

MEDWAY PRIMARY SPORTS HALL ATHLETICS

FESTIVAL: Healthy Me YEARS 3 and 4

(either AM or PM session) THURSDAY 3rd FEB. 2022

MEDWAY PARK EVENT SPECIFICATION



Date: THURSDAY 3rd FEBRUARY 2022

Venue: Medway Park

Years 3 and 4 either AM session (9.30am – 12.30pm) OR PM session 1PM – 4pm approx.

Organiser - Claire Moore Email: moorec@thehowardschool.co.uk

Closing date: Friday 7th January 2022

General:

- This Festival is designed to target pupils to help them to choose healthy behaviours and attitudes: Healthy Me.
- Sportshall Primary Athletics provides the ideal format in which to introduce young people to Athletics and Multi-Skill Competitions
- All equipment will be provided.
- For copies of the **Primary sports hall athletics rules and guidance notes please contact event organisers**. Plus the event format and order of events including the team sheet for boys and for girls.
- Entries via event brite will not be accepted after the closing date. Entries and session selection (AM or PM) will be accepted on a 'first come first served basis'. As there are limited school team spaces available.
- Teachers are at all times responsible for the behaviour and conduct of the participants and supporters.
- Staff, sport leaders and officials should be treated with respect at all times.
- This event cannot take place without the help of student sport leaders, please respect the fact that they are learning as leaders.
- Referees and organisers decisions are final and should be accepted at all times.
- Teachers will be asked to assist throughout the day to ensure their pupils attend the correct event on time.
- Teachers must use the team declaration sheet, to organise which pupil is competing in which 2 track and 2 field events maximum.

Team Information:

- A Primary team must consist of a minimum 9 boys and 9 girls and a maximum of 15 boys and 15 girls
- **Team sheets and programme/order of events available upon request from event organisers. Each athlete is permitted to compete in a maximum of 2 track and 2 field events.**
- The Year 3 and 4 only team competition is planned for both the morning session: 9.30am – 12noon and the afternoon session 1pm – 4pm approx. (your school team selects their preferred time slot) Final places/positions of school teams will be known at the end of the day.
- One team per school maximum per age group

Equipment:

- All equipment is provided for each event, please ensure athletes arrive in P.E. kit.
- Student sport leaders will stand at each event, do a demonstration, instruct and assist primary pupils on how to 'have a go' at specific athletics events.
- Participants should wear appropriate sportswear and footwear for the indoor sports hall.

P.T.O.



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Playing Rules:

On the track ...

1 + 1 Lap Relay girls	Each requiring 2 girls
1 + 1 Lap Relay boys	Each requiring 2 boys
2 + 2 Lap Relay girls	Each requiring 2 girls
2 + 2 Lap Relay boys	Each requiring 2 boys
6 Lap Parlauf girls (1 + 1 Lap Hurdles for Year 3 and 4)	Each requiring 2 girls
6 Lap Parlauf boys (1 + 1 Lap Hurdles for Year 3 and 4)	Each requiring 2 boys
Obstacle Relay girls	Each requiring 4 girls
Obstacle Relay boys	Each requiring 4 boys
Over/Under Relay girls	Each requiring 4 girls
Over/Under Relay boys	Each requiring 4 boys
4 +1 Lap Relay girls	Each requiring 4 girls
4 + 1 Lap Relay boys	Each requiring 4 boys
On the field	
Chest Push girls	Each requiring 3 girls
Chest Push boys	Each requiring 3 boys
Soft Javelin girls	Each requiring 3 girls
Soft Javelin boys	Each requiring 3 boys
Speed Bounce girls	Each requiring 3 girls
Speed Bounce boys	Each requiring 3 boys
Standing long jump girls	Each requiring 3 girls
Standing long jump boys	Each requiring 3 boys
Standing triple jump girls (5 strides year 3 and 4)	Each requiring 3 girls
Standing triple jump boys (5 strides year 3 and 4)	Each requiring 3 boys
Vertical Jump girls	Each requiring 3 girls
Vertical Jump boys	Each requiring 3 boys

- Each Primary School Team will be allocated a coloured bib - so that sports leaders and event organisers know which Primary School they are representing.
- All athlete times and distances will be recorded on a central spreadsheet for their school team and from these results each primary school team will be allocated a final position overall.
- A Fair Play Award will be awarded according to feedback from sport leaders and Festival organisers based upon positive behaviour, good sportsmanship and team spirit on the day.



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