

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

1 + 1 Lap Relay	each race requiring two girls & two boys
2 + 2 Lap Relay	
Obstacle Relay	each race requiring four girls & four boys
4 x 1 Lap Relay	

... and in the field

Chest Push	each event requiring two girls & two boys
Soft Javelin	
Speed Bounce	
Standing Long Jump	
Standing Triple Jump	
Vertical Jump	

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 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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