



Sport	Sportshall Athletics
Age Group	Yr 3 & 4
Gender	Mixed
Team / Squad Size	Max 8 (4 boys/4girls)

Team Requirements

All athletes must be Under 9 (as at 31st August **2017**) i.e. Current Year 4 or below. It is compulsory for teams to have an even mix of Year 3 and Year 4 children and girls and boys. Teams must have a named manager; the nominated adult must supervise their team and is responsible for their players' welfare.

A team will consist of a maximum of 8 athletes (consisting of 4 boys and 4 girls). No athlete shall be nominated for more than one team. Each athlete must take part in 1 track event, 1 throwing event, 1 jumping event and 1 team relay.

Simple Rules

Events include: 1 Lap Run, 2 Lap Run, Target Throw, Ball Push, Standing Long Jump, Speed Bounce and a 1 Lap Relay.

		GIRLS	BOYS
TRACK	1 Lap (Yr3)		
	1 Lap (Yr4)		
	2 Lap (Yr3)		
	2 Lap (Yr4)		
THROW	Ball Push (Yr3)		
	Ball Push (Yr4)		
	Target Throw (Yr3)		
	Target Throw (Yr4)		
JUMP	Long Jump (Yr3)		
	Long Jump (Yr4)		
	Speed Bounce (Yr3)		
	Speed Bounce (Yr4)		

Contact

For further clarification on the rules please contact the New Forest School Sport Partnership; j.cross@testwood.hants.sch.uk , 02380 665499

The competition will be run in partnership with New Forest Junior Athletics Club.

Progression

No progression.



NEW FOREST

SCHOOL SPORT

PARTNERSHIP

Programme/Timings

Running order for the competition.

Time	Yr3 Girls	Yr3 Boys	Yr4 Girls	Yr4 Boys
10.00	1 lap run	1 lap run	Rest	Rest
10.20	Ball push	Speed bounce	Target throw	Standing long jump
10.40	Rest	Rest	1 lap run	1 lap run
11.00	Standing long jump	Ball push	Speed bounce	Target throw
11.20	2 lap run	2 lap run	Rest	Rest
11.40	Target throw	Standing long jump	Ball push	Speed bounce
12.00	Rest	Rest	2 lap run	2 lap run
12.20	Speed Bounce	Target throw	Standing long jump	Ball push
12.40	4 x 1 lap mixed relay		4 x 1 lap mixed relay	
13.00	Presentations			