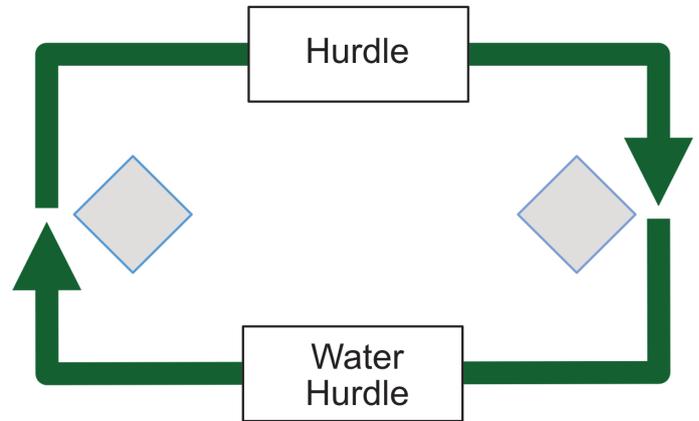




TRACK & FIELD

Fun Variations of Track and Field Steeplechase

This middle-distance race is comprised of laps of the track for a total of 3000m with hurdles and water hazards along the course.



What is the Sport?

Track and Field is the name given to athletic events. Events on track are running events and field events are throwing or jumping events. The major track and field events are the World Championships, Commonwealth Games and the Olympics.

This resource uses games that could be tried out at home, in the garden or in a large open space. We hope that churches will create a safe bookable 'sports' space for those in its local community to enjoy, especially those with no or small gardens. These are ideal to be used by families or small groups of young people as per government guidelines.

Advice around how to run such a space and abide by current government guidelines can be found here <https://www.gloucester.anglican.org/sports> It is important to read these as they will be kept up to date.

Further advice on these activities are posted on <https://www.youtube.com/c/DioceseofGloucester>

How best to engage with this?

Depending on the space available, you could set up all the challenges in a round-robin style. Ensure there is a suitable distance between each challenge to allow physical distancing.

You could run them as a series over a few days. One or two challenges could be ready for participants to engage with at a pre-booked time to prevent an accidental mass gathering.

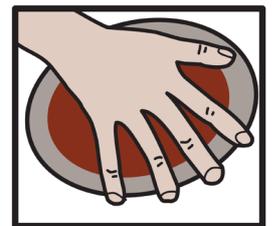
Another option would be for the coordinator to film themselves using a mobile phone to set the challenge. Send the video message to members of their community to take up the challenge who reply by video.

Set up a circular course that is about 30m and run 10 laps. For the hurdles use a cardboard box, pillows or a jumper. For the water hazard use a planter trough or shallow oven dish, add some cones or buckets to provide the course perimeter. Each person takes it in turns to run the race while the others cheer them on. Time the race, with the winner being the quickest.

Did you know?
For 40 years the men's Olympic steeplechase winners have all been from Kenya. The last non-Kenyan to win was Poland's Bronislaw Malinowski in 1980.

Discus

A weighted disc is thrown as far as possible with competitors rotating to build momentum to aid the propulsion.



Use a frisbee or a plastic plate as a discus, ideally one per person or household. Set up a throwing box, using a blanket or cones. Competitors hold over the disk with their palm down and throw with a straight arm. If they feel confident, a spin could be added to build momentum but ensure that bystanders don't get hit! Once the disk is thrown get one person to walk out to the disk, counting their steps to measure how far it has been thrown. The furthest throw wins.

Did you know?
Gabriele Reinsch holds the women's discus world record with a throw of 76.80m

Sprint

These short distance races tend to be the jewel in the crown of the track and field meetings. Outdoor events see competitors run 100m with indoor events, competitors run 60m.

Set up a start line and 10m later a finishing line. Ensure that it's a straight line. Each competitor is given a 'take your marks, set, GO!' before they complete the race. Allow each competitor one or two attempts to record their fastest times. The fastest time wins.

Did you know?
Usain Bolt holds the men's world record for 100m at 9.58 seconds. This means he travels 10m in under 1 second... did you come close?

Jump

The long jump comprises a run-up and a jump into a landing-pit filled with sand.

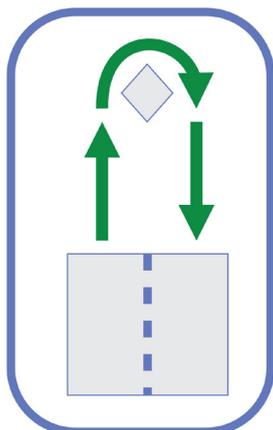
Set a jump start line. One by one the competitors stand on that line. When they are ready they bend their knees, and jump as far forward as they can, aiming to land in a standing position, with knees bent. They must stay where they are whilst another person walks out, counting their steps to measure how far the jump has been. (Walk parallel to observe physical distancing.) The furthest jump wins.

Did you know?
The British long jump record is held by Greg Rutherford with a distance of 8.51m. That's longer than two Ford Fiestas parked bumper to bumper.

Relay

A race with a team of 4, completing their run, in turn, before passing the baton to their teammate which is repeated until the last member of the team crosses the finishing line.

Set up the transition box with is 4m by 4m, using cones or blankets. Place a cone or jumper to run around 10m away. Divide the group into two teams. Runner one runs out around the cone and back. When runner one returns to the box



runner two starts their run. Keep repeating until all runners have run and time how long it takes for the next team to try and beat.

If your team only has a small number of runners, make the members of the team run a few times. There is no need to pass any batons, just go when the runner returns to the box. If some of the group are physical distancing ensure that they keep 2m away from others when returning to the transition box.

Did you know?
The last person to run in a relay race is known as the anchor and they tend to be the fastest person in the team.

Javelin

A throwing event where a long-spiked stick [WARNING: do not attempt with any form of stick!] is thrown as far as possible after having a short run-up.

Competitors create their own javelin by rolling up some newspaper and fastening it with tape, paper planes are not allowed! Competitors kneel at the throwing line and throw their javelins as far as they can. Once thrown, one person walks out counting their steps to measure the distance. The furthest javelin wins. You might want to avoid throwing into the wind!

Did you know?
The sport of javelin has evolved from hunting where a spear would be thrown to stun or kill an animal.

Hurdles

A running race in which competitors must jump over several hurdles placed in their lane, as they run around the track..

Set out a 20m circular course with a hurdle placed every 4m. Ensure that the start line, also doubles up as the finish line. The hurdle could be a cardboard box, pillow or cones with a bamboo cane across. On 'Go!' the competitor runs around the course while being timed. Once they have had their go, reset any knocked hurdles and let the next competitor have their attempt. Fastest time wins!

Did you know?:
Hurdles for the 400m are set to be 91.4cm high for men and 76.20cm high for women and set at 35m apart.

Level Playing Field

The aim is for this to be fun. Fun can end quickly if only the bigger children and adults win everything. To make it a level playing field you might want to add some ways to balance it out, such as:

- Running: Can only run backwards, must hop, crawl on all fours
- Throwing: use less dominant hand, close their eyes
- Jumping: jump with just one leg, jump backwards

Pause for thought

It's a common phrase that life is more like a marathon than a sprint. There are times when we will need to live life fast and there are times when we need to live life at a slower, marathon pace. It is not sustainable to run at the same speed throughout all of our lives. In the Bible, a man called Paul often refers to life and faith as a race. He said that he had been disciplined to maintain his friendship with God through the race of life (2 Tim 4:7). To keep going with something requires discipline and determination, it can feel very lonely. But in Jesus, we have a running companion, a friend who is there to help guide, support and love us as we complete the race of life. But we still need the discipline to make time to pray, speaking with God to get to know him better.

Question: When in life have we needed determination? How did it feel when you succeeded?

Prayer: Lord God, thank you for sport and the lessons it teaches us. Help me to run the race of life knowing you as a friend every day. Amen

Score Card

You can score yourselves across the challenges by awarding points each person.

E.g.: 5 points for last place, 10 points for second to last, 15 points for third last, continuing in 5s until you get to first place.

Name	Steeplechase		Discus		Sprint		Jump		Relay		Javelin		Hurdles		Points Total
	Time	Points	Distance	Points	Time	Points	Distance	Points	Time	Points	Distance	Points	Time	Points	