

Event Format – Year 3/4

The Sportshall Primary Programme provides an exciting and highly popular introduction to athletics competition. The following notes provide an overview of the competition and set out the team requirements.

Team Information

School teams should consist of a minimum of 9 girls and 9 boys, with a maximum of 15 girls and 15 boys being permitted. They may compete in a maximum of two track and two field events, drawn from the following:

On the track

1 + 1 Lap Relay	
2 + 2 Lap Relay	each requiring two girls & two boys
1 + 1 Lap Hurdles Relay	

Obstacle Relay	
Over/ Under Relay	each requiring four girls & four boys
4 x 1 Lap Relay	

... and in the field

Chest Push	
Five Strides	
Soft Javelin	each requiring three girls & three boys
Speed Bounce	
Standing Long Jump	
Vertical Jump	

Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some teaching points. Visit www.sportshall.org for further details along with event and competition rules downloads.



BRITISH
ATHLETICS



Event Programme – Year 3/4

After a short welcome and the introduction of the teams, the action begins!

On the track ...

... and in the field

Obstacle Relay – girls
Obstacle Relay – boys

1 + 1 Lap Relay – girls
2 + 2 Lap Relay – girls

Chest Push, Five Strides,
Standing Long Jump, Vertical Jump
(boys – first round)

1 + 1 Lap Relay – boys
2 + 2 Lap Relay – boys

Chest Push, Five Strides,
Standing Long Jump, Vertical Jump
(girls – first round)

1 + 1 Lap Hurdles Relay – girls

Chest Push, Five Strides,
Standing Long Jump, Vertical Jump
(boys – second round)

1 + 1 Lap Hurdles Relay – boys

Chest Push, Five Strides,
Standing Long Jump, Vertical Jump
(girls – second round)

Over / Under Relay – girls

Chest Push, Five Strides,
Standing Long Jump, Vertical Jump
(boys – round three)

Over / Under Relay – boys

Chest Push, Five Strides,
Standing Long Jump, Vertical Jump
(girls – round three)

Soft Javelin – girls
Soft Javelin – boys

Speed Bounce – boys
Speed Bounce – girls

4 x 1 Lap Relay – girls
4 x 1 Lap Relay – boys

And having had lots of fun, we thank everyone and finish with presentations to all the teams!



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Event: _____

School: _____

Date: _____

Teacher: _____

Girls Teamsheet													
		Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	1 + 1 Lap Hurdles Relay	Over / Under Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	Five Strides	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes per event:		4	2	2	2	4	4	3	3	3	3	3	3
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													

1. Please tick the appropriate box for each athlete's events.
2. An athlete is limited to two track events and two field events.

For more information on the Sportshall Pathway and competition rules go to www.sportshall.org

Event: _____

School: _____

Date: _____

Teacher: _____

Boys Teamsheet		Track Events					Field Events						
		Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	1 + 1 Lap Hurdles Relay	Over / Under Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	Five Strides	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes per event:		4	2	2	2	4	4	3	3	3	3	3	3
1													
2													
3													
4													
5													
6													
7													
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11													
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13													
14													
15													

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2. An athlete is limited to two track events and two field events.