

# Aviva Sportshall Primary

## Event Format

The Aviva 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

each requiring two girls & two boys /

2 + 2 Lap Relay

Pob un angen o leiaf dwy eneth a dau fachgen

6 Lap Paarlauf (1 + 1 Lap Hurdles Relay year 3/4)

---

Obstacle Relay

each requiring four girls & four boys /

Over / Under Relay

Pob un angen o leiaf pedair geneth a phedwar bachgen

4 x 1 Lap Relay

---

### ... and in the field

---

Chest Push

Soft Javelin

Speed Bounce

each requiring three girls & three boys /

Standing Long Jump

Pob un angen o leiaf tair geneth a thri bachgen

Standing Triple Jump (5 Strides year 3/4)

Vertical Jump

---

## Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Aviva Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some teaching points. Visit [www.sportshall.org](http://www.sportshall.org) for further details along with event and competition rules downloads.

## Fformat y Digwyddiad

Mae Rhaglen Aviva Sportshall i Ysgolion Cynradd yn gyflwyniad cyffrous a phoblogaidd i gystadlaethau athletau. Yn y nodiadau isod, ceir manylion cyffredinol am y gystadleuaeth a'r gofynion o safbwynt timau.

## Gwybodaeth am y Timau

Dylai timau'r ysgolion gynnwys o leiaf 9 geneth a 9 bachgen a chaniateir hyd at 15 o enethod a 15 o fechgyn. Gallant gystadlu mewn hyd at ddwy gamp trac a dwy gamp maes o blith y canlynol:

## Gwybodaeth Ychwanegol

Nodwch os gwelwch yn dda na chaniateir i athletwyr gystadlu mewn traed noeth neu esgidiau anaddas. Ceir manylion am yr holl gystadlaethau yn llawlyfr Aviva Sportshall gan gynnwys eglurhad llawn o bob cystadleuaeth ynghyd â rhai pwyntiau dysgu. Ewch i [www.sportshall.org](http://www.sportshall.org) am ychwaneg o fanylion a gellwch lwytho gwybodaeth i lawr am bob gornest a chystadleuaeth.

## Event Programme

## Rhaglen y Digwyddiad

After a short welcome and the introduction of the teams,  
the action begins!

Ar ôl gair byr o groeso a chyflwyno'r timau, ymlaen i'r  
cystadlu!

---

### On the track ...

### ... and in the field

---

Obstacle Relay – girls  
Obstacle Relay – boys

---

1 + 1 Lap Relay – girls  
2 + 2 Lap Relay – girls

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(boys – first round)

---

1 + 1 Lap Relay – boys  
2 + 2 Lap Relay – boys

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(girls – first round)

---

6 Lap Paarlauf – girls  
(1 + 1 Lap Hurdles Relay year 3/4)

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(boys – second round)

---

6 Lap Paarlauf – boys  
(1 + 1 Lap Hurdles Relay year 3/4)

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(girls – second round)

---

Over / Under Relay – girls

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(boys – round three)

---

Over / Under Relay – boys

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(girls – round three)

---

Soft Javelin – girls  
Soft Javelin – boys

Speed Bounce – boys  
Speed Bounce – girls

---

4 x 1 Lap Relay – girls  
4 x 1 Lap Relay – boys

---

And having had lots of fun, we thank everyone and finish  
with presentations to all the teams!

Ac ar ôl cael amser da, diolch i bawb a chyflwyno  
gwobrau i'r holl dimau!

# Aviva Sportshall Primary

Event: \_\_\_\_\_

School: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher: \_\_\_\_\_

Girls Teamsheet		Track Events					Field Events						
		Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	6 Lap Paartlauf <small>1 + 1 Lap Hurdles Relay (years 3/4)</small>	Over / Under Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	St. Triple Jump <small>5 Strides (years 3/4)</small>	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes 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													

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

For more information on the **Aviva Sportshall** Pathway and competition rules go to [www.sportshall.org](http://www.sportshall.org)



# Aviva Sportshall Primary

Event: \_\_\_\_\_

School: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher: \_\_\_\_\_

Boys Teamsheet		Track Events						Field Events					
		Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	6 Lap Paarlau 1 + 1 Lap Hurdles Relay (years 3/4)	Over / Under Relay	4 x 1 Lap Relay	Chest Push	Standing Long Jump	St. Triple Jump 5 Strides (years 3/4)	Vertical Jump	Soft Javelin	Speed Bounce
Number of athletes 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													

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

For more information on the **Aviva Sportshall** Pathway and competition rules go to [www.sportshall.org](http://www.sportshall.org)

