Sportshall athletics





Years 5 & 6 Competition

Year Years 3 & 4 Competition

Team Size 9-12 girls and 9-12 boys

Gender Mixed Teams, competing in Girls and Boys events

Format Sportshall Athletics – see team sheet

Duration 2 hours

Equipment Children will need appropriate footwear

Awards Certificate for all participants, medals for top 3 at finals

Level 3 Winner of Year 5&6 progress to Lancashire School Games County Finals

Competition Rules

Participants may only compete in a maximum of two track and two field events. Athletic rules apply to all event officials will explain how to perform the skill.

Events:

- 1 + 1 Lap Relay -2 boys & 2 girls
- 2 + 2 Lap Relay -2 boys & 2 girls
- 6 Lap Paarlauf (Y5&6) or 1 + 1 Lap Hurdles Relay (Y3/4) -2 boys & 2 girls
- Obstacle Relay –4 boys & 4 girls
- Over / Under Relay –4 boys & 4 girls
- 4 x 1 Lap Relay –4 boys & 4 girls
- Chest Push –3 boys & 3 girls
- Soft Javelin –3 boys & 3 girls
- Speed Bounce –3 boys & 3 girls
- Standing Long Jump –3 boys & 3 girls
- Standing Triple Jump (Y5&6) or 5 Strides (Y3/4) –3 boys & 3 girls
- Vertical Jump –3 boys & 3 girls

When taking part in any Chorley SSP Competition, all participants, teachers and spectators should adhere to the Fair Play,
Friendship, Honesty & Respect Charter. A copy of this can be downloaded from our website: www.chorleyssp.co.uk
PLEASE RESPECT THE REFEREE. If a member of your staff or supporting party are deemed to be offending players, referees or members of the opposition then you, as the school representative, will be asked to resolve the incident in the first instance. If this matter is still not resolved then the organising committee (Chorley SSP) have the right to remove the offender/s from the tournament.





Sports Hall Athletics Team Sheets

Please tick the appropriate box for each athlete's events An athlete is limited to two track events and two field events.

| Boys Team Sheet | Track Events | | | | | | Field Event | | | | | | |
|--------------------------------|----------------|-----------------|-----------------|---------------------------------|-----------------------|-----------------|-----------------|------------|-----------------------|------------------------------|--------------|---------------|--|
| Date: Year Group: Venue: | Obstacle Relay | 1 + 1 Lap Relay | 2 + 2 Lap Relay | 6 Lap Paarlauf 1 + 1 Hurdles | Over / Under Relay | 4 x 1 Lap Relay | Speed Bounce | Chest Push | Standing Long Jump | St. Triple Jump 5 Strides | Soft Javelin | Vertical Jump | |
| Athlete per event: | 4 | 2 | 2 | 2 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | |
| 1. | | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | | |
| 3. | | | | | | | | | | | | | |
| 4. | | | | | | | | | | | | | |
| 5. | | | | | | | | | | | | | |
| 6. | | | | | | | | | | | | | |
| 7. | | | | | | | | | | | | | |
| 8. | | | | | | | | | | | | | |
| 9. | | | | | | | | | | | | | |
| 10. | | | | | | | | | | | | | |
| 11. | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | |
| 13. | | | | | | | | | | | | | |
| 14. | | | | | | | | | | | | | |
| 15. | | | | | | | | | | | | | |





Sports Hall Athletics Team Sheets

Please tick the appropriate box for each athlete's events An athlete is limited to two track events and two field events.

| Girls Team Sheet | Track Events | | | | | | Field Event | | | | | |
|--------------------------------|----------------|-----------------|-----------------|---------------------------------|-----------------------|-----------------|-----------------|------------|-----------------------|------------------------------|--------------|---------------|
| Date: Year Group: Venue: | Obstacle Relay | 1 + 1 Lap Relay | 2 + 2 Lap Relay | 6 Lap Paarlauf 1 + 1 Hurdles | Over / Under Relay | 4 x 1 Lap Relay | Speed Bounce | Chest Push | Standing Long Jump | St. Triple Jump 5 Strides | Soft Javelin | Vertical Jump |
| Athlete per event | 4 | 2 | 2 | 2 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| 1. | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | |
| 3. | | | | | | | | | | | | |
| 4. | | | | | | | | | | | | |
| 5. | | | | | | | | | | | | |
| 6. | | | | | | | | | | | | |
| 7. | | | | | | | | | | | | |
| 8. | | | | | | | | | | | | |
| 9. | | | | | | | | | | | | |
| 10. | | | | | | | | | | | | |
| 11. | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | |
| 13. | | | | | | | | | | | | |
| 14. | | | | | | | | | | | | |
| 15. | | | | | | | | | | | | |