



Year 4 Indoor Athletics Programme

Team Arrival

Introductions

GIRLS

1 + 1 Lap Relay	2 per team
2 + 2 Lap Relay	2 per team
Hurdles Relay	4 per team
Over/Under Relay	4 per team
Obstacle Relay	4 per team

BOYS

Speed Bounce	3 per team
Long Jump	3 per team
Speed Stack	3 per team
Target Throw	2 per team
Chest Push	2 per team
Javelin	2 per team

BOYS

Obstacle Relay	4 per team
Over/Under Relay	4 per team
Hurdles Relay	4 per team
2 + 2 Lap Relay	2 per team
1 + 1 Lap Relay	2 per team

GIRLS

Speed Bounce	3 per team
Long Jump	3 per team
Speed Stack	3 per team
Target Throw	2 per team
Chest Push	2 per team
Javelin	2 per team

GIRLS

4 x 1 Lap Relay	4 per team
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BOYS

4 x 1 Lap Relay	4 per team
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Results announcements

Teams Depart