



WORLD
ATHLETICS™

FIRST MOVES PRACTITIONER GUIDE

LEVEL 1

FIRST MOVES

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

Overview: First Moves is a fun social event. Groups of children and young people take part in a carousel of activities to earn parts of a Mighty Mover character. The sections of the character represent the four Kids' Athletics values of respect, determination, friendship and pride. The activities are based on the Level 1 Fundamental Movement activities. The warm-up activity is a regional game to allow the participants to collect their first Kids' Athletics Passport 'stamp'.

Requirements

SPACE

- Large, flat playing area (approximately 30m x 40m)
- 4 activity stations (1 per team) spread around the area, set out as a carousel
- Place the relevant activity card, organisation card and equipment at each station

CARDS

Activity card and an organisation card for:

- | | |
|-----------------------|------------------|
| • Socorro | • Lily Pond |
| • Under, Over, Around | • Treasure Chest |
| | • Clear the Yard |

You may use different activities if you prefer.

EQUIPMENT

- | | |
|--|-------------------------|
| • Horn/bell | • Rewards |
| • Stopwatch | • Treasure |
| • Mighty Mover parts – 1 set of 4 per team | • Markers |
| • Large ball | • Soft throwing objects |
| • Lily pads | • Divider |

See the activity cards for equipment ideas.

JOBS

- Timekeeper
- 4 volunteers (1 per group)

See the variation on page 5 if you do not have enough volunteers.

Teams

Set up four mixed-age/mixed-ability teams – up to eight children and young people in each. Give them – or ask the teams to give themselves – fun athletics-related names. For example:

- Radical Runners
- Joyful Jumpers
- Thrilling Throwers
- Awesome Athletes.

Variations: If you have more than 32 participants, create more teams and use one of the following options:

- Add an activity (e.g. 5 teams and 5 shorter – 6 minute – activities)
- Have two teams take part in an activity – working separately – at the same time
- Set up a parallel carousel of the activities.

Activities

See the activity and organisation cards for details.

STARTER

Activity

- As a whole group: play Socorro (run) as a warm-up
- Sort participants into their teams
- In their teams, participants play a name game

To collect:

Passport stamp (South America)

ACTIVITY CAROUSEL

Activity

1. Under, Over, Around (throw)
2. Lily Pond (jump)
3. Treasure Chest (run)
4. Clear the Yard (throw)

To collect:

- Mighty Mover piece: friendship
- Mighty Mover piece: determination
- Mighty Mover piece: pride
- Mighty Mover piece: respect

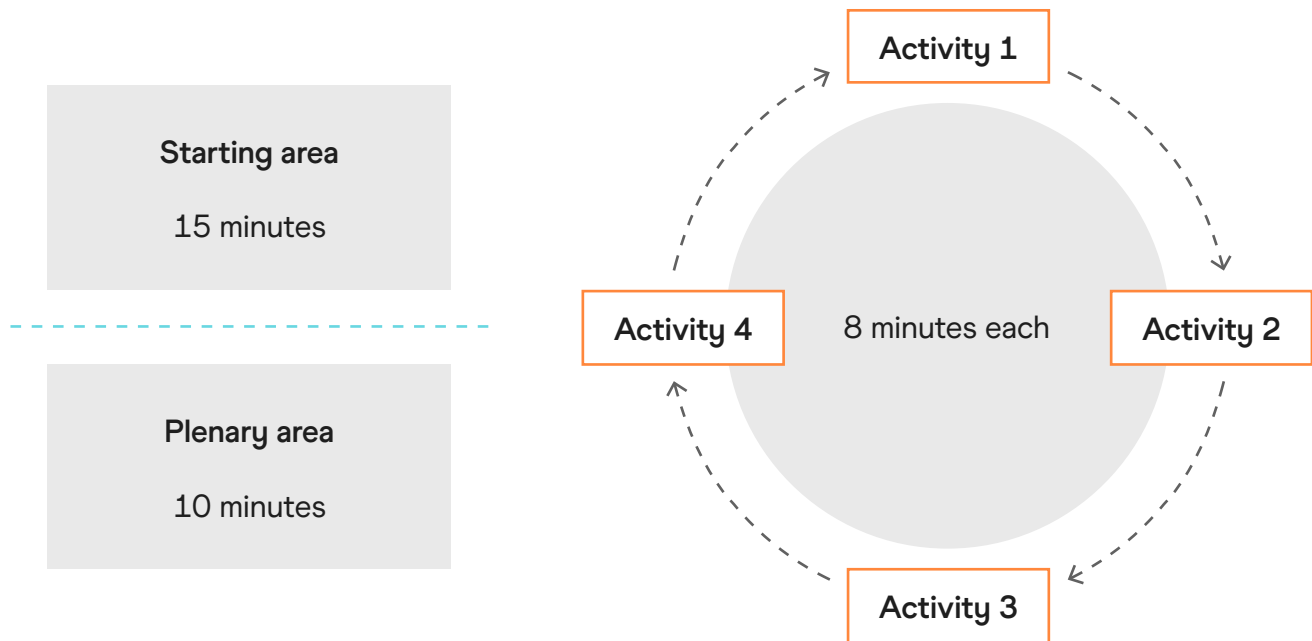
*Instead of making the Mighty Mover, you could award small prizes, e.g. stickers, emojis, ribbons.

PLENARY

Activity:

- Assemble their Mighty Mover
- Celebrate their values
- Sort participants into their teams
- In their teams, participants play a name game

Organisation



Preparation

- Print the Mighty Mover character – 1 copy for each team. Cut each character into 4 pieces: head, upper body, lower body, cape.
- Set up a carousel of 4 activity stations, spaced clockwise around the area.
- Place the relevant activity card, organisation card and equipment at each station.

Starter – 15 minutes

- Welcome and warm up (using Socorro) – emphasise fun and friendship by having more than one chaser, swapping chasers regularly and encouraging children and young people to hold hands with different partners to be 'safe' for 3 seconds.
- Name game – sort children and young people into 4 teams, allocate (or create) team names, play a name game in the small teams.
- Allocate a volunteer to each group to run the activities, move them on, present the Mighty Mover parts and support the children and young people while playing.

Activity carousel – 8 minutes for each activity x 4 activities

- Make sure group volunteers know which station they will start at and move to (one team at each activity).
- Have a central timekeeper who signals the changeover time.
- Volunteers replace the equipment tidily and move to the next activity when they hear the signal.
- Teams start the new activity as soon as they reach it.
- When the changeover signal sounds, the volunteer gives the relevant piece of the Mighty Mover to the team as their reward.
- Encourage children and young people to drink water between stations to stay hydrated!

Plenary – 10 minutes

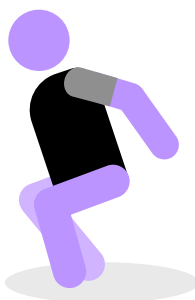
- Allow teams to assemble their Mighty Movers.
- Celebrate the values they showed during the activities.
- Issue the Kids' Athletics Passports (one per participant) and encourage everyone to use them during the programme.
- If equipment is available, play the Kids' Athletics launch film.

Variation: If you do not have enough space or volunteers to run a carousel, run each activity in sequence, with all teams participating – separately – at the same time. This will require more equipment and teams need to be well-spaced for safety.

Celebration

The event is not a competition between teams and there is no scoring during activities. The aim is for each team to make their Mighty Mover character and celebrate their participation and values. Excite the children and young people about continuing their involvement in your Kids' Athletics programme.

HAVE FUN!



STARTER: MIGHTY MOVER!

Welcome participants. Explain that this First Moves event will help them to become Mighty Movers through taking part in fun and friendly athletics-type activities. Show them a picture of the complete Mighty Mover character and explain that they will take part in activities to win each piece of the character.

Socorro

ACTIVITY

Play to warm up.

EQUIPMENT

- None

ORGANISATION (SEE ACTIVITY CARD)

Play as the whole group. Have more than one chaser, e.g. four chasers for a group of 32.

Encourage players to hold hands with different partners when they want to be 'safe' for 3 seconds. Swap chasers frequently - even if they haven't caught anyone, e.g. every 30 seconds

Group name game

ACTIVITY

Hi-5

EQUIPMENT

- None

ORGANISATION

Play in small teams, e.g. four teams of up to eight children and young people in each. Stand in a circle, approximately 2m apart from neighbours.

In the first round, player A walks across the circle towards player B. When they reach B, player A says their own name, high-fives B (or says hello if touch is not allowed) and takes B's place. B walks to C and does the same. Repeat until all players

have said their names and high-fived someone.

In the second round, players call out another player's name as they cross the circle. That player moves to meet them; high-five and repeat until all players have done this.

In the third round, round two is repeated but add different movements, e.g. hop across the circle, walk backwards, zig zag, etc.

Once the name game has been completed, volunteers move with their group to their first activity station.

ACTIVITY CAROUSEL

Under, Over, Around

ACTIVITY

Pass the ball down the line as many times as you can.

EQUIPMENT

- Large ball, e.g. sponge ball, mini-basketball, beach ball, balloon

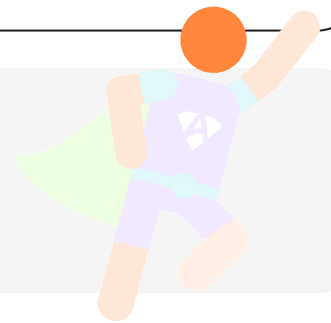
ORGANISATION (SEE ACTIVITY CARD)

Run as a continuous game - when the last player in the line receives the ball, they run to the front and the team passes it down their line again.

For each new start, change the type of pass: over heads, between legs, swivel to the left, swivel to the right. Repeat until time is up.

Your Mighty Mover part is the HEAD.

You needed FRIENDSHIP to include and encourage each other.



Lily Pond

ACTIVITY

Pretend you are frogs and jump across the lily pads to collect your rewards.

EQUIPMENT

- Lily pads, e.g. spots, chalk circles, hoops, tape crosses, non-slip mats
- Rewards, e.g. bean bags, small balls, plastic bottles, stones, shells

ORGANISATION (SEE ACTIVITY CARD)

Option one: Run as a continuous relay - players take turns to jump on the lily pads to reach rewards at the end of the pond, then run back for the next player to go.

Option two: Place the rewards in the centre of the pond - players jump there and back in their own time, with all players moving at once.

Your Mighty Mover part is the UPPER BODY.

You needed DETERMINATION to keep going.



Treasure Chest

ACTIVITY

Collect as much treasure as you can.

EQUIPMENT

- Start markers, e.g. cones, chalk marks, tape, sticks
- Treasure, e.g. bean bags, small balls, plastic bottles, stones, shells
- Optional: treasure chest, e.g. box, hoop

ORGANISATION (SEE ACTIVITY CARD)

Option one: Run as a continuous relay - players take turns to run to the treasure at the end of a 'track' or slalom course, then run back for the next player to go

Option two: Place the treasure in the middle of a large circle - players run there and back from the perimeter in their own time, with all players moving at once

Variation: one player pretends to be a dragon and guards the treasure by tagging the treasure seekers. If they are tagged, they return to the start marker then try again.

Your Mighty Mover part is the LOWER BODY.

You showed PRIDE in everyone's achievements.



Clear the Yard

ACTIVITY

Try to keep your yard clear of rubbish.

EQUIPMENT

- Area markers, e.g. cones, chalk lines, tape, rope
- Divider, e.g. low net, bench, rope, mats
- Rubbish, e.g. paper balls, sponge balls

ORGANISATION (SEE ACTIVITY CARD)

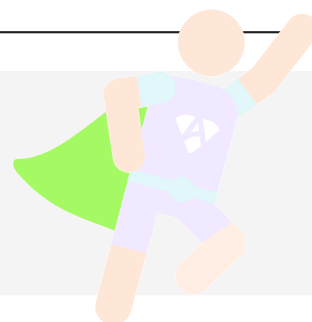
Option one: Play as two teams - half the team in one yard, the rest in the other.

Option two: Play as one big team - how quickly can they clear one yard each time?

Option three: Play the same as option two but the volunteer throws rubbish back on to the yard.

Your Mighty Mover part is the CAPE.

You showed RESPECT by being kind and considerate to each other.



PLENARY ACTIVITIES

Mighty Mover!

- Give teams time to assemble their Mighty Mover from the parts they have earned.

Values

- Work through each of the values and explain – or ask the children and young people to give examples of – how they might have shown that value in the activity. For example:
 - **Friendship** – passing the ball so it was easy for someone to receive; encouraging each other, even if they dropped the ball
 - **Determination** – not giving up even if they were tired; wanting to do their very best jumps
 - **Pride** – praising everyone, no matter how much treasure they collected; celebrating their success as a group
 - **Respect** – being kind and considerate to others as they played; allowing everyone to have a turn; not throwing at another person.

Kids' Athletics Passport

- Ask the children and young people if they can remember the name of the warm-up game – Socorro.
- Explain that this game comes from South America and that it is one of 6 regional games (within the Level 1 activity cards) that they will play as part of Kids' Athletics.
- Each time they play one of these games, they can collect a 'stamp' for their passport.
- Distribute the passports and allow them to colour-in the South America stamp – if time. (Otherwise ask them to do it at home.)

Kids' Athletics launch

- If equipment is available, play the launch film.
- Explain that this is the start of an exciting programme that they will be involved in.
- Excite them about what is to follow.

ARE YOU A MIGHTY MOVER?

Make your Mighty Mover by taking part in each activity and winning each part.

Head

Cape

Upper body

Lower body

