

Gifted and Talented Athletics Day

General Information

Where? Tooting Bec Athletics Track,

When? July 1st

Time? 09:30- 14:30

Who? Your Gifted and Talented Athletes!

4 Year 5 Boys

4 Year 5 Girls

4 Year 6 Boys

4 year 6 Girls

What do I need?

Water bottles.

Appropriate clothing and footwear.

Bring a copy of this document (including the schedule)

Plan which children will be running in each event before you attend

Schedule

We will do a whole group warm up at the start of the session and then teachers must send their athletes to the correct starting event. Every pupil will compete in 2 field events- One must be a jump event (long jump or speed bounce) and one must be a throw event (shotput or javelin). Girls will compete in the field events first whilst the boys compete in an organised activity where they will then rotate.

Please make sure you pick 2 boys and 2 girls from each year group to compete in each set of events and make sure they know what events they will be doing.

| | Event 1 (10:15-10:35) | Event 2 (10:40- 11:00) | | | | |
|-----------------|-------------------------------|------------------------|--|--|--|--|
| Shotput | Year 5 girls | Year 6 girls | | | | |
| Long Jump | Year 6 girls | Year 5 girls | | | | |
| Javelin | Year 5 girls | year 6 girls | | | | |
| Speed Bounce | Year 6 girls | Year 5 girls | | | | |
| G & T challenge | Year 5 & 6 boys (10:15-11:00) | | | | | |



| | Event 1 (11:00-11:20) | Event 2 (11:25- 11:45) | | | |
|-----------------|--------------------------------|------------------------|--|--|--|
| Shotput | Year 5 boys | Year 6 boys | | | |
| Long Jump | Year 6 boys | Year 5 boys | | | |
| Javelin | Year 5 boys | year 6 boys | | | |
| Speed Bounce | Year 6 boys | Year 5 boys | | | |
| G & T challenge | Year 5 & 6 girls (11:00-11:45) | | | | |

Lunch- 11:45-12:15

Track events- 12:15-14:00

Our Track events will run once the field events have finished. Each child will need to compete in 1 race and 1 relay event.

| Event | | | | | |
|----------------|--|--|--|--|--|
| 100m | Year 5 Girls (One runner from each school) | | | | |
| | Year 5 Boys (One runner from each school) | | | | |
| | Year 6 Girls (One runner from each school) | | | | |
| | Year 6 Boys (One runner from each school) | | | | |
| 200m | Year 5 Girls (One runner from each school) | | | | |
| | Year 5 Boys (One runner from each school) | | | | |
| | Year 6 Girls (One runner from each school) | | | | |
| | Year 6 Boys (One runner from each school) | | | | |
| 400m | Year 5 Girls (One runner from each school) | | | | |
| | Year 5 Boys (One runner from each school) | | | | |
| | Year 6 Girls (One runner from each school) | | | | |
| | Year 6 Boys (One runner from each school) | | | | |
| Marathon | Year 5 Girls (One runner from each school) | | | | |
| | Year 5 Boys (One runner from each school) | | | | |
| | Year 6 Girls (One runner from each school) | | | | |
| | Year 6 Boys (One runner from each school) | | | | |
| 4 x 100m Relay | Year 5 Girls (Four runners from each | | | | |
| | school) | | | | |
| | Year 5 Boys (Four runners from each | | | | |
| | school) | | | | |
| | Year 6 Girls (Four runners from each | | | | |
| | school) | | | | |
| | Year 6 Boys (Four runners from each | | | | |
| | school) | | | | |



Presentation -14:00- 14:15

Only staff that are pre authorised to travel with the school will be permitted to enter the Track area. Moving Matters will be taking photos at the event, please let us know in advance

if there are children who cannot be photographed. If a school wishes to take photos they can do so but only of their own school

These documents will help you to pick which students will be doing each event. Again, please ensure all pupils compete in 1 jump event, 1 throw event, 1 race and the relay.

Roster- girls

| | Year 5 | | | Year 6 | | | | |
|------------|--------|--|---|--------|--|--|---|--|
| Javelin | | | | | | | | |
| Long jump | | | | | | | | |
| Shotput | | | | | | | | |
| Speed Jump | | | | | | | | |
| 100m | | | | | | | | |
| 200m | | | | | | | | |
| 400m | | | _ | _ | | | _ | |
| Marathon | | | | | | | | |
| Relay | | | | | | | | |



Roster-boys

| | Year 5 | | | Year 6 | | | | |
|------------|--------|--|--|--------|--|--|--|--|
| Javelin | | | | | | | | |
| Long jump | | | | | | | | |
| Shotput | | | | | | | | |
| Speed Jump | | | | | | | | |
| 100m | | | | | | | | |
| 200m | | | | | | | | |
| 400m | | | | | | | | |
| Marathon | | | | | | | | |
| Relay | | | | | | | | |