e. hop, step or jump.

Round 2: can you complete the course more quickly this time?

Round 1: time how long it takes for your team to hop, step or jump over all of the obstacles in a team shuttle relay.

Round 3 (if time): can you use a different jumping method, i.e. hop, step or jump?



Each team receives a piece of their jigsaw for completing the challenge: **JUMP**

Which other sports include hopping, stepping or jumping?



Kykkaa

CHALLENGE

How many skittles can your team knock down in the time?

EQUIPMENT

- Skittles, e.g. foam skittles, cones, empty water bottles, milk/ juice cartons
- Throwing objects, e.g. bean bags, small balls

ORGANISATION (SEE ACTIVITY CARD)

Knock down as many of your team's skittles as you can.

Round 2: play for another 2 minutes – can you knock down more this time?

Round 1: play for 2 minutes – how many skittles can you knock down in the time?

Keep playing until time is up: what is your best score?

If too easy, move the throwing line further away!



Each team receives a piece of their jigsaw for completing the challenge: **EUROPE**

After the event, colour in the Europe stamp in your Kids' Athletics Passport.

Slalom Switch

CHALLENGE

How many times can your team complete the slalom switch?

EQUIPMENT

- Optional: markers instead of people as the posts, e.g. poles, cones, spots, water bottles, chalk marks

ORGANISATION (SEE ACTIVITY CARD)

Alternate the outward stage and the return stage so you stay within the station area.

The official calls a new way of moving each time: forwards, backwards, sidestep etc.

One switch counts as all team members completing the outward stage. The return stage counts as a second switch.

Keep going until time is up: how many switches can you make?



Each team receives a piece of their jigsaw for completing the challenge: **DETERMINATION**

What helped you to keep going, even if you were tired or unsure?



Fruit Picking

CHALLENGE

How many pieces of fruit can your team pick in the time?

EQUIPMENT

- 'Washing line' strung from 2 posts/held by 2 people
- Labels to represent fruit – at least 2 per team member
- String to hang labels from the washing line

ORGANISATION (SEE ACTIVITY CARD)

For each round, hang (or hold) the fruit slightly higher so the activity becomes more challenging.

If the official is holding the fruit on a string, they must stand sideways to the jumper

with their arm extended away from their body to avoid collisions.

Keep taking turns until time is up. How many pieces of fruit can you pick in the time?



Each team receives a piece of their jigsaw for completing the challenge: **RESPECT**

How did you show respect for your teammates, the officials and the rules?

Measure Up

CHALLENGE

How far – collectively – can your team throw the ball?

EQUIPMENT

- Large ball, e.g. basketball, football, medicine ball (maximum 1kg)
- Start and finish markers for the track
- Tape measure

ORGANISATION (SEE ACTIVITY CARD)

Take turns to throw the ball, using a two-handed overarm throw from a kneeling position.

First person throws the ball; second person throws from where the ball landed, and so on...

What is the total distance – from start to finish – after every team member has thrown?

If there is time, can you beat that distance?



Each team receives a piece of their jigsaw for completing the challenge: **THROW**

Which other sports need good throwing skills?



PLENARY CHALLENGES

Choose one or more of these plenary activities to help your participants to reflect on and celebrate their participation in Kids' Athletics. (If you have used the jigsaw pieces, give them time to make up the jigsaw puzzle.)

Team Cheer

CHALLENGE

Create and perform a team cheer, including a chant and some movements.

EQUIPMENT

- None (although teams could incorporate their team flags)

ORGANISATION

Give each team 5 minutes to create a simple cheer to celebrate their team's participation and achievements during the event. Keep it simple and short!

Teams perform their cheers to each other – in turn or as a whole group cheer.



Each team receives a piece of their jigsaw for completing the challenge: **PRIDE**

What made you proud of your teammates during the event?

Jigsaw Puzzle

- Ask teams to complete their jigsaw puzzles now they have all of their pieces.

Skills Reflection

- Ask teams to share their examples (based on the challenge card questions for run, jump, throw) of how running, jumping and throwing are needed in other sports and physical activities.
- Reinforce that the skills they develop through Kids' Athletics will also help them in other sports and life.

Values Recognition

- Ask teams to share their examples (based on the challenge card questions for respect, friendship, determination and pride) of what the values look like in action.
- Within their teams, ask participants to discuss which of the values was best shown by each team member – and how. Each team member should be recognised for at least one value.
- Call out the values in turn; participants who were recognised by their teammates for that value stand and are applauded by the whole group.



FRIENDSHIP

How did you show friendship during that activity?

RESPECT

How did you show respect for your teammates, the officials and the rules?

RUN

Which other sports need good running skills?

PASSPORT STAMP

You have just played a regional game from Europe. Colour in the Europe stamp in your Kids' Athletics Passport.



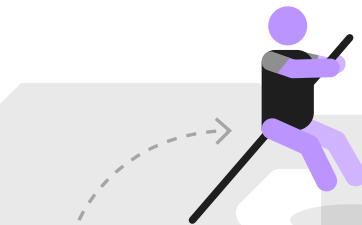
PERSONAL CHALLENGE!

FIRST MOVE



MOVES

YOU CAN DO IT!





PRIDE

What made you proud of your teammates during the event?

JUMP

Which other sports include hopping, stepping or jumping?

DETERMINATION

What helped you to keep going, even if you were tired or unsure?

THROW

Which other sports need good throwing skills?



**ENJOY
YOURSELF!**

**NICE
MOVES!**

COMPLETED PUZZLE

