

# TRACK AND FIELD

## HURDLES

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>ALL GRADES</b>			
Use "scissor" hurdles, light hurdles or loose crossbars for classroom instruction.	Use an appropriate area that provides a flat, clear surface.	Instruct students on how to set up equipment properly.  Modify heights and distances to accommodate different ability levels.  Teach skills in proper progression.	Provide on-site supervision.