

# U11 Provisional Sportshall Programme

## Wells - 24/11/19

Event No.	<u>Boys &amp; Girls Events</u>		
1.	Registration, Welcome,	9.45 - 10.00	
2.	Warm up	10.00 - 10.10	
	<b>Boys Events</b>		<b>Girls Events</b>
3.	Reversa Board Practise	10.15 - 10.45	Standing Vertical Jump
	1 Lap Sprint		Standing Long Jump
	2 Lap Sprint		Standing Triple Jump
			Speed Bounce - <i>do as whole group</i>
4.	Standing Vertical Jump	10.45 - 11.15	Reversa Board Practise
	Standing Long Jump		1 Lap Sprint
	Standing Triple Jump		2 Lap Sprint
	Speed Bounce - <i>do as whole group</i>		
5.	4 Lap	11.15 - 11.45	Hi Stepper
	1 Lap Hurdle		Balance Beam
			Chest Push
			Target Throw - <i>last 2 trays only</i>
6.	Hi Stepper	11.45 - 12.15	4 Lap
	Balance Beam		1 Lap hurdles
	Chest Push		
	Target Throw - <i>last 2 trays only</i>		
7.	15m +Javelin Competition Team Relays	12.15 - 12.25	15m +Javelin Competition or Team Relays
8.	Close	12.30	

For more information on the events go to: <http://www.sportshall.org/home/about-sportshall>