

**Year 3 Indoor Athletics Event Explanations**

Year 3 teams should consist of a minimum of 6 and a maximum of 10 pupils per gender. Boys and girls compete separately.

**Track**

**1 + 1 Relay:** This is a spring relay with 2 participants per team. Each participant runs one full lap, turning at the turning boards at each end before passing the baton to the next participant who again completes 1 full lap

**2 + 2 Relay:** Similar to the 1 + 1 Lap Relay this race involves 2 participants per team who must complete 2 consecutive laps, turning on the turning boards before passing the baton to the next participant who again completes 2 full laps.

**4 x 1 Lap Relay:** This is a sprint relay and involves 6 participants per team who each complete 1 full lap before passing the baton to the next participant.

**Over/Under Relay:** This is a fun relay involving 4 participants per team. Each participant completes 1 full lap running over hurdles and under a tunnel.

**Obstacle Relay:** This is a fun relay involving 4 participants per team. Each participant completes 1 full lap running over a series of obstacles including hurdles, tunnels and high steppers.

**Field**

**Speed bounce**: 2 footed jumps from side to side over a throw-down line for 20secs. Pupils could practice this over a line or low obstacle.

**Chest push:** A small basketball will be thrown using a chest pass from a seated position on a chair. Both feet must remain behind throw line and not leave the floor.

**Standing long jump**: A two footed jump from a standing position. This can be practiced on gym mats and measured using meter rule/tape measure.

**Target throw**: There will be 4 targets at 1m, 3m, 5m & 7m distance from throw line. Each pupil gets 1 throw at each target:

* 2 points scored for bean bags landing directly in target
* 1 point scored for landing on floor in front and sliding in.

You can practice this with bean bags and hoops.

**Javelin throw**: Using indoor foam javelins. Measured from throw line to where tip of javelin first hits the floor.

**Speed Stack:** Pupils complete a standard 3-6-3 stack as quickly as possible, stacking the cups up and then back down again.