

MARATHON KIDS



**PARENTS/CARERS
INFORMATION
DOCUMENT**

**KIDS
RUN
FREE** 



Introduction

Today's generation of kids is the least active in history, with real consequences for their health and wellbeing. Research shows that active kids do better in every way: they are happier, healthier and more successful in school.

What Is Marathon Kids?

Marathon Kids is a flexible, fun and sustainable running programme that helps schools to get kids moving every day, and helps kids to run and jump into a happier, healthier future.

Why Marathon Kids?

We know Marathon Kids works because:

- Over the past four years we have seen 40,000 children running and achieving with Marathon Kids
- Kids Run Free provides all the support and evidence based tools a school needs to manage the programme and inspire their kids to get moving

What Does It Cost?

Marathon Kids is FREE if a school chooses to implement the programme themselves by using our support tools but will need to provide all equipment to set up a running course (starter kits and incentives can be purchased from the Kids Run Free shop if required).

How Do I Get My School Running Marathon Kids?

- **Contact your school's PE Lead or Head Teacher** - inform them of the Marathon Kids programme and direct them to the Kids Run Free website www.kidsrunfree.co.uk Here they will find everything they need to know about Kids Run Free and the Marathon Kids programme. They will also find the Teachers Resources and the Teachers Information Pack
- **Tell your friends and family about Marathon Kids** - The more schools that participate the more children we can support to start being more physically active

How Can I Support My Child To Run Both In And Outside Of School?

- Know which day your child runs their marathons at school. This way you can encourage them to participate and ask how many laps they ran that day
- Celebrate effort no matter how short a distance they run
- Encourage walking if a child is reluctant to run - it is the movement that counts

Use The KRF Running App

Kids Run Free have developed a FREE app that allows you to record all running done outside of school. The best part about the app is:

You can add as many people to the app as you like so the whole family can track their running together.

If your school is delivering Marathon Kids ask the schools Marathon Champion for your child's QR Code, this is found in the Digital Tracking System. This QR Code can be scanned into your child's profile on the app and will then connect the two systems together. This means you will see when your child runs and how far at school and the school will see when your child runs outside of school.

All data is kept separate



Follow The Marathon Kids 5 Pillars

Goal setting

We encourage you to allow kids to set their own goals and work hard for them.

Tracking:

Using the KRF Running App allows kids to see just how easy it is to reach their goals.

Role-modeling

Running with your kids is proven to increase participation and enjoyment in physical activity.

Celebrating

It is important to celebrate no matter what distance is run. This can be a high five or positive reinforcement of what they have just done, when children feel proud of themselves they will want to do more.

Rewards

Rewards are an important part of the Marathon Kids programme. If you would like to reward your Marathon Kids and keep them motivated toward achieving their goals please see, shop.kidsrunfree.co.uk





www.marathonkids.co.uk



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READY TO GO?

Kids Run Free is a registered charity who's mission is to create fun, sustainable running opportunities for 0-16 year olds, igniting their passion for sport and physical activity allowing them to become healthier, happier, more confident children.

Visit our website www.kidsrunfree.co.uk or contact us on
01926 336628

Visit our shop for running course equipment and Marathon Kids
branded rewards shop.kidsrunfree.co.uk



KIDS RUN FREE

Kids Run Free is a charity registered with the Charity Commission in England and Wales (1146636) and a registered Company Limited by Guarantee, England and Wales (07465668).

Registered office: Kensall Cottages, Stratford Road, Oversley Green, Alcester, Warwickshire, B49 6PH.

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