



**INDOOR ATHLETICS**

This is a year 6 event, though you may include year 5’s in your team if you wish.

The competition requires a minimum of 8 boys and 8 girls per team

Events at our partnership competition will include:

**FIELD EVENTS**

Chest Push from standing (1kg indoor shot)

Soft Javelin Throw from standing

Speed Bounce

Standing Long Jump

Standing Triple Jump

Vertical Jump

**TRACK EVENTS**

 x 1 lap relay (4 pupils)

4 x 2 lap relay (4 pupils)

For our partnership competition a pupil may compete in **A MAXIMUM OF 1 TRACK AND 1 FIELD EVENT.**