

KIDS' ATHLETICS TRAIN THE TRAINER WORKSHOP - EUROPE							
Day 1							
15.00 - 15.30	15.30 - 16.30	16.45 - 17.30	17.45 - 18.30				
	Session 1	Session 2	Session 3				
Welcome	Introduction to Kids' Athletics	Importance of Warmups *	Adapting Activities using STEP *				
Day 2							
9.00 - 11.00		11.15 - 13.00			14.30 - 15.30	15.45 - 16.30	16.30- 5.00
Session 4		Session 5			Session 6	Session 7	
Fundamental Movement Skills *		Athletics Movement Skills *			Facilitating a Kids' Athletics Practitioner workshop	Kids Athletics Implementation	Q&A
Day 3							
9.00 - 10.30		10.45 - 12.15			13.45 - 14.30	14.45 - 5.00	
Session 8		Session 9			Session 10	Session 11	
Kids' Athletics Coach Approach *		Planning a Kids' Athletics Session			Risk Assessment & Safeguarding	Kids' Athletics Event Planning	
Day 4							
8.30 - 11.00		11.15 - 12.00					
Session 12		Session 13					
Kids' Athletics Event (Including set up)		Wrap up					

Bold* = Practical session