



### **Sportshall Athletics Event Explanations**

Primary School teams should consist of a minimum of 9 and a maximum of 15 pupils per gender. Each athlete may compete in a maximum of two track and two field events from the list below:

#### **Track**

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

**2 + 2 Lap Relay:** Similar to the 1 + 1 Lap Relay this race involves 2 participants per team who must complete 2 consecutive laps, turning on the reversaboard 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 4 participants per team who each complete 1 full lap before passing the baton to the next participant.

**6 Lap Paarlauf:** This relay involves 2 participants per team. The pair must complete 6 laps of the track in total but this can be done in any combination as long as each participant completes at least 1 lap each. The most familiar combinations include:

- 1+1+1+1+1+1
- 2+2+1+1
- 3+3

**Over and 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 and speed bounce.

#### **Field**

**Speed Bounce:** 2 footed jumps from side to side over a piece of foam for 20secs. Pupils could practice this over a line or low obstacle.

**Chest Push:** A light 1kg medicine ball 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. This can be practiced with a netball/football

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

**Standing Triple Jump:** this is a hop, step, jump from a standing start. This must be performed in this order. A specialised mat will be used and participants can start at any start line but must land within the measuring area. This can be practiced on gym mats and measured using a meter rule/tape measure.

**Javelin throw:** Using indoor foam javelins. Can practice with canes/shuttle cocks/bean bags. Measured from throw line to where tip of javelin first hits the floor.

**Vertical Jump:** Students test their explosive power, measuring the distance jumped.