



WHAT IS FIT4CLASS?

Fit4Class is Athletics Irelands new 10 week athletics programme that introduces primary school children aged 5-10, from junior infants to fourth class to athletics in a fun, engaging and non-competitive environment. It focuses on the use of games to develop fitness whilst enhancing agility, co-ordination and balance, all fundamental to longer term physical athletic development. Fit4Class rewards students for participating and having fun.

WHAT IS THE AIM OF FIT4CLASS?

We at Athletics Ireland anticipate Fit4Class will not only encourage primary schools to incorporate athletics into their PE class, but also encourage students to try athletics outside school with their local athletic club. It is hoped that Fit4Class will also help promote the benefits of regular physical activity to the wider school community.

WHY PARTICIPATE IN FIT4CLASS?

- Be part of a national programme.
- Experience athletics in a fun and exciting way.
- Develop agility, balance and coordination.
- Learn new challenging games.
- Be rewarded for participating.
- Recognition for schools for promoting athletics.
- Provides a great opportunity to introduce a new sport.
- Be rewarded for reaching your goals.
- Learn new skills.
- Encourage students to become fit in a safe environment.

HOW TO SUCCESSFULLY COMPLETE FIT4CLASS

- From week 1 to week 10 simply follow the Fit4Class recommended games taken directly from the supplied Fit4Class manual.
- Each Student must attend a minimum of 8 weeks of Fit4Class sessions to successfully complete the Fit4Class programme.
- On completion of the 10 week programme students will be presented with their Fit4Class wristband by the class teacher.

FIT4CLASS CLASS TRACKER

Every class participating in Fit4Class will receive the Fit4Class class tracker to motivate and monitor the class's progress.



PRIMARY SCHOOL ATHLETICS PROGRAMME

STUDENT AWARDS

On completion of the 10 week programme students will be presented with their Fit4Class wristband by the class teacher. Students that successfully complete Fit4Class will be awarded the following Athletics Ireland Fit4Class wristbands:

- Junior infants – yellow
- Senior infants – orange
- First class – green
- Second class – blue
- Third class – black
- Fourth class – red

FIT4CLASS GUIDELINES

- Fit4Class is a 10 week athletics programme.
- The start date is determined by the class teacher.
- All resources needed for delivery of the programme are contained in the Fit4Class manual.
- Equipment needed for Fit4Class is minimal and found in all PE departments.
- The Fit4Class manual is divided into 5 sections:
 - Agility 1 - week 1 + week 2
 - Agility 2 - week 3 + week 4
 - Balance - week 5 + week 6
 - Coordination 1 - week 7 + week 8
 - Coordination 2 - week 9 + week 10
- Each section contains 3 recommended weekly games.
- All Fit4Class sessions must be taken directly from the Fit4Class manual.
- Classes must complete one Fit4Class session each week.
- Fit4Class should ideally take place over 10 continuous weeks.
- The duration of each Fit4Class session must be a minimum of 30 minutes.
- All sessions must be conducted by the class teacher or under their supervision.
- Selecting the recommended weekly game/s is at the discretion of the class teacher.
- Each Fit4Class session may include 1, 2 or 3 of the weeks recommended games.

