

# MARATHON KIDS



**COLLEAGUE  
ENGAGEMENT  
DOCUMENT**

**KIDS  
RUN  
FREE** 



## Dear Colleague,

Your school is about to take on an exciting challenge, Marathon Kids!

However to make this challenge as successful as it possible your dedicated Marathon Champion needs your help. This can come in many different ways, so please take a moment to read this document and find out how you can make a difference to every child in your school – you may even find that it makes a difference to you too.

## Who are Kids Run Free?

We are a registered charity based in Warwickshire who create free, fun and sustainable outdoor running opportunities for children, from toddlers to teens, igniting their passion for sport and physical activity and encouraging them to become healthier, happier, and more confident.

Our programmes are accessible to all children, regardless of age or ability. We believe that every child deserves the opportunity to realise his or her potential through running.



## What is Marathon Kids?

Marathon Kids is an exciting programme that gives primary school children the opportunity to run or walk the distance of up to four marathons throughout the school year. Our programme emphasises personal achievement and aims to inspire and empower children of all fitness levels to set and achieve goals.

## How does it work?

Children run laps of their playground or sports field. All laps are recorded by kids collecting a lap band (elastic band) per lap, until the number of laps run equals the distance of a marathon. Children can run up to four marathons per school year and all of their personal achievements are celebrated.

## How can I support the running of Marathon Kids?

Below are lots of ways to get involved with the programme, but knowing that the programme is happening and what it is all about is the first step, you can find out more by:

- Talking with your dedicated Marathon Champion who sent you the information
- Looking at the Kids Run Free website – [kidsrunfree.co.uk](http://kidsrunfree.co.uk). Here you will find everything you need to know about the programme as well as the Teachers Resources, including the Marathon Champions Guide and a training film





**We are proud to have Sir Mo Farah  
as our Marathon Kids Global  
Ambassador**

## **Ask your Marathon Champion:**

- If you can help set up the programme or become a Marathon Champion with them
- If you can help during the running session, or if there is another job you can help them with
- How to use the Digital Tracking System

## **How can I support children to run marathons?**

- Encourage all children in your class/school to participate no matter what their ability or fitness
- Remind children when it is their day to run
- Be interested in how they are doing, how many laps they have run each session and how far they have now run in total
- Use the Marathon Kids Kilometre Logs for each child to track their own progress - these logs help children to see just how easy it is to run up those kilometres and achieve their goals
- Be a role-model - start running Marathon Kids too. You may already be a runner or perhaps you too find running hard, either way children love running with adults. When they see you making the effort they learn from your lead
- Walking is as good as running - it is the movement that counts for you and for them
- Never use Marathon Kids as a punishment or reward - all children, no matter what the behaviour should be allowed to run Marathon Kids
- Inform parents about the programme and the KRF Running App. Give every child their personal QR Code, generated by the Digital Tracking System. This QR Code, when scanned into the KRF Running App, will connect the two systems together allowing the parent to see when and how far their child runs with Marathon Kids at school and the school can see what distance a child runs outside of school. Both sets of data are kept separate
- Check out the Marathon Kids Lesson Ideas to further support engagement in the programme by bringing the marathon into the classroom
- Tell other schools about the programme and get them on board too



## How can I celebrate and reward the children?

- Celebrate effort, no matter how small the distance - for some children reaching 1k will feel just as hard as it has done for others to reach 10k or more
- Be present when children run giving positive support and encouragement
- A high five as they finish each lap can be all it takes to keep a child motivated to do another lap
- Hand out the Marathon Kids certificates (these are automatically generated by the Digital Tracking System for every 10k reached), in your celebration assemblies
- Set up a Marathon Kids display board with each year groups progress, or runner of the week or total schools distance run - how far from the school can the entire school run together? From the school to the next city, to Europe, to the moon?
- Purchase Marathon Kids branded rewards from the Kids Run Free shop. We have everything from stickers and patches to medals. Check out [shop.kidsrunfree.co.uk](http://shop.kidsrunfree.co.uk)
- Hold a Marathon Kids celebration event at your school, this could be part of your annual sports day or a special day dedicated to Marathon Kids





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



@marathonkids



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**KIDS RUN FREE**

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