**England Athletics Programme for 11+ Years – Athletics 365**

As a result of the coronavirus and children learning at home England Athletics have released a number of resources to help parents develop their child’s athletics skills at home.

The **athletics 365** resource is specific to 11+ year olds and consists of 2 handbooks to complete fun challenges and activities at home whilst enabling a way to record and measure progress. The challenges are colour coded to allow for differentiation and progress.

The Handbooks usually cost £9-99 each but are completely free at the moment due to the current situation. Pupils can download the Athletics 365 App from the Apps Store and can then download the handbooks via the app. Each challenge card has a video to support pupils’ and parents’ understanding.

You can see the quality of the Handbooks by visiting the following link:-

https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/

This programme is part of England Athletics @home strategy, their hashtag for social media posts is #bettertogether

**Weekly fun athletics challenges on Facebook**

England Athletics are working on a range of free athletics-based challenges for children and parents to take part in at home.

These activities will cover a range of areas such as Speed, Endurance, Jumping, Throwing and Physical Preparation.

Jenny Meadows – World and European medallist and 800m coach will be setting a fun challenge each week. Watch on Face Book using @home challenges with Jenny Meadows

If you send any videos of yourselves doing the challenges remember to use the hashtag #bettertogether

Jenny is a North West Athlete who competed for Wigan Harriers. You can research Jenny’s achievements via You Tube and Google to get a better idea of her achievements.