



pcb **Het Baken**
Capelle aan den IJssel

Dutch edition 2017-2018 nr.12

European Journal

BlaBla



Track and field



Track and field is a sport where you don't just run but also do relay's, smash heavy balls on the ground, do high jumping and you sometimes do races with the hole group. Another word for Track and field is Athletics. Relays are team races where you pass sticks to another kid. When you smash heavy balls on the ground you have to throw balls from: 5 kilo, 10 kilo and 20 kilo in the air and then they will smash on the ground. When you do highjumping you have a mat and 2 long sticks with a flat stick where you need to jump over. At the end most of the times we do races with the group from 3 rounds of 400m. and we had 3 groups, the 1st group was for the young childs and children that couldn't behave their selfs, the 2nd group was for children that are positive and the 3rd group was for the children that force their selfs.



Reporter: Sean

