

## SGARES



## Team Wigan



## Year 5\&6 <br> Sportshall Athletics <br> Development Event



## Why? <br> Develop different sports skills. <br> Develop physical skills. <br> Support individual development in sport.

Creating positive experiences marks

| Why? |
| :---: |
| Develop different sports |
| skills. |
| Develop physical skills. |
| Support individual |
| development in sport. |
|  | young people who may take part in school sport, however, they DO NOT participate in community athletics clubs.

## Team

 CompositionMinimum team size 6 boys and 6 girls.
Maximum team size 10 boys and 10 girls.
Athletics can take part in a maximum of 2 track events \& 2 field events.

## Event Format

The event will follow a modified version of a traditional sportshall athletics format. Time will be allocated on arrival for young people to practice and be coached on the field events in which they will be taking part.


## Health and Safety

First Aid is the responsibility of the staff responsible for the team.
Long hair must be tied back


No jewellery should be worn
All loose clothing must be tucked in.
No chewing gum/sweets allowed.
Please ensure your pupils bring with them any medical supplies they may need i.e. asthma inhalers.
All team teachers must ensure their pupils are under adult supervision at all times, even when performing.
Please ensure that your pupils have been thoroughly briefed with regards to health and safety

See next pages for timetable and team sheets.

| Rotation | Track | Field |
| :---: | :---: | :---: |
| 1 | Obstacle Relay - Girls | Boys <br> Standing Long Jump, <br> Speed Bounce, Chest <br> Push |
| 2 | Obstacle Relay - Boys | Girls <br> Standing Long Jump, <br> Speed Bounce, Chest <br> Push |
| 3 | Boys <br> $2+2$ Lap Relay - Girls | Standing Triple Jump, <br> Vertical Jump, Soft <br> Javelin |
| 4 | Girls <br> $2+2$ Lap Relay - Boys | Standing Triple Jump, <br> Vertical Jump, Soft <br> Javelin |
| 5 | $4 \times 1$ Lap Relay - Girls <br> $4 \times 1$ Lap Relay- Boys |  |
| 5 |  |  |


| Girls Team sheet | Obstacle Relay | $\begin{gathered} 1+1 \text { Lap } \\ \text { rellay } \end{gathered}$ | $\begin{gathered} 2+2 \text { Lap } \\ \text { Rellay } \end{gathered}$ | $4 \times 1 \text { Lap }$ <br> Relay | Chest Push | Standing <br> Long Jump | 5tanding <br> Triple Jump | Vertical Jump | 5 olt <br> Tavelin | speed <br> Bolince |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Number of athletes per event | 4 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1. |  |  |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |  |  |  |  |
| 5. |  |  |  |  |  |  |  |  |  |  |
| 6. |  |  |  |  |  |  |  |  |  |  |
| 7. |  |  |  |  |  |  |  |  |  |  |
| 8. |  |  |  |  |  |  |  |  |  |  |
| 9. |  |  |  |  |  |  |  |  |  |  |
| 10. |  |  |  |  |  |  |  |  |  |  |


| Boys Team sheet | $\substack{\text { amate } \\ \text { cetr }}$ | ${ }^{1+140}$ |  | antor |  |  | com | venem |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Number crantes se ement | * | 2 | 2 | $\checkmark$ | 2 | 2 | 2 | 2 | 2 | 2 |
| 1. |  |  |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 6. |  |  |  |  |  |  |  |  |  |  |
| $\%$ |  |  |  |  |  |  |  |  |  |  |
| 9. |  |  |  |  |  |  |  |  |  |  |
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