

Year 5&6 **Sportshall Athletics** Development Event

NO SPECTATORS









Who? This event is designed for young people who may take part in school sport, however, they DO NOT participate in community athletics clubs. .



Why? Develop different sports skills. Develop physical skills. Support individual development in sport.

Team Composition

Minimum 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. Get Set

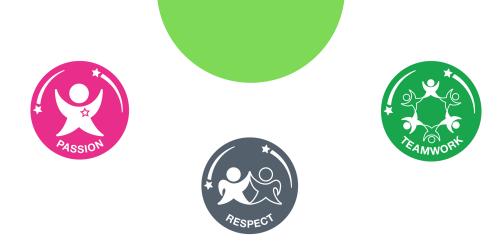
Event Format

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.

Rewards Participation certificates

The event will be supported by sports leaders.

Event Staff



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will be available to all schools electronically. Gold, Silver, bronze medals will be awarded for performance. .

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 Standing Long Jump, Speed Bounce, Chest Push
2	Obstacle Relay - Boys	Girls Standing Long Jump, Speed Bounce, Chest Push
3	1 + 1 Lap Relay – Girls 2 + 2 Lap Relay - Girls	Boys Standing Triple Jump, Vertical Jump, Soft Javelin
4	1 + 1 Lap Relay – Boys 2 + 2 Lap Relay - Boys	Girls Standing Triple Jump, Vertical Jump, Soft Javelin
5	4 x 1 Lap Relay – Girls 4 x 1 Lap Relay- Boys	

Girls Team sheet	Obstacle Relay	1+1Lap relay	2 + 2 Lap Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	Standing Triple Jump	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes per event	4	5	5	4	2	2	5	3	2	8
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Boys Team sheet	Obstacle Relay	1+1Lap relay	2 + 2 Lap Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	Standing Triple Jump	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes per event	4	2	2	4	7	~	7	~	2	2
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