



**FAST**

**Fundamental Athletics Skills Training**

# FAST

FAST is a Fundamental Athletics Skills Training session designed to be run for a one hour duration utilising games and skill development activities to teach the basic, fundamental movement patterns of the events experienced in a Little Athletics competition. It will be an eight (8) week program that teaches these skills and leads up to a modified “competition” at the end of the period.

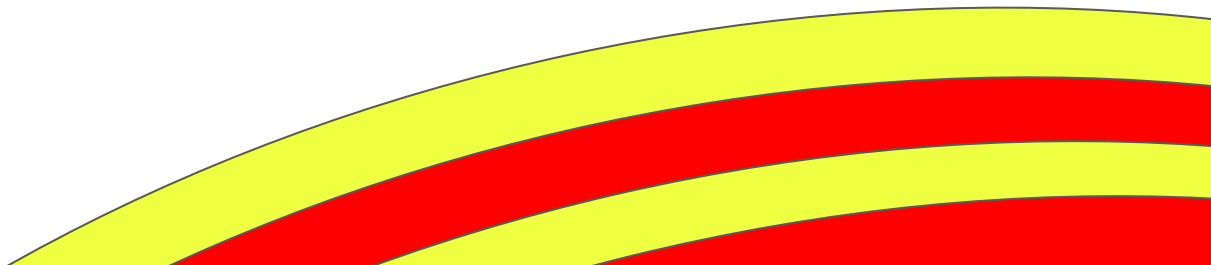
Each FAST session will have one warm up activity, one running activity, one jumping activity and one throwing activity. Each of these activities are 10 – 15 minutes duration so that the athletes will experience a lot of skill development in a short amount of time.

## Activity Overview

Week	1
Warm Up	<ul style="list-style-type: none"><li>• <a href="#">Remote Control</a></li><li>• <a href="#">Dynamic Movements</a></li></ul>
Running	<ul style="list-style-type: none"><li>• <a href="#">Butterfly Run</a></li></ul>
Jumping	<ul style="list-style-type: none"><li>• <a href="#">Hopscotch</a></li></ul>
Throwing	<ul style="list-style-type: none"><li>• <a href="#">Bullseye</a></li></ul>
Other	<ul style="list-style-type: none"><li>• <a href="#">Running over obstacles</a></li></ul>

## Key Concepts

Key Concepts	Week 1
Running	<ul style="list-style-type: none"><li>• Sprint Mechanics</li><li>• Endurance</li></ul>
Jumping	<ul style="list-style-type: none"><li>• Hopping / Bounding</li></ul>
Throwing	<ul style="list-style-type: none"><li>• Slinging</li></ul>
Other	<ul style="list-style-type: none"><li>• Running over Obstacles (hurdles)</li></ul>



# Activity example.....

## FROGS AND LILY PADS

Randomly distribute the hoops (lily pads) inside the pond, making sure they are close enough to each other (i.e. jumping distance). Athletes jump from lily pad to lily pad and see how many they can land on in a given amount of time, e.g. 30 seconds.

If there is more than one frog on the lily pad, it will sink. If an athlete jumps onto a lily pad with another athlete already on it, the original athlete must immediately find another lily pad to jump onto. Athletes may jump into the pond as well as onto the lily pads.

### Variations

- Increase or decrease the distance between the lily pads to vary the jumps.
- Introduce a 'tagger'. Athletes must jump around the pond and avoid the 'tagger'. Athletes are safe if they are standing on a lily pad, but as soon as another player jumps on that lily pad the original player must find a new one. If an athlete is tagged, they become the new tagger.
- Place the lily pads in the sand pit to increase difficulty



# Further Information

For more information about the program and how you can start running FAST in your community, contact:

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