



Sport	Sportshall Athletics
Age Group	Yr 5 & 6
Gender	Mixed
Team / Squad Size	Max 8 (4 boys/4girls)

Team Requirements

All athletes must be Under 11 (as at 31st August **2017**) i.e. Current Year 6 or below. It is compulsory for teams to have an even mix of Year 5 and Year 6 children. 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 (Yr5)		
	1 Lap (Yr6)		
	2 Lap (Yr5)		
	2 Lap (Yr6)		
THROW	Ball Push (Yr5)		
	Ball Push (Yr6)		
	Target Throw (Yr5)		
	Target Throw (Yr6)		
JUMP	Long Jump (Yr5)		
	Long Jump (Yr6)		
	Speed Bounce (Yr5)		
	Speed Bounce (Yr6)		

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

The winning team and possibly the runners-up will progress through to the County Finals.



NEW FOREST SCHOOL SPORT PARTNERSHIP

Programme/Timings

Running order for the competition.

Time	Yr5 Girls	Yr5 Boys	Yr6 Girls	Yr6 Boys
2.00	1 lap run	1 lap run	Rest	Rest
2.20	Ball push	Speed bounce	Target throw	Standing long jump
2.40	Rest	Rest	1 lap run	1 lap run
3.00	Standing long jump	Ball push	Speed bounce	Target throw
3.20	2 lap run	2 lap run	Rest	Rest
3.40	Target throw	Standing long jump	Ball push	Speed bounce
4.00	Rest	Rest	2 lap run	2 lap run
4.20	Speed Bounce	Target throw	Standing long jump	Ball push
4.40	4 x 1 lap mixed relay		4 x 1 lap mixed relay	
5.00	Presentations			