

TT - Girls		
1	Long Jump	LJ-1 (closest to cricket nets).
2	Discus (foam)	Use TT Shot Put Stop Board with foam Discus. Each child has 3 x throws teaching them correct technique. Cones will mark out the foul lines.
3	50m	Use the full length of TT straight track, 4 x lanes as shared with TT Boys. The poles are the finish line. Yellow flag to be used as a start gun with saying "on your marks, set, go...". Make sure children's feet are behind the line.
4	Relay 50m	Use TT straight Track, shared with TT Boys. Use 4 x relay battens in the basket. Split children into 4 groups over 4 x lanes and race.
5	Game	Set up an obstacle course on TT straight track in lane 8. Hop 1 st 10m, jump in hoops next 10m, step through ladder in next 10m, run around zig zag dots in next 10m and then skip to the finish line. Each child having at least two goes, depending how you are going for time.

Notes:

Please follow the program in the order listed. Do not "substitute" events. If a delay seems excessive, make a note & record the wait time.

An **Attendance Sheet(s)** is provided for Tiny Tot please write a tick ✓ to indicate which child attended. There is no need to measure & record results for any Tiny Tots.

Children must be signed in and out by parents/carer.

Long Jump – place the rectangular 'template' so that its front edge is along the edge of the pit. Fill the half of the template furthest from the pit with a layer of sand (ie. the sand occupies the region 25cm to 50cm from the pit.). Remove the template, leaving the sand. When the children jump, they should jump from this rectangle of sand (leaving a single footprint in the sand, preferably not on the pit side of the sand).

TT - Boys

1	Long Jump	LJ-2 (closest to cricket nets).
2	50m	Use full length of TT straight track. The poles are the finish line. Yellow flag to be used as start gun with saying "on your marks, set, go...". Make sure children's feet are behind the line.
3	Relay 50m	Use TT straight Track, shared with TT Girls. Use 4 x relay battens in basket. Split children in to 4 groups over 4 x lanes and race.
4	Discus (foam)	Each child has 3 x throws teaching them correct technique. Cones will mark out the foul lines.
5	Game	Set up obstacle course on TT straight track in lane 8. Hop 1 st 10m, jump in hoops next 10m, step through ladder in next 10m, run around zig zag dots in next 10m and then skip to the finish line. Each child having at least two goes, depending how you are going for time.

Notes:

Please follow the program in the order listed. Do not "substitute" events. If a delay seems excessive, make a note & record the wait time.

An **Attendance Sheet(s)** is provided for Tiny Tot please write a tick ✓ to indicate which child attended. Please complete the Age Managers name on the attendance sheet. There is no need to measure & record results for any Tiny Tots,

Children must be signed in and out by parents/carers.

Long Jump – place the rectangular 'template' so that its front edge is along the edge of the pit. Fill the half of the template furthest from the pit with a layer of sand (ie. the sand occupies the region 25cm to 50cm from the pit.). Remove the template, leaving the sand. When the children jump, they should jump from this rectangle of sand (leaving a single footprint in the sand, preferably not on the pit side of the sand).