

Hej Tony!

15/12-99 Gbg

Ursäkta, att det tagit så lång tid att få  
iväg information till er om Fun Athletics.

Jag skickar lite blandad information  
till dig som du kan läsa igenom  
och gärna höra av dig igen.

- Tidningen går ut till alla skolor et.

- Protokollen är de som vi använder

- De engelska kopiorna är utdrag ur  
det original häftet som grundaren  
George Bunner gett ut.

- ~~Ex~~ på hur föreningsutskick ser ut till skolorna.

- I vår har vi finaler här nere och  
ni är välkomna och komma och  
se på upplägget om ni vill.

Jag arbetar fram till 23/12, och  
är tillbaka den 2/1.

Hör gärna av dig igen om ni  
vill ha mer tips!

Vänligen

Camilla Kallin  
Göteborgs Friidrotts Förbund  
031-7727887

IN  
PART ONLY  
1995 EDITION

By trying we can soar to great heights



# THE SPORTS HALL ATHLETICS manual

By George Bunner

PRESENTING  
ATHLETICS AS A TEAM GAME



## **REEBOK SPORTS HALL ATHLETICS**

"The appeal of Sports Hall Athletics, at both a personal and professional is the enthusiasm of the competitors and the atmosphere that they and their supporters create. There is nothing to compare with the excitement generated at Sports Hall events by young athletes, competing in teams to the best of their ability. And while they are having fun, they are learning the fundamentals of athletics and developing the base for a long term passion for the sport."

*Tony Barratt - Reebok*

## **SPORTS HALL ATHLETICS AS A TEAM GAME**

### **AN ALTERNATIVE TO THE TRADITIONAL SCHOOL SPORTS DAY**

"It is all too easy to take the enjoyment out of athletics for children and hence disappoint thousands of youngsters who expect running, jumping and throwing to be fun.

A typical sports day at school rewards the winners - often with multiple successes - and leaves the vast majority sitting out the events on the side - lines, unhappy at their lack of opportunity to compete.

Sports Hall Athletics and other running and jumping games provide success for all, plus the wonderful joy of competing for a team. Success is shared and there are no obvious failures in these mass events.

The learning of these skills and the acquisition of fitness and strength are seen to be good things to achieve, not just for personal glory but for the team's sake.

The one great fault of athletics is it's selfishness - but in this form of team competition selfishness is banished."

*John Disley CBE  
Director - Reebok UK  
Olympic Medalist*

## **NEW ZEALAND KIWIFRUIT FUN IN ATHLETICS**

"It is seldom in ones career that you get the opportunity to participate commercially in a truly big idea particularly one that has no bias, ethnic or any other barrier.

Sports Hall Athletics is such a truly big idea.

The benefits it can offer a Nation's youth are increasingly being recognised by Governments and Athletics Associations around the world.

Sports Hall Athletics has the unique ability of developing into a true children's international athletics programme that develops team spirit, self esteem and pride, all sadly lacking in many societies today.

The New Zealand Kiwifruit Marketing Board are proud to be involved in an international programme which fits so well with the benefits of our highly nutritional products. New Zealand Kiwifruit is a natural vitamin C capsule, that is high in fibre and other ingredients essential for growing children.

Every encouragement needs to be given to children today to ensure that they follow the right eating regime. If this can be instilled in them through a fun programme such as Sports Hall Athletics so much the better.

The guidelines set out in this manual will ensure that Sports Hall Athletics can become a truly international activity for the enjoyment of all children, linking communities and individuals in competition and friendship around the world."

John Lamb  
Marketing Director  
New Zealand Kiwifruit Marketing Board

"This is a really global idea with which New Zealand Kiwifruit are delighted to be involved".

Roger Growcott  
U.K. General Manager  
New Zealand Kiwifruit Marketing Board

## **THE HISTORY OF SPORTS HALL ATHLETICS**

**BY JOHN YOUNG**

CHAIRMAN OF SPORTS HALL ATHLETICS ASSOCIATION  
CHAIRMAN OF ENGLISH SCHOOLS A.A. 1995

Sports Hall Athletics was created in 1976 by George Bunner who received enthusiastic support from the late Ron Pickering OBE. In subsequent years Sports Hall Athletics quickly spread from its origins in the North West of England to establish itself in all parts of the British Isles and there is now considerable interest throughout the world.

Whilst the original idea of Sports Hall Athletics was to establish a form of winter indoor competition, the concept has been extended to a whole range of "Fun Athletic" activities which can be organised outdoors as well as indoor and both play an important part in many Athletic Development schemes.

Sports Hall Athletics provides the opportunity for young people to take part in a form of indoor track and field athletics during the winter months away from the vagaries of our weather. Taking part brings the excitement and skills of track and field into sports halls and leisure centres and gives young people a taste of athletics using specialist equipment such as the Reversaboard which enables quick turns to take place in various track races. Adapted field events such as the Standing Long Jump, Vertical Jump, Speed Bounce, the Soft Javelin and the Overhead Throw complete the programme. This enables large numbers of children to experience an exciting team format whilst also learning basic skills. LOTS OF CHILDREN CAN DO LOTS OF ACTIVITIES IN A SMALL SPACE WHEN TIME IS LIMITED.

Initially, a format and programme of competition was developed for the 11 to 14 year age groups but it was soon realised that a complementary and more appropriate format for Primary School children was needed. Following considerable research, consultation and early pioneering events involving touring around the United Kingdom, the idea of promoting maximum participation through Fun In Athletics Festivals was born which enabled athletics to be introduced as an exciting team game.

The first rules for competition were published in 1979 followed by a set of instructional wall charts in 1980.

The U.K. National Challenge for Under 13's was introduced in 1984 coinciding with the formation of the Sports Hall Athletics Association in the same year. George Bunner became the Association's first Honorary Secretary and Ron Pickering the founder President.

At this time the group was joined by George Uren who took charge of the manufacturing company Eveque Leisure Equipment Ltd and his excellent design work complemented George Bunner's ideas. Soon, in addition to the competition equipment, a Primary Physical Education Athletics Equipment Pack was produced and made available to allow various events and activities to be introduced on a "come and try it" basis in more restricted facilities such as village halls, community halls, playgrounds and classrooms.

1989 saw the creation of the National All-Rounder Multi-Event Team Competition which was introduced following many requests from children in the older age

group who were disappointed at not being able to continue after greatly enjoying the event for under 13 children.

Sports Hall Athletics like most good ideas is delightfully simple and it is now realised that teams do not have to come from formal backgrounds such as clubs or schools.

The skill threshold is low and provides an opportunity for any youth group to join in and enjoy athletics as a team game.

In 1994 Sports Hall Athletics was introduced into Eire, New Zealand, and there are development programmes in Canada, Sweden, Belgium, France and Holland and many other countries are interested.

## PLAYING AN ESSENTIAL PART

The British Athletic Federation has recognised that Sports Hall Athletics is an essential grass roots development activity which forms an integral part Of its Young Athlete Development Scheme. PROFESSOR PETER RADFORD, THE EXECUTIVE CHAIRMAN, DESCRIBES IT AS "ONE OF THE JEWELS IN THE BRITISH ATHLETIC'S CROWN".

### ADAPTATION TO AWARD SCHEMES

In most counties the Governing bodies of Athletics organise introductory programmes for young children and complimentary award schemes covering a wide range of skills through which children can be introduced to athletics by the measurement of personal improvement in which Sports Hall Athletics can play a valuable role.

### CONCERN FOR HEALTH

Fun athletic activities are designed for school children to become more involved in physical activity and begin to recognise the benefits of regular exercise for themselves.

At a time when there is a concern about young peoples health and their degree of physical activity, the main aim should be to encourage active participation, which may form a solid foundation for future involvement in many other sports.

### COMPETITION

Young people by nature are competitive, and if we do not provide them with a challenge, they will become bored and may find alternative mischievous interests. It is not, however, our objective to train children and produce 'individual champions', but there is no harm in learning to win by team effort, whilst placing a firm emphasis on ASSERTION, BUT NOT AGGRESSION. It is also very important to learn to accept defeat gracefully and to try again

### TEAM WORK

With an emphases on promoting athletics as a team sport, young people are encourage to work together, and understand the value of co-operation, allying this to a firm emphasis on 'fair play'. The activities can provide real educational value by helping to produce better citizens for the future who will appreciate the value of a healthy lifestyle.

### SPECIAL NEEDS

A working party has been established to adapt the Sports Hall Athletics events to meet the requirements of persons with special needs.



NYHET ! NYHET ! NYHET !

ATT LYCKA'S MED FRIIDROTT



VARSAM HAR NOJKT ATT PRESENTERA ETT  
HELT NYTT KONCEPT FÖR FRIIDROTT  
INOMHUS - "ATT LYCKA'S MED FRIIDROTT".

PRODUKTERNA VÄNDER SIG FRÄMST  
TILL BARN PÅ LÄG- OCH MELLANSTADIET.

KONCEPTET INNEHÄLLER BL A

- |                  |                 |
|------------------|-----------------|
| * MJUKT SPJUT    | * SIDHOPP       |
| * SKUM-DISKUS    | * STÄENDE LÄNGD |
| * MJUK SLÄGGA    | * STÄENDE HÖJD  |
| * VIKBARA HÄCKAR | * TRÄSTEG       |
| * MJUK KULA      | * HACKBANA      |
|                  | * STAFETT       |

SVENSKA FRIIDROTTSFÖRBUNDET  
STÖDJER KONCEPTET  
"ATT LYCKA'S MED FRIIDROTT"  
(12 stannar med Per Tunmyr, 06-6774446)

Under Läkret 79/80 kommer introduceras  
ett program för barn i Sverige.  
Ett program för "Att lycka's med Friidrott".  
Ett program för barn i Sverige.  
Ett program för barn i Sverige.  
Ett program för barn i Sverige.  
Ett program för barn i Sverige.

dessa använder vi  
 oss av.



Varsam Motorik

Box 218  
701 44 ÖREBRO  
Tel. 019-125505  
Fax 019-6112143





## PM för Fun Athletics 1998

### *Tidsprogram :*

12.00	Inmarsch
12.15	Uppvärmning
12.30	Hinderstafett ÅK 4
12.40	Hinderstafett ÅK 5
13.00	Grenpass 1 ÅK4
13.15	Grenpass 1 ÅK5
13.30	Grenpass 2 ÅK4
13.45	Grenpass 2 Å K5
14.00	Grenpass 3 Å K4
14.15	Grenpass 3 Å K5
14.30	Grenpass 4 Å K4
14.45	Grenpass 4 ÅK5
15.00	Kurirstafett ÅK4
15.15	Kurirstafett ÅK 5
15.30	Prisutdelning

**OBS ! LAGFOTO NÄR DET ÄR SIDHOPP !!**

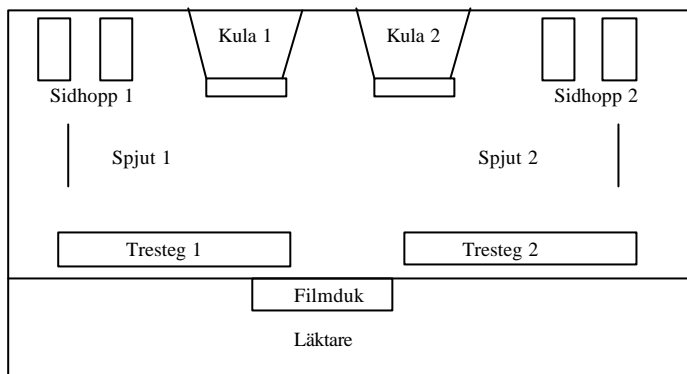
### *Grenordning ÅK4:*

LILLA SAM -	Kula 1 - Sidhopp 1 - Spjut 1 - Tresteg 1
FURULUND -	Kula 2 - Sidhopp 2 - Spjut 2 - Tresteg 2
KVARNBY -	Sidhopp 1 - Kula 1 - Tresteg 1 - Spjut 1
TOLTORP -	Sidhopp 2 - Kula 2 - Tresteg 2 - Spjut 2
ASPENÄS -	Spjut 1 - Tresteg 1 - Kula 1 - Sidhopp 1
STENKULAN -	Spjut 2 - Tresteg 2 - Kula 2 - Sidhopp 2
LINDÄS -	Tresteg 1 - Spjut 1 - Sidhopp 1 - Kula 1
HOVÄS-	Tresteg 2 - Spjut 2 - Sidhopp 2 - Kula 2

### *Grenordning ÅK5:*

ASPENÄS -	Kula 1 - Sidhopp 1 - Spjut 1 - Tresteg 1
FURULUND -	Sidhopp 1 - Kula 1 - Tresteg 1 - Spjut 1
FISKEBÄCK-	Spjut 1 - Tresteg 1 - Kula 1 - Sidhopp 1
KROKSLÄTT-	Tresteg 1 - Spjut 1 - Sidhopp 1 - Kula 1

## Karta.



## REGLER:

### GRENNAR:

- Hinderstafett
- Kula
- Spjut
- stående tresteg
- Sidhopp
- Kurirstafett

### HINDERSTAFETT:

- Växling med klapp i ryggen
- Tiden avgörande

### STÅENDE TRESTEG:

- stående start med en fot fram
- Foten får ej lyftas från under laget innan avstamp
- Hoppning vänster-vänster-höger- landa eller höger-höger-vänster-landa, beroende på vilken fot man har i marken vid start

### KULA:

- Två stötar var med 2-kg's kula

### SPJUT:

- 3 kast per deltagare mot basketkorg
- 3 poäng för inre rutan, 1 poäng för träff på hela
- Avstånd 7m

### SIDHOPP:

- Antal sidhopp på 15 sekunder

### KURIRSTAFETT:

- Mjölkkanneregler utan stafettpinne

### DELTAGARE:

- 5 flickor och 5 pojkar i

byte av deltagare mellan grenar.

### FRÅGOR?

Ring Anders Albertsson 031- 7727887

Göteborgs Fri-idrottsförbund Göteborgs Skol-idrottsförbund samt Göteborgslokaler inbjuder till:

# Fun Athletics 1998

Projektet löper från februari-lovet till slutet av April, och är ett samarbete mellan friidrottsföreningarna i Göteborg och skolorna i stadsdelarna där klubben är lokaliserad.

- ÅRSKURS: - Tävligen omfattar främst årskurs 4. I årskurs 5 tävlar de lag som var i final 1997.
- GRENNAR: - Hinderstafett, Kula, Spjut, Stående 3-steg, Sidhopp & Kurirstafett.
- ZONFINALER: - Zonfinaler kommer att arrangeras i några områden. Mölndal, Väster och Lerum. Ansvarig förening bestämmer kriterierna för avancemang.
- RESOR: - Samtliga resor betalas av "Fun-Athletics"
- PRI SER: - Fina priser delas ut till finalagen. Samtliga deltagare i alla klasser som är med får ett diplom. Finalklasserna får dessutom ett fint inramat diplom att pryda väggarna i skolan med.
- PAKET: - Klubbarna disponerar flera paket som skall vandra mellan de olika skolor och klasser som är knutna till föreningen. Varje paket består av en vändplatta, två kulor, två spjut, sex häckar samt en matta för tresteg.
- FI NAL: - Stor final hålls i Friidrottens Hus den 22/4. Finalagen bussas in till friidrottens centrum i Göteborg. Alla i klassen åker med för att stämningen på läktaren skall vara på topp.

SKOLA:
KONTAKTKLUBB:
KONTAKTPERSON:
TELEFONNUMMER:

PROTOKOLL FUN ATHLETICS

SKOLA:

KULSTÖTNING		1:A	2:A	BÄSTA
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
			TOTALT:	

FÖRSÖK PER DELTAGARE  
VID TVÅ MISSAR GES EN TREDJE CHANS

## PROTOKOLL FUN ATHLETICS

SKOLA:

SIDHOPP:	RESULTAT
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
TOTALT:	

1 FÖRSÖK PER DELTAGARE

MAN FÅR VI DRÖRA, MEN EJ TRAMPA PÅ HI NDRET

PROTOKOLL FUN ATHLETICS

SKOLA:

SPJUT:		RESULTAT			
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
TOTALT:					

AVSTÅND 7 METER

TRE POÄNG FÖR I NRE, SAMT KORGEN

1 POÄNG FÖR TAVLAN

TRE KAST PER PERSON

PROTOKOLL FUN ATHLETICS

SKOLA:

STÅENDE TRESTEG:	1:A	2:A	BÄSTA
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
		TOTALT:	

2 FÖRSÖK PER DELTAGARE

HOPPEN SKER FRÅN GÅNGSTÅENDE



15 oktober 1999

**Hej !**

Lerum Friidrott har glädjen att få inbjudan till "Fun Athletics 2000" i Lerum Kommun. En rolig inomhustävling i friidrott för alla fjärde och femteklasser.

Du har chans att ställa upp med en fjärde och en femteklass i Lerumsfinalen som avgörs i Rydsbergshallen torsdag 27 januari (uttagning av klass för finaldeltagande sker under träningsveckorna på er skola). Förra året var det hela sex 17 lag i zonfinalen, vi hoppas på lika fint deltagande även år 2000.

Den klass som vinner Lerumsfinalen får förutom en inteckning i Fun Athletics vandringspris också en finalplats i Göteborgsfinalen 2 februari i Lisebergshallen.

**Vi ställer upp med:**

- Lån av träningsutrustning, att låna två veckor (enligt lista).
- Gratis resa med GL till zonfinalen i Rydsbergshallen (Gråbo, Sjövik, Stenkullen, Floda och Tollered)

I år har vi lite problem med kunna komma ut till skolorna för instruktion samt med transporter av Fun Athleticspaketerna mellan skolorna. Vi vore väldigt tacksamma om ni kunde hjälpa oss med den transporten.

När det gäller instruktion på gympatimmar så är tiden även där knapp men några tillfällen skall vi kunna fixa, framför allt till dom som inte varit med om detta tidigare.

Vi har tre Fun Athleticspaket att låna ut. Följande veckor har vi reserverat åt er. Om dessa tidsperioder inte fungerar kan ni kanske byta med en annan skola.

Vi hör av oss för att ta upp er anmälan till tävlingen.

Om du har frågor, kan du nå oss på telefon 222 82

**Med Idrottshälsning**

**Bo Malmström, tränare Lerum Friidrott**

**Bilagor:**

- Central inbjudan
- Tävlingsregler
- Utlåningslista
- Träningstider, LFI

<b>adress</b>	<b>telefon</b>	<b>fax</b>	<b>bankgiro</b>	<b>postgiro</b>
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