



## Year 4 Sportshall Athletics Event Explanations

### Track Events

**1 + 1 Lap Relay:** This is a sprint relay with 2 participants per team. Each participant runs one full lap, turning on the reversaboards 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 reversaboards 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.

**Hurdles Relay:** This relay involves 4 participants. Each participant must complete one full lap jumping over the hurdles each time they come to one.

**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.

### Field Events

**Speed bounce:** 2 footed jumps from side to side over a piece of foam for 20secs.

**Chest throw:** A 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:** This is a two footed jump from a standing position. Distance judged from the heel of the back foot.

**Target throw:** There will be 4 targets of increasing distance from the throw line. Each pupil gets 1 throw at each target – 2 points scored for bean bags landing directly in target and 1 point scored for landing on floor in front and sliding in.

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

**Speed Stacking:** Stacking and unstacking a simple 3-6-3 formation as quickly as possible.