MARATHON KIDS

MARATHON CHAMPIONS GUIDE

KIDS RUN FREE

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Congratulations on becoming a Marathon Kids Champion

So excited for you.
We can't wait to support you in getting your kids running marathons!

Welcome

As you read this Marathon Champion's Guide, remember: life is not a sprint - it's a marathon. Our mission is to provide children, regardless of their current fitness abilities, the tools, motivation and support to live healthier, happier lifestyles. These tools, along with the input of amazing Marathon Champions like you, will promote long-term adoption of healthy behaviours.

With this Marathon Champion's Guide and the Marathon Kids Training Film, which can be found on the Kids Run Free website, we will give you all the advice, hints and tips you need to run a successful Marathon Kids programme, whilst customising the programme to fit your school's specific needs.

You will receive:

- The Marathon Kids Welcome Pack, including your official Marathon Champions T-shirt, four Marathon Ambassador Badges and two engagement posters
- Digital Tracking System (DTS) with self-generating certificates
- Child/Parent/Teacher engagement tools – all can be found either in your Support Tools on the DTS or in the Teachers Resources on the Kids Run Free website
- Support throughout the programme from our Marathon Kids Schools Co-ordinator
- Marathon Kids Newsletters

To ensure you receive the newsletter: make sure you can receive messages from all emails ending in @kidsrunfree.co.uk and @marathonkids.co.uk. Check with your technology department if you are using a work email address.

Engage with us on social media by: Adding/following the Marathon Kids social media accounts - Facebook - Marathon Kids UK or Twitter - @marathonkidsuk
We want to know about the exciting things happening at your school, so tag us in your posts.

Use the hashtag: When you use the hashtag (the # symbol before a word or phrase), your post is categorised. It shows up in any searches for that hashtag, which helps you connect with like-minded people around similar topics. Use the #MarathonKids hashtag to connect with other schools also delivering Marathon Kids and raise awareness about the programme.

Marathon Kids Five Pillars

Using the following Marathon Kids Five Pillars will help you get the best from your programme and will maximise participation.

01 . Goal Setting

Not every child needs to set the goal of four marathons. It may be that some children just want to start by getting to 10km, or even less. Use goal setting to motivate children to work hard to achieve and be proud of themselves

02 . Tracking

By logging their kilometres, Marathon Kids can see progress and feel motivated to keep on running. Use the free Kilometre Logs found in the Support Tools for more information on this

03 . Role-modelling

Kids look to adults to model active, healthy lifestyles. The more of us that participate, the better. Parents, teachers, Head teachers — Kids Run Free will support you too

04 . Celebrating

Celebration is an important part of the Marathon Kids programme, as it creates a sense of community and pride in the achievements made by all. See page 22 for more information and your Support Tools for the Marathon Kids Celebration Guides

05 . Rewards

Your Marathon Kids will run up to one marathon, or more, this academic year and that is worth recognising! So whether you choose to buy the official Marathon Kids Rewards via our online shop at shop. kidsrunfree.co.uk or use your own, rewards are an important part of the Marathon Kids programme

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

Marathon Ambassadors

Who are your Marathon Ambassadors?

We recommend that you choose two children from Year 5 and two from Year 6 to be your Marathon Ambassadors (this will allow for a seamless transition in management of the programme year on year). In your welcome pack you will find four Marathon Ambassador badges, give these to your chosen children.

Marathon Ambassadors don't need to be the 'sporty kids' they just need to be:

- Enthusiastic about the Marathon Kids programme
- Be good communicators with other children in order to encourage participation
- Responsible and trustworthy to support the management of the programme
- Have a basic understanding of computers

What do the Marathon Ambassadors do?

Marathon Ambassadors are there to support you to manage the programme and will enable you to delegate jobs.

Some of these jobs could be:

- Handing out lap bands as children run each lap
- Writing down the number of laps run for every child on a register after each session
- Using that register to input the laps run into the Digital Tracking System
- Informing you when the Digital Tracking System has certificates ready for printing

Being a Marathon Ambassador is a very rewarding opportunity for children, as it teaches them responsibility and develops leadership skills. They also learn about inputting data into a database and supporting other children throughout the school to participate and do their best.

You may wish to have more ambassadors than the recommended four, this is fine and you can purchase more ambassador badges from the Kids Run Free online shop at shop.kidsrunfree.co.uk

Other Ideas for your Marathon Ambassadors

Ask your Marathon Ambassadors to:

- Put together and deliver an assembly promoting the benefits of participating or showing the results from the Digital Tracking System
- Make a display board in the school hall or reception area about the Marathon Kids programme
- Organise special events throughout the school calendar where Marathon Kids can be included
- Set up a sponsored challenge that will benefit your school and Kids Run Free - see the Celebrating Marathon Kids in te Teachers Resources on our website
- Organise an end of programme celebration event - see page 22 for celebration ideas

Setting Up Your Marathon Kids Running Course

Whatever the space you have at your school, Marathon Kids is flexible enough to enable you to map out a course to clock up those kilometres.

We suggest, where space allows, setting up at least one running course on your hard playground and, if you have it, a course on your grass field. For full details on setting up your running courses please go to your Support Tools in your DTS and see the short film 'How To Set Up Your Running Course'.

Once you have decided on your running space you will need to measure out your course, **in metres**, and place visible markers at each corner point for your kids to run around (these can be flag posts or cones). To make set-up easier, you can purchase full Marathon Kids Starter Kits via our online shop at shop.kidsrunfree.co.uk

We reccomend a course of approximately 250m but, as a flexible programme, you may decide that a longer or shorter course suits your school better. Depending on your outside space, ideas for course locations:

- On the school field and/or hard playground
- Around a tennis/basketball court or similar
- Around the school football pitch
- Around the perimeter of the school buildings
- In the local public park that you already use for recreational activities
- Adult-lead running in the streets around your school

Why It Is Important To Have A Funnel?

Adding a 'funnel' to your running course will help you to manage the programme better by efficiently handing out the lap bands. For every lap run each child receives a lap band (an elastic band), allowing them to keep track of the number of laps run without having to keep count. When you have multiple children running, the funnel channels them into a line allowing you and the Marathon Ambassadors to hand out lap bands with more ease.

Calculating The Number Of Laps Per Week Needed To Run A Marathon Or More

Once you know how long your course is, you will then need to calculate how many laps per week the children will have to run to reach your chosen target. For example:

168.8km (no. of marathons) x 1000 = 168,800m, divide by 250m (course length) = 675.2 laps, divided by 39 (academic weeks) = 17.31 laps per week. Always round up your laps making this example 18 laps per week.

Based on the number of laps per week, you can then decide how many times a week the children will need to run to reach the target distance or if you need to reduce the number of marathons you set as an overall goal.

If a child runs 5/9/13 or 18 laps a week on a 250m course over the 39 weeks of school, they will run 1/2/3 or 4 marathons respectively

If you have a course of 177m (this is the average size course from schools previously on the programme) children will need to run 7/13/19 or 25 laps a week over 39 weeks to run 1/2/3 or 4 marathons respectively.

Similarly, using the smallest course we have previously had on the programme which was 70.2m children would need to run 16/31/47 or 62 laps each week over 39 weeks to run 1/2/3 or 4 marathons respectively.

Course One

Marathon	Target Distance	Your course (m)		Number of weeks		Laps per week
1	42.2km x 1000m = 42,200m	÷	=	÷	=	
2	84.4km x 1000m = 84,400m	÷	=	÷	=	
3	126.6km x 1000m = 126,600m	÷	=	÷	=	
4	168.8km x 1000m = 168,800m	÷	=	÷	=	

Course Two

Marathon	Target Distance	Your course (m)		Number of weeks		Laps per week
1	42.2km x 1000m = 42,200m	÷	=	÷	=	
2	84.4km x 1000m = 84,400m	÷	=	÷	=	
3	126.6km x 1000m = 126,600m	÷	=	÷	=	
4	168.8km x 1000m = 168,800m	÷	=	÷	=	

Goal Setting

Not all children will feel capable of running a full marathon and this in itself could stop them from starting on Marathon Kids. If you have children that are reluctant to participate in physical activity try:

- Making it bite sized! Help them to set their own goals – use the Kilometre Logs (in your Support Tools in your DTS). Tracking their own progress will show them how easy it is to achieve the goal
- Making time to support those children on an individual basis that are very self-conscious about being physically active in front of other children
- Promoting walking as a starting point to doing Marathon Kids – it is the movement that counts
- Being a role-model, run with them
- Encouraging them to help deliver the programme, they will be engaged with the programme and support others

Create a House Points System

Marathon Kids works best when friendly competition is harnessed. To build motivation and participation try working the programme into your House Points system, or developing friendly competition with a neighbouring school who is also on the programme.

House Points Scoring Example:

3km	=	10 house points
5km	=	20 house points
15km	=	50 house points
20km	=	100 house points
30km	=	150 house points
40km	=	200 house points
42.2km	=	262 house points
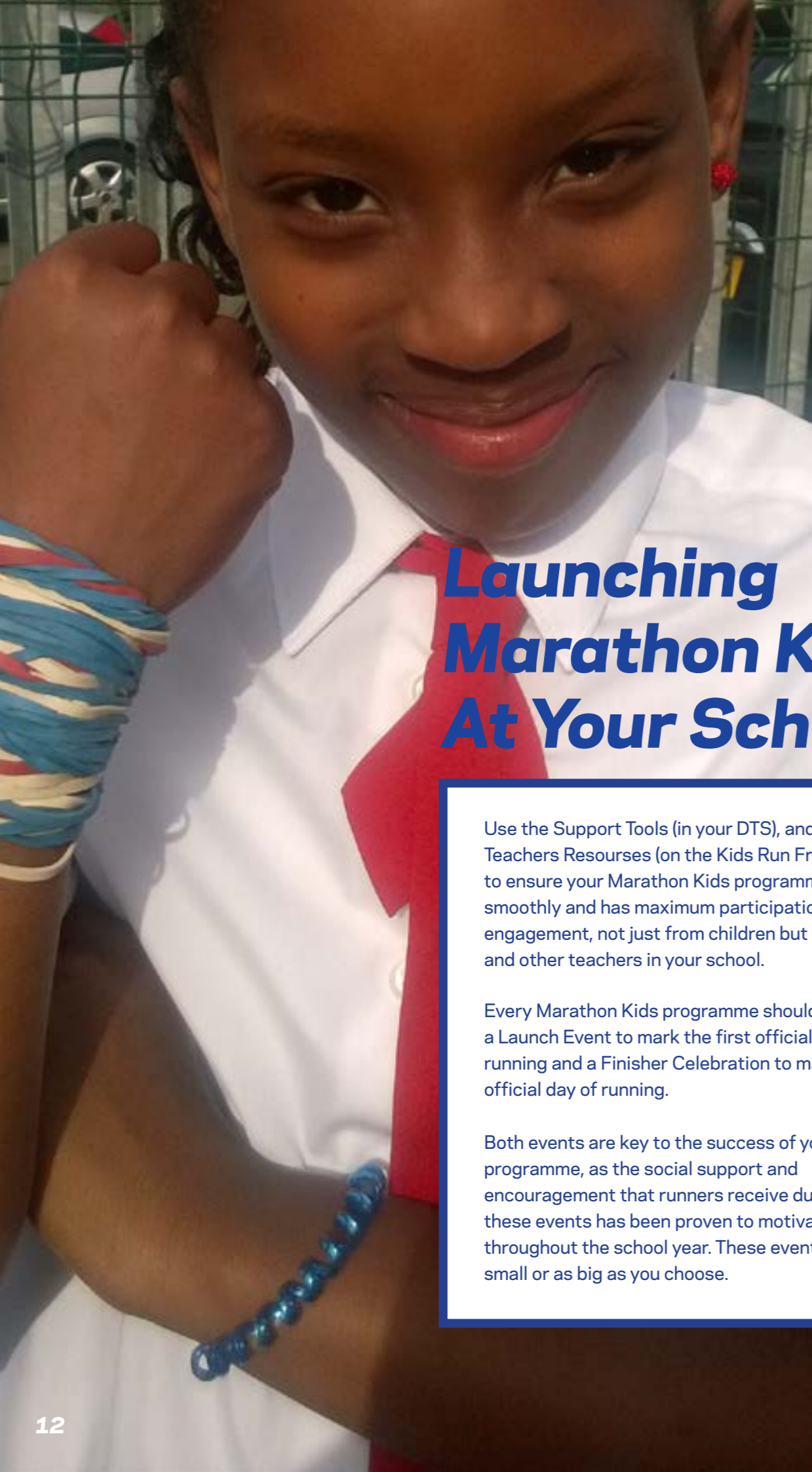
Launching Marathon Kids At Your School

Use the Support Tools (in your DTS), and the Teachers Resourses (on the Kids Run Free website) to ensure your Marathon Kids programme runs smoothly and has maximum participation and engagement, not just from children but also parents and other teachers in your school.

Every Marathon Kids programme should have a Launch Event to mark the first official day of running and a Finisher Celebration to mark the last official day of running.

Both events are key to the success of your programme, as the social support and encouragement that runners receive during these events has been proven to motivate kids throughout the school year. These events can be as small or as big as you choose.

Planning A Successful Marathon Kids Launch Event

Where possible make Marathon Kids a school wide programme – by bringing all children together to start their marathons, you make the programme fully inclusive and accessible to all.

01 . Communicate purpose

Ensure kids know that they are taking part in Marathon Kids. Let them know that they are part of a team, that other schools across the UK are also participating. Use the free Marathon Kids Assembly Film to engage your kids and teachers with the programme. If you wish you can purchase the time of a Marathon Maker to come to your school to launch the Marathon Kids programme for you. To purchase a Marathon Maker please see the Kids Run Free shop at shop.kidsrunfree.co.uk

02 . Setting goals

Have your kids set the goal to run/walk at least one marathon (42.2km). To make this feel more achievable, some children may start with a smaller target - whatever the target, it's the moving that counts. Inspire your kids to take the first step on this journey. Print out and give each child a FREE Kilometre Log, kids use these to self track their progress and break it down into those smaller bite sized targets to achieve

03 . Talk about rewards

We know that rewards are a motivator for kids to participate, therefore it is important to decide which rewards you want to give for each milestone so you can communicate this right from your launch day. For more information on rewards please go to page 21

04 . Run

No Marathon Kids event would be complete without actually moving, this is the time to inspire your kids to start their marathons and run (or walk) those first few laps around the course

05 . Track laps

Accurate tracking for each participant is incredibly important in order to reward, celebrate and provide progress reports at the end of the year for each child. Using the Marathon Kids Digital Tracking System lets you see the progress each child is making towards being a more active and confident person.

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	
	Welcome Pack	
Locate running course area/s and measure out in metres	Course 1 - Distance:	
	Course 2 - Distance:	
Decide on total distance you want to achieve – 1, 2, 3 or 4 marathons over the academic year	Marathon 1 = 42.2k	
	Marathon 2 = 84.4k	
	Marathon 3 = 126.6k	
	Marathon 4 = 168.8k	

To Do	Day of the week	Year/Classes
Work out which year groups/classes will run on which days of the week and at what time of the day		

To Do	Details	✓
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 5:	
	Year 6:	
	Year 6:	
Nominate a support person from your administration team, who can be a iaison 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 alreday 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 form the start.

To Do	Details	✓
Introduce the Marathon Ambassadors and 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.

When to Run

There are various options you can choose for when to run Marathon Kids. Based on your school's specific needs, you can tailor the programme to suit you. The following page contains some examples on how to manage the programme.

If however, you are struggling to reach a solution for this, please do contact our Schools Co-ordinator on marathonkids@kidsrunfree.co.uk for further advice and ideas.

Managing Large Numbers

If you have large numbers of children at your school, you will most likely need to run different year groups or classes at different times – for example:

Weekly running during morning break or lunch time:

Reception	-	Mondays
Years 1 and 2	-	Tuesdays
Years 3 and 4	-	Wednesdays
Year 5	-	Thursdays
Year 6	–	Fridays

Twice weekly running during the morning break or lunch time:

Key Stage 1	–	Monday First Break & Wednesday Lunch
Lower Key Stage 2	–	Tuesdays First Break & Thursday Lunch
Upper Key Stage 2	–	Wednesday First Break & Friday Lunch

Daily Running

Marathon Kids can be used as your daily running initiative either during break times or as a daily brain break during lesson time. Encourage all teachers to take thier classes out to run laps of the Marathon Kids course, at a suitable time for them.

Other options of when you can deliver Marathon Kids:

- As a warm up to every PE lesson (be sure not to replace your normal PE lesson with Marathon Kids)
- Golden Time
- Breakfast Club
- Before/after school clubs (implementing Marathon Kids as a before or after school club can be very successful, however, we find that this generally only engages those children that already enjoy running and those that can physically be there. If this is your only option, we fully support it but would ask that this be a last option)

Tracking Kilometres

You will need a way to track each lap that every runner completes.

This is easy if you:

- Use Lap Bands (elastic bands), you can purchase these from the Kids Run Free shop shop. kidsrunfree.co.uk
- For each lap run give every child a lap band (each band is equal to the distance of one lap of your course)
- At the end of every session participants count the lap bands on their wrist and tell the Marathon Champion or Marathon Ambassadors the number, this number is then written down on a register next to the child's name.
- The Marathon Champion, or Marathon Ambassadors, then input these numbers into the Digital Tracking System which automatically calculates the distance run for each child

Each child can also self-track their running by using the FREE Kilometre Logs found in your Support Tools. The Kilometre Logs can be used in a variety of ways:

- Give one to every child for them to track their own distance
- Keep all logs together in a file yourself and hand out after every running session to be filled in
- Put them up on a wall in the school hall, classroom or corridors for all to see everyone's progress
- Give one to every teacher, kids love it when teachers run with them and they love seeing the teacher's progress too

By tracking together after each session, classmates develop healthy competition and the motivation to run more.

Digital Tracking System (DTS)

Our exclusive Digital Tracking System will allow you to track all kids' progress, whilst also allowing you to generate certificates, produce reports for Ofsted and also support your other health and wellbeing initiatives.

By entering every child's distance into the DTS on a daily/weekly basis you will see:

- The total distance run and progress of every child
- The percentage attendance per year group, entire school and by gender
- The total distances run per year group, entire school and by gender
- Average distance per child
- Certificates achieved that are ready for printing

For full details on setting up your DTS please see the short film, How To Use Your Digital Tracking System in the Support Tools

Engagement and Participation

We know how difficult it can be to engage all children in physical activity, below are pointers to inspire children to participate on the programme and keep them running throughout the year.

Make it a School Wide Programme

When Marathon Kids is offered to an entire school we see higher participation as it brings a great sense of team-achievement:

- Children thrive when working as a team
- For those children who need external motivation a team dynamic will help them thrive
- Those that are naturally competitive are not hampered by the team dynamic and will run anyway

Head Teacher Engagement

We know from our Measurement & Evaluation results (2016/17) that Marathon Kids programmes are more successful when the Head Teacher is actively engaged. Where this is the case participation is higher at 94% compared to 92% and the average distance run per child is 19km compared to 14.5km. But when it comes to marathons run we see an amazing 20% of children running a full marathon or more compared to just 5% in schools where the Head Teacher is not involved

Bring Marathon Kids into the Classroom

We have developed cross-curricular lesson and assembly ideas for you, and all teachers in your school, to bring the 'Marathon' into lessons and further engage kids with the programme off the running course. Please see your Marathon Kids Lesson Ideas in your Support Tools.

Educate That:

- Every success starts with the act of trying – if they give it a go they may just find that they love running
- Running is fun and makes you feel amazing
- By running regularly they will increase their stamina and be able to play other games and sports better and for longer
- You don't have to run, any movement is good so walking laps is just as good for them
- Physical activity should be a normal part of our daily lives, just like brushing our teeth or going to school

Rewards

We know that rewards are motivators for kids to participate on the Marathon Kids programme. We advise that you think about rewards before you launch Marathon Kids, this way you can talk about these rewards from the very beginning to encourage participation.

At the end of the programme, ensure that you celebrate every child's accomplishment, no matter what distance they have run.

Free Certificates:

Certificates - are generated by your Digital Tracking System every time a child reaches a specific milestone, this is why it is so important to fill in the running data as soon as possible after running.

See the short film 'How To Set Up Your Digital Tracking System' in your Support Tools for more information on this.

Purchasable Rewards from Kids Run Free:

- Stickers - one for every quarter of a marathon from Marathon 1 to Marathon 4
- Silicone Wristbands
- Medals
- Button Badges
- Iron on Patches
- T-shirts

For all prices and stock levels please see the Kids Run Free Shop at shop.kidsrunfree.co.uk

Celebrating

We want you to really celebrate the fact that, as a school, you are taking on this amazing challenge to run up to four marathons over this academic year.

Celebrating each and every child's efforts over the course of the year is easy to do -this can be a high five as they run their laps, handing out certificates during your celebration assemblies, giving stickers, medals or badges for achieving the marathon distances and generally talking about how amazing everyone is for giving it a go and running Marathon Kids.

No matter how big or small your events, make them exciting. The more you do this, the more engaged your children will be and the more participation you will see, even from those hard to reach children.

Celebration events should include, as a minimum your:

- Launch Day Event
- Finisher Celebration

For more information on celebrating and ideas on how to do this, please see the Celebrating Marathon Kids document in your Teachers Resources on the Kids Run Free website.

Running Tips

As a Marathon Kids Champion, you hold the key to unlocking the athlete in each participant. Kids want to move. They may just need a little guidance to do it in a fun, safe way. Whether you've been an educator for years, or are new to the sport of running, here are some tips to help you work with your runners.

Keep It Fun

If your runners take one thing away from the programme, it should be that physical activity is fun. As kids push themselves to reach their goals, it's up to you to provide motivation and encouragement. Doing this will help build a lifetime love of movement and running.

Be The Role Model

Setting a positive example, modelling healthy behaviours and having fun will go a long way toward instilling those values in your kids. This is one of the best parts about being a Marathon Kids Champion!

Running Style

- RUN TALL: The body should be kept tall and upright with hips forward. The head should always look up
- STRAIGHT LINE: Arms should move in a straight line, not across the body
- RELAX: Ensure children have relaxed shoulders and hands when running
- BREATHE DEEPLY: Inform that when running, breathing deep into the belly is essential
- KEEP HYDRATED: Drink plenty of water, even on cold days and during the winter months, before, during and after running

Do's and Don'ts of Marathon Kids

The Do's

- Make it a school wide programme, when Marathon Kids is offered to an entire school we see higher participation
- Encourage all children to participate regardless of ability or fitness
- Educate children to run steady and efficiently, this is long distance running not a sprint. Strong and steady will win the race. See the Kids Running Tips in your Marathon Champions Support Tools
- Use the Kilometre Logs so children can track their own progress
- Use the Marathon Kids Cross-Curricular Lesson Ideas to further embed engagement across both children and teachers
- On tarmac, change direction each running session to avoid injury
- Allow your Marathon Ambassadors to support you and to encourage other children to participate
- Communicate the minimum number of laps needed to be run each week in order to achieve the target distance, use the poster provided in your Welcome Pack for this
- Role-model. When you participate in Marathon Kids you show children what they should be doing, get involved yourself and encourage other teachers and parents to run as well
- When kids are tired, motivate them to keep walking, not stop
- Ask children to make and deliver a presentation for an assembly to advertise the benefits of participation
- Get older children to help the younger ones
- Get all children to set their own goal
- Encourage the use of the KRF Running App allowing you to see what running kids do outside of school and what impact the programme is having

The Don'ts

- On tarmac, **do not run more than 2 kilometres** in any one session to avoid injury
- Do not exclude children. All children, regardless of fitness and ability, should be able to participate
- Do not use Marathon Kids as a punishment or a reward – no matter the behaviour, kids should still be able to participate in physical activity
- Do not replace it for PE. MK should be another opportunity in the week to take part in physical activity and not be a replacement for the usual PE lesson (using Marathon Kids as a warm up to the PE lesson is fine)
- Do not try to pace the children. Allow children to find their own pace which will happen naturally over time
- Do not enforce a minimum number of laps per session, allow children to set their own goals
- Do not force children to run, it is the movement that counts. Walking is just as good
- Don't worry about running after eating, this is not a problem

All Weather Running

There is no such thing as the wrong weather, only the wrong clothes!

We appreciate how difficult it is to have children in wet or muddy clothes/shoes in school. Below are a few ideas to support you to continue to deliver Marathon Kids despite the weather conditions both good and bad.

If you are a school with both a school field and hard-standing playground, we advise that you measure a course on the playground to allow running to continue during the wetter months.

As with all situations of adverse weather, please use common sense and refer back to your own school's risk assessment for this activity.

Below are a few suggestions for all weather running,

Hot Weather

- Wear sunscreen and caps to protect skin and heads
- Try not to run during the hottest part of the day
- Ensure kids have plenty of water before, during and after running
- Limit running time to reduce over-heating
- Encourage steady jogging or walking, rather than sprinting

Wet Weather

- Boots and wellies are fine to run in and keep feet dry
- Kids can just as easily run in their raincoats

Cold Weather

- Get those hats, gloves, scarfs and coats on
- Boots and wellies again are great
- Ensure kids have plenty of water before and after running (it is not just hot weather that can cause dehydration)
- Limit running time to reduce the chance of becoming too cold

Support Tools & Teachers Resources

Here is a list of all the Support Tools you will find in your Digital Tracking System,

Official Documents

- DTS Permission Letter
- KRF Running App Letter

Films and How To Guides:

- Assembly Launch Day Film
- How To Use Your Digital Tracking System
- How To Set Up Your Running Courses

General:

- Marathon Champions Guide
- Cross-Curricular Lesson Ideas
- Kilometre Logs - Marathons 1, 2, 3, 4
- Marathon Kids Physical Activity Cards
- Posters – teacher and child engagement posters

Here is a list of all the Teachers Resources you will find on the Kids Run Free website, www.kidsrunfree.co.uk

Teachers Resources

- Marathon Kids Training Film
- Marathon Champions Guide
- DTS Permission Letter
- Marathon Kids Flyer
- Parent FAQs
- What Kids Say About Marathon Kids
- What Teachers Say About Marathon Kids
- Celebrating Marathon Kids
- Case Study Template

Your Marathon Kids Support Team

We at Kids Run Free are here to support you. We want your Marathon Kids to be as successful as it can be, with all children benefiting from the programme and realising their potential through running.

Schools Co-ordinators

Make use of your Marathon Kids Schools Co-ordinator (marathonkids@kidsrunfree.co.uk), they will be able to advise you on all aspects of the programme, as well as help you to use the Support Tools.

Newsletters

The Marathon Kids Newsletter is filled with news and information about the programme. Please give us your feedback and let us know if there is something you would like to see in the newsletter that we can add for you. Also, please send us your stories and photos so that we can share with other schools how your Marathon Kids programme is going.

Website & Shop

Make sure to keep checking out our website (kidsrunfree.co.uk) where you will find lots more helpful information. Check out our online shop (shop.kidsrunfree.co.uk) for great rewards and incentives for your kids.

MARATHON KIDS

Marathon MAKER

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!

KIDS RUN FREE

Design by www.longkat.com