

## 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:

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#### On the track

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

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

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#### ... and in the field

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

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### 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](http://www.sportshall.org) for further details along with event and competition rules downloads.



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GAMES



## 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.

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													
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.