

# MARATHON KIDS



**TEACHERS  
INFORMATION  
PACK**

**KIDS  
RUN  
FREE** 



## Introduction

**Welcome to the Marathon Kids information pack. By taking the time to read this document you are already on the road to becoming a Marathon Champion and implementing this fun, sustainable and effective running programme into your school.**

### **Why Marathon Kids?**

We at Kids Run Free know how difficult it can be to engage all children in PE lessons and to deliver the Government-recommended 30 minutes of moderate to vigorous physical activity (MVPA) every day. This is where Marathon Kids comes in!

By implementing Marathon Kids you will be bringing a fully sustainable running programme to your school that will support you to deliver part of that target of 30 minutes of MVPA per day.

Schools across the UK are using Marathon Kids today. Over the past four years, Kids Run Free has helped schools to get 40,000 children running and achieving their goals. We provide all the support and tools you need to inspire kids to get moving.

## Impact

We know that active kids do better in every way. Research shows they are happier, healthier, have better concentration and behaviour in class.

Furthermore taking part in Marathon Kids can contribute towards OFSTED requirements on the effective use of PE and sport funding as well as your Bronze, Silver & Gold Healthy Schools Awards.

## Programme Benefits

- Engaging the least active pupils in physical activity
- Developing children's awareness of their own Health & Wellbeing and improve personal fitness
- Developing children's leadership skills
- Providing training and payment for midday supervisors to introduce playground games at breaks and lunchtimes





## What is Marathon Kids?

Marathon Kids is an exciting schools running programme from children's charity Kids Run Free. The concept is based on personal achievement rather than competition encouraging all children, regardless of fitness or ability to take part.

### Important

Marathon Kids should be seen as another opportunity for kids to take part in physical activity rather than being a replacement for the normal PE lessons.

## How does it work?

Over the course of the academic year children complete up to four marathons by running or walking laps of a course on the school field or playground.

This flexible and achievable programme is easily implemented into all schools regardless of outdoor space or timetables. We will work with you to tailor the programme to meet your specific needs.

## It really is as simple as Ready, Steady, GO!

- Measure out a running course at your school
- Decide if kids will run daily, weekly or something in between
- Populate the FREE Digital Tracking System with all class registers
- Identify four of your year 5/6 children to be your Marathon Ambassadors who support the teacher to manage the programme
- Show the FREE Marathon Kids assembly film to inspire kids and teachers to participate
- Set up a Marathon Kids display board so everyone can celebrate achievements made
- Keep Parents and Guardians informed with the FREE Marathon Kids engagement tools
- Ensure children know which is their day to run
- Use the free Marathon Kids Support Tools to maximise on participation

## Get Running!

- After each session record the number of laps in the Digital Tracking System
- Hand out rewards as kids reach specific mile stones

## The Marathon Kids five pillars

These are the five criteria by which the Marathon Kids programme is measured:

**Goal setting:** Kids set their own goals and work hard for them.

**Tracking:** We provide a FREE Digital Tracking System allowing you to track and measure all participants progress and participation in real time.

**Role-modelling:** Running with your kids is proven to increase participation and enjoyment. Don't worry if you don't run regularly Marathon Kids will help you to get running too.

**Celebrating:** Celebrating all kids achievements right from the launch event to the final lap will motivate children to keep running.

**Rewards:** Kids Run Free have all the incentives you need to reward your Marathon Kids and keep them motivated toward achieving their goals.



## How Much Does It Cost?

If you choose to implement Marathon Kids yourself and provide your own equipment the programme is FREE.

## What Do I Get For Free?

- Online training video to show you how to set up and manage the programme
- A Champions Guide to running Marathon Kids with helpful hints and tips to success An engagement film to inspire children to participate
- The exclusive Marathon Kids Digital Tracking System which automatically generates certificates (including the How To Guide)
- Access to all of the Marathon Kids Support Tools including cross curriculum lesson ideas
- The Marathon Kids Welcome Pack which includes: An exclusive T-shirt for the Marathon Champion (teacher) and four badges for the Marathon Ambassadors (Year 5/6 children)
- Full support from one of our MK Schools Co-ordinators to ensure the programme meets your needs and fits into your school day.
- Parent/guardian engagement tools
- Continued support from your Marathon Kids School Co-ordinator throughout the programme
- The Marathon Kids Newsletter



## What can I buy?

Optional purchases to enhance and support you to manage the Marathon Kids programme at your school include:

- A Marathon Maker to visit your school who will implement the programme and train you and your Marathon Ambassadors
- Marathon Kids Starter Kits (equipment for running courses) for both Hard-standing Playground and School Field
- Lap Bands (elastic bands)
- Stickers, wristbands and medals
- Other branded Marathon Kids merchandise

To see the full range of products available please go to [shop.kidsrunfree.co.uk](http://shop.kidsrunfree.co.uk)

## Do we have to buy from Kids Run Free?

No, not at all.

If you choose not to purchase the Marathon Kids Starter Kits or other branded tools you will just need to provide some of these items yourself to help you manage the programme such as:

- Markers for your running course
- Lap bands or similar for participants to collect allowing them to keep track of laps completed each session

To talk to a Schools Co-ordinator today please contact: Sharan Dhillon on [marathonkids@kidsrunfree.co.uk](mailto:marathonkids@kidsrunfree.co.uk)



## What teachers say about Marathon Kids

**“Marathon Kids has definitely inspired more children to take up running - it has really helped to increase the stamina of many children.”**

Louisa Brown - Knightlow Primary School

**“Marathon Kids has been a really effective tool to get kids active on a regular basis. The pupils are motivated by the target to run a marathon or half marathon and to out run their peers. The resources provided are really good and effective and make the whole programme very sustainable and purposeful”.**

Ben Walker, PE Co-ordinator - Highview SEN School

**“The support on getting started was excellent. The children still love going out and running round the playground 6 months in, and they love the instant feedback of the record-keeping sheets. It's great for everyone: the children who have spent hours clocking up extra kilometres at home and those who otherwise would do nothing at all”.**

Anna Fairhurst, Head Teacher - Brize Norton Primary School

**Register Now**

To register for Marathon Kids today please

**[CLICK HERE](#)**



[www.marathonkids.co.uk](http://www.marathonkids.co.uk)



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# MARATHON KIDS



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