

Event Format – Year 5/6

The Sportshall Primary Programme provides an exciting and highly popular introduction to athletics competition. The following notes provide an overview of the competition and set out the team requirements.

Team Information

School teams should consist of a minimum of 9 girls and 9 boys, with a maximum of 15 girls and 15 boys being permitted. They may compete in a maximum of two track and two field events, drawn from the following:

On the track

1 + 1 Lap Relay

2 + 2 Lap Relay

6 Lap Paarlaf

each requiring two girls & two boys

Obstacle Relay

Over/ Under Relay

4 x 1 Lap Relay

each requiring four girls & four boys

... and in the field

Chest Push

Standing Triple Jump

Soft Javelin

Speed Bounce

Standing Long Jump

Vertical Jump

each requiring three girls & three boys

Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The 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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