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Stages of Development

Little Athletics recognises that children are not simply small scale adults. As such, Little Athletics is divided into a number of stages, with the desired outcomes for each stage providing a suitable environment for the enjoyment and development of the participant. In combination, the stages provide a smooth progression to lifelong sporting activity, whether at a competitive or social level.

Stage	Age Group	Focus	Skills	Explanation
1	Up to U6	Playing	Fundamental Motor Skills	The majority of activities in this stage are based on game like activities that teach fundamental movements rather than focusing on competition and measurement of performance. Competitive athletics may slowly be introduced towards the end of this stage, with modified specifications and a focus on fun rather than on rules and performance.
2	U7-U8	Moving	Fundamental Athletics Skills	Activities in this stage are focused on the further development of fundamental motor skills, but within the context of athletics event groups (running, jumping and throwing). Competition is conducted using modified rules and specifications, with a focus on the correct execution of fundamental movements and personal improvement rather than on the absolute level of performance.
3	U9-U12	Learning	Event Specific Skills	Activities in this stage are focused on developing event specific skills through a 'working model' that highlights the fundamental aspects of each specific athletics event. Structured competition, using modified rules and specifications, is a core component of activities in this stage. The focus is on the correct execution of event specific skills and personal improvement while adhering to the rules of the event, rather than on the absolute level of performance.
4	U13-U15	Practicing	Technical Model	Activities in this stage are focused on further development of event specific skills through a 'technical model' that highlights more advanced aspects of each specific athletics event. Greater specialisation to particular event group(s) may be introduced. More highly structured competition, using minimal modifications to rules but retaining modifications to specifications, is a core component of activities in this stage. The focus is on the correct execution of event specific skills and personal improvement while adhering to the core rules of adult level competition.

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5	U16-U17	Training		
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<http://littleathletics.com.au/Portals/25/Users/253/53/253/Policies/DEVELOPMENT%20POLICY.pdf>