



### 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.

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

**Swap- 11:00**



	<b>Event 1 (11:00-11:20)</b>	<b>Event 2 (11:25- 11:45)</b>
<b>Shotput</b>	Year 5 boys	Year 6 boys
<b>Long Jump</b>	Year 6 boys	Year 5 boys
<b>Javelin</b>	Year 5 boys	year 6 boys
<b>Speed Bounce</b>	Year 6 boys	Year 5 boys
<b>G &amp; T challenge</b>	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.

<b>Event</b>	
<b>100m</b>	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)
<b>200m</b>	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)
<b>400m</b>	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)
<b>Marathon</b>	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)
<b>4 x 100m Relay</b>	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)



