

Three Rivers and Watford School Sports Partnership

Year 3 Indoor Athletics

Programme

Team Arrival

Introductions

|  |  |
| --- | --- |
| GIRLS | BOYS |
| 1 + 1 Lap Relay | 2 per team | Speed Bounce | 2 per team |
| 2 + 2 Lap Relay | 2 per team | Target Throw | 2 per team |
| Over/Under Relay | 4 per team | Chest Push | 2 per team |
| Obstacle Relay | 4 per team | Long Jump | 2 per team |
|  |  | Speed stack | 2 per team |
|  |  | Javelin | 2 per team |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| BOYS | GIRLS |  |  |  |  |
| Obstacle Relay | 4 per team | Speed Bounce | 2 per team |  |  |  |  |
| Over/Under Relay | 4 per team | Target Throw | 2 per team |  |  |  |  |
| 2 + 2 Relay | 2 per team | Chest Push | 2 per team |  |  |  |  |
| 1 + 1 Relay | 2 per team | Long Jump | 2 per team |  |  |  |  |
|  |  | Speed stack | 2 per team |  |  |  |  |
|  |  | Javelin | 2 per team |  |  |  |  |

GIRLS

|  |  |
| --- | --- |
| 4 x 1 Lap Relay | 4 per team |

BOYS

|  |  |
| --- | --- |
| 4 x 1 Lap Relay | 4 per team |

Results announcements

Teams Depart