

MARATHON KIDS



**MARATHON KIDS
SETUP CHECK
LIST**

**KIDS
RUN
FREE** 

Pre-Launch Check List

| To Do | Details | ✓ |
|---|--|--------------|
| Set a launch date | Date | |
| Set an end date | Date | |
| Book in your Launch Assembly | Date | |
| Order from Kids Run Free online shop: shop.kidsrunfree.co.uk | Running Course Starter Kits | |
| | Lap bands | |
| | Marathon Maker | |
| | Rewards | |
| Locate running course area/s and measure out in metres | Welcome Pack | |
| | Course 1 - Distance: | |
| Decide on total distance you want to achieve - 1, 2, 3 or 4 marathons over the academic year | Course 2 - Distance: | |
| | Marathon 1 = 42.2k | |
| | Marathon 2 = 84.4k | |
| | Marathon 3 = 126.6k | |
| Work out which year groups/classes will run on which days of the week and at what time of the day | Marathon 4 = 168.8k | |
| | Day of the week | Year/Classes |
| | | |
| | | |
| | | |
| | | |
| Choose your Marathon Ambassadors and inform them of the jobs you will be asking them to do - hand out the lap bands, encourage participation, fill in the Digital Tracking System with the running data etc | | |
| | Name of ambassadors: | |
| | Year 5: | |
| | Year 6: | |
| Nominate a support person from your administration team, who can be a liaison between you and us, when you are not available | | |
| Populate your Digital Tracking System, print out the QR Codes and Parent App Letter, (REMEMBER you will need to have already sent to parents and received back the permission slips to be able to add children to the DTS) | See the How To Use Your DTS video and the DTS Permission Letter in the Support Tools | |
| Print out the Marathon One Kilometre Log | One for each child | |
| Create a Marathon Kids display board to increase participation, inform on what the challenge is, show progress of the school | | |
| Put up the Teacher & Child Engagement Posters from your Welcome Pack (print out more if needed from the Support Tools) | Child Engagement Poster (add in the laps per week) | |
| | Teacher Engagement Poster | |
| Add the Marathon Kids Flyer from the Teachers Resources on our website into your school newsletter | | |
| Set up your running courses ready for your launch day | | |
| Prepare a Marathon Kids box with all the lap bands, a clipboard with the class registers and pens to record the running data | | |
| Do your Risk Assessment for running Marathon Kids | | |

Launch Day Assembly Check List

The launch day assembly is key to starting your Marathon Kids programme on a high. Introduce the programme telling the children what it is you are asking them to do - run a marathon or more over the school year and that they will be starting this amazing and fun challenge TODAY! Make this as fun and as exciting as possible, the more positive you make this the more engaged your children will be to get involved right from the start.

| To Do | Details | ✓ |
|---|---|---|
| Introduce the Marathon Ambassadors and explain their job role | | |
| Play the Launch Day Assembly Film | Available in the Support Tools | |
| Inform of what the rewards will be for reaching the half marathon, full marathon or more | | |
| Tell the children which teachers are also going to be running Marathon Kids with them and that the teachers will need as much support from the kids as the kids will need from them | | |
| Inform if you will be doing a House Points competition system or similar | | |
| Inform about the Kids Run Free Running App, how to download this and why continuing to run outside of schools is so important | Have the QR Codes and parent letter ready to give out either in assembly or at the end of the day | |
| Tell them which day/s of the week will be their day/s to run Marathon Kids and at what time of day | | |
| Give every child their Marathon One Kilometre Log and explain to them how to use this*, where these should be kept - in a folder in the classroom, on the walls in the classroom/halls, on the Marathon Kids Display Board, in their personal school tray etc | *for every half a kilometre run they colour in the lines around the numbers showing how far they have run | |

Running Marathon Kids Laps

Make sure your Marathon Ambassadors have received an exclusive Marathon Kids Ambassador Badge each from your Welcome Pack. As the Marathon Champion, please take the time to go through the jobs you will ask your ambassadors to do and answer any questions they may have.

On the launch day you and the Ambassadors should be ready at the running course to hand out lap bands and encourage children to participate. Have the Marathon Kids Box with all the lap bands inside ready at the funnel, hand one lap band to every child for each full lap run - educate the children not to cut corners. When running is finished, line all children up in their classes and write down the number of bands they have collected next to their name on the Marathon Kids Register ie:

James 12
Paul 5
Sarah 15

Once all running data has been captured, input these numbers as soon as possible into your Digital Tracking System.

Repeat this each running session.



www.marathonkids.co.uk



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MARATHON KIDS



shop.kidsrunfree.co.uk

Order your Marathon Maker today!

Get your programme up and running with a
Marathon Maker visit to your school.
A full interactive day of fun!



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