

An Overview of Little Athletics Victoria's Fundamental Motor Skills Program

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The logo features the words "On Track" in white, bold, sans-serif font, centered within a blue rectangular background. The background has thin, curved lines in yellow and red at the top and bottom edges.

On Track

MOTTO

Family, Fun and Fitness



On Track – a structured program to develop children’s athletic abilities.

IT IS ALL ABOUT

- RECOGNISING THAT Having fun is the most important aspect of the children's participation IN ATHLETICS (for most children)
- Encouraging children to do their best
- Being proud when they try their best, regardless of result.
- Encouraging them to learn new skills.
- Focus on achieving and not just on winning or beating other children.
- Smiling, laughing and having fun

The logo for 'On Track' features the words 'On Track' in a bold, white, sans-serif font. The text is centered within a blue rectangular background that has a white border and is decorated with several curved lines in yellow and red, suggesting motion or a track.

On Track engages with children.



We believe children want:

- Active participation.
- To learn & improve.
- To have fun.
- To experience excitement.

Competition is ranked low on children's priority list.

On Track addresses the key issues.

- Increase activity time.
- Decrease total time.
- Increase fun.
- Decrease competition focus.
- Increase opportunities for learning.

On Track is a Skills Based Program

- The idea of On Track is to teach children skills before they are asked to perform them in a competitive environment.
- A massive amount of research has gone into understanding how children learn. On Track is based on this research. If parents want their children to be able to perform sporting skills at a later stage, On Track is the best start they can have.

Who teaches On Track – YOU DO !

The program is designed so that anybody can teach athletic skills to the children.

You don't need:

- Any coaching qualifications or experience.
- Any athletics experience.
- Any teaching experience.

All you do need is ENTHUSIASM – you just have to follow the instructions in the session plans.
And remember - More helpers = Smaller groups = More goes for the children.

How Does On Track work?

SKILLS – LEVEL 1

Hop

Run

Leap

Vertical Jump

Horizontal Jump

Projection

Passing Objects

Receiving Objects

On Track has 5 Levels. Under 6 children start at Level 1 and each year graduate one level. Each level is progressively more complex. It is up to the individual Centre as to how many Levels are taught.

Each level is made up of a number of skills. At Level 1 some of the skills include hop, run, leap and projection. These are called fundamental motor skills and are the building blocks for all complex athletics skills

The skills of higher levels become more and more event specific. Each individual skill is further broken down into components. For example the skill of 'run' has 5 components. One component is 'arms bend at 90 deg and move in opposition to legs'. The children are taught these components and through mastering the components they master the skill. This means that the children don't have to try and take in the complex movements of a complete athletic skill like high jumping in one go.

Breaking the skills into components makes it simple to learn and simple to teach. Each activity has been designed so that it allows children to practice the components they are being taught.

On Track leaders follow a pre-set session plan that explains what to teach and how to conduct the activities

The table below shows how the skills in each level fit together

Level 1 Fundamental Motor Skills	Level 2 Fundamental Athletic Skills	Level 3 Transitional Skills	Level 4 Athletic Skills	Level 5 Extension Skills
Run	→ Sprint (Standing Start)	Sprint	Sprint (Crouch Start)	Sprint (Extension Skills)
Run	→			Distance Running
		Modified Race Walk	→ Race Walking	
Horizontal Jump Leap Run Vertical Jump	→ Run & Jump Sprint (Standing Start)	→ One Stride Jump	→ Long Jump	
Run Leap	→ Sprint (Standing Start) Run Over Objects	→ Modified Hurdles	→ Hurdles	→ Hurdles (Extension Skills)
Run Vertical Jump Hop Leap	→ Scissor Jump	→ Standing Back Flops	→ Fosbury Flop	→ High Jump Approach to Bar
Run Hop Leap Horizontal Jump	→ Skip Run & Jump Sprint (Standing Start)	→ Hop Step Jump	→ Triple Jump	→ Triple Jump (Extension Skills)
Projection Run	→ Standing Sling Over Arm Throw High Arm Push	→ Standing Discus Standing Shotput	→ 1 ¼ Turn Discus Modified Javelin Side Step Shotput	→ 1 ½ Turn Discus Javelin 3 Stride Shotput Glide
Passing Objects Run Receiving Objects	→ Sprint (Standing Start) Moving Exchange	→ Circular Relays Sprints	→ Relay Racing	

An On Track session

ACTIVITY	TIME
Introduction	5 min
Warm Up	10 min
Skill Activities	20 min
Fun Competition	10 min
Conclusion	

Repeat with 2nd skill

Program length

- Flexible.
- 2 x 45 min. sessions per 'day'.
- Special days are planned for.
- Time to learn.
- 8 week program x 2 = one level.

Modified Equipment

At the lower levels of On Track, modified equipment is used, the reasons are:

- It is odd and unusual and keeps the On Trackers interest.
- It allows for more participation and practice.
- It is safe.
- Allows for area flexibility.
- Is better suited for skill development activities.

Smaller groups

Within each age group are smaller groups. The smaller the groups the more opportunities the kids get. The more people that help with the sessions directly relates to how much activity and learning the children receive.



On Track Equipment

Level 1 – U6
30 Dome markers
8 skipping ropes
50 Bean bags
2 Flexibars
12 Hoops
10 medium size soft balls
15 Ribbon bands (different colours)
6 Relay batons – junior
1 Whistle for each group
1 Sack per group

Model On Track Program

Level 1 – Under 6

Round 1		
Week	1 st Session Plan	2 nd Session Plan
1	1 Run	1 Projection
2	1 Horizontal Jump	1 Leap
3	1 Hop	1 Vertical Jump
4	1 Passing Objects	1 Receiving Objects
5	2 Run	2 Projection
6	2 Horizontal Jump	2 Leap
7	2 Hop	2 Vertical Jump
8	2 Passing Objects	2 Receiving Objects
Round 2		
9	1 Run	1 Projection
10	1 Horizontal Jump	1 Leap
11	1 Hop	1 Vertical Jump
12	1 Passing Objects	1 Receiving Objects
13	2 Run + Assessment	2 Projection + Assessment
14	2 Horizontal Jump + Assessment	2 Leap + Assessment
15	2 Hop + Assessment	2 Vertical Jump + Assessment
16	2 Passing Objects + Assessment	2 Receiving Objects + Assess

The benefits of your child participating in On Track are:

No waiting around. With On Track the kids are on the go the whole time, there is no excessive waiting in lines or queue's.

More chances to practice. A child does not have any chance to improve their skills unless they have plenty of opportunities to practice. For example if they only have three turns at long jump each week, they are not going to improve those skills. If they have 63 turns at 'leaping' and 'horizontal jump' then they do improve those skills.

All children have the opportunity to excel. The focus is on the skill development of each individual. There are no winners and losers, all children come out ahead.

It's time friendly. All the action only takes 90 min

It's easy. There are no complicated rules to follow, nobody gets disqualified and it's easy for parents to lend a helping hand.

It's fun. All of the activities are designed so that the kids are having fun all the time. Research has shown that the best conditions for children to learn skills is when they are stimulated through enjoyment.

Thanks for watching!
Feel free to join us for a live Q & A on Zoom
via the link below this video.