

## Event Format – small / rural schools

The Sportshall Primary Programme provides an exciting and highly popular introduction to athletics competition. Providing competition for smaller / rural schools allows far more children to access the Sportshall Pathway and develop vital skills.

The following notes provide an overview of the competition and set out the team requirements.

### Team Information

School teams should consist of 6 girls and 6 boys. They may compete in a maximum of two track and two field events, drawn from the following:

#### On the track

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1 + 1 Lap Relay	each race requiring 2
2 + 2 Lap Relay	

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Obstacle Relay	each race requiring 4
4 x 1 Lap Relay	

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#### ... and in the field

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Chest Push

Soft Javelin

Soft Discus

### Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Aviva Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some teaching points. Visit [www.sportshall.org](http://www.sportshall.org) for further details along with event and competition rules downloads.



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After a short welcome and the introduction of the teams, the action begins!

On the track ...	... and in the field
Obstacle Relay – girls Obstacle Relay – boys	
1 + 1 Lap Relay – girls 2 + 2 Lap Relay – girls	Chest Push, Speed Bounce, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – first round)
1 + 1 Lap Relay – boys 2 + 2 Lap Relay – boys	Chest Push, Speed Bounce, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – first round)
Soft Javelin – girls	Chest Push, Speed Bounce, Standing Long Jump, Standing Triple Jump, Vertical Jump (boys – second round)
Soft Javelin – boys	Chest Push, Speed Bounce, Standing Long Jump, Standing Triple Jump, Vertical Jump (girls – second round)
4 x 1 Lap Relay – girls 4 x 1 Lap Relay – boys	

And having had lots of fun, we thank everyone and finish with presentations to all the teams!



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