

# Leading Athletics

**An exciting new leadership programme for those looking to lead activities for young athletes**

**Packed full of useful tips and ideas, the award features**

- **Interactive and practical three hour workshop**
- **Workbook and Support Resource**
- **Set of Game Cards**
- **Interactive App**



**For details see [www.EnglandAthletics.org/courses-and-bookings](http://www.EnglandAthletics.org/courses-and-bookings)**

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## Who is it for?

- Leading Athletics is an exciting new **leadership workshop** for those looking to lead athletics activities for young athletes. Packed full of useful **tips and ideas**, this three hour workshop is supported by a **Workbook**, **Support Resource** and a series of **Game Cards** which aid delivery. All content comes in an **interactive App** (the resource is also available in book format if required).

## The Resources

- Supported by a series of interactive resources, Leading Athletics is perfect for anyone wishing to lead an athletics session. A must for those new to the sport, the resources include information on the **roles and responsibilities** of a leader, how to lead a **fun and inclusive athletics session**, and further information on how to develop your **leadership skills**. Crammed with **'Top Tips'** for effective delivery, the **Support Resource** also explores the key principles of **running, jumping and throwing** events whilst providing technical information which support these principles.



## The Game Cards

- The progressive **Game Cards** included in the full support resource demonstrate how to set up fun and engaging activities all designed to help introduce young athletes to the fundamentals of running, jumping and throwing.



## The App

- The Leading Athletics App complements the Leading Athletics Workshop and allows users to interactively deliver activities and seamlessly link to other support resources.



For more information visit  
[www.englandathletics.org/courses-and-bookings](http://www.englandathletics.org/courses-and-bookings)

Developed in partnership by:

