

MARATHON KIDS

8 weeks between April and May 2022

Overview

Marathon Kids organised this 8 week programme targeting 5th & 6th Class students in schools and were supported by Local Sports Partnerships. Students learned about the health benefits of sport and perform four running sessions each week inching them closer to completing their first marathon as well as learning about the benefits of physical activity

Aims

- To increase participation in physical activity
- To increase fitness levels of young people and initiate a habit of running
- To teach young people the benefits of sport & physical activity through a booklet given to each child

Implementation

- Sports Active Wexford contacted all primary schools in Wexford and informed them of the Marathon Kids Ireland Programme
- Any schools interested, signed up on a first come, first served basis through Sports Active Wexford
- The teachers rolled out the programme in each of the schools following guidance from Marathon Kids Ireland through weekly emails and information
- Sports Active Wexford purchased tshirts and booklets
- All costs were covered by Sports Active Wexford
- Marathon Kids Ambassador and Olympian David Gillick came to visit 2 schools in Wexford and talk to the children. In total 4 Wexford schools got to run with David and listen to his inspirational talk about his life and running career, and how running has benefited him in all areas of his life, mentally,



Next Steps

We aim to run this programme again next year and hope to get more schools involved

Statistics

921 5th and 6th class pupils from 17 national school in Wexford both male and female took part



Outcome

The programme went really well in the schools with all positive feedback. All teachers could see the benefit in the children after the 8 weeks and how running was now easier for the children.

All aims of the programme were achieved.