THE DETAILS

Who: Year 4 & 5

Where: Tooting Bec Athletics Track

Time: 10:00 - 14:30

Team: 16 Children: 4 Boys & 4 Girls from **Year 4** and 4 Boys & 4 Girls from **Year 5**

<u>What you need:</u>

- The children must know what events they are doing before the day of the event.
- Water bottles.
- Appropriate clothing and footwear. (Staff & Children)
- A copy of this document.

Year 4&5 Athletics

Information to remember:

- Remind children to wear sun hats and sunscreen.
- Tell children to bring water, there will be a fountain on site.
- Children must wear trainer.
- Split the children into their groups before the day of the competition. (Team Sheet attached)
- Run the children through events/stations before the day.
- Parents are welcome to join us on the day to support all children.

Providing a competitive environment for children to learn...

moving matters

Scoring.

Each athlete will compete to contribute to their team's overall score, with medals awarded to 1st place athlete at each station. The scores are totalled up for all the events and the team with the lowest score will be our winner. For example if your school finishes first place in 10 events the score would be 10, 1 x 10. The eventual winner will be announced at a later date and trophy awarded.

Schedule

Every pupil will compete in 1 field event and 1 track event.

The girls will compete in the field events first whilst the boys compete in the track events and then the groups will switch over. Upon arrival, the girls will be directed to their field events so that they are ready to begin at 10:15AM and the boys directed to the track.

We will have heats and finals for the track events!

PLEASE NOTE THAT ALL TIMES LISTED ON THIS DOCUMENT ARE APPROXIMATE AND MAY DIFFER ON THE DAY OF THE EVENT, ALTHOUGH WE AIM TO STICK TO THEM AS CLOSELY AS WE CAN.

Every pupil will compete in 1 field event.

Please make sure you pick 1 boy and 1 girl 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)**
Shot put	Year 4 girls	Year 5 girls
Long Jump	Year 4 girls	Year 5 girls
Javelin	Year 4 girls	Year 5 girls
Speed Bounce	Year 4 girls	Year 5 girls

Swap- 11:00

	Event 1 (11:00-11:20)	**Event 2 (11:25- 11:45)**
Shot put	Year 4 boys	Year 5 boys
Long Jump	Year 4 boys	Year 5 boys
Javelin	Year 4 boys	Year 5 boys
Speed Bounce	Year 4 boys	Year 5 boys

Lunch Time 11:45 - 12:15

BOYS TRACK EVENTS SCHEDULE (10.15 - 11.00AM)

Events (IN ORDER)
Marathon (400m) (Final, all runners compete)
300m (Heat 1 followed by Heat 2)
120m (Heat 1 followed by Heat 2)
60m (Heat 1 followed by Heat 2)

Swap - 11.00AM

GIRLS TRACK EVENTS SCHEDULE (11AM - 12PM)

Events (IN ORDER)
Marathon (400m) (Final, all runners compete)
300m (Heat 1 followed by Heat 2)
120m (Heat 1 followed by Heat 2)
60m (Heat 1 followed by Heat 2)

Finals: 12:15 - 14:00

Event
60m - Boys Finals first, followed by the girls.
120m - Boys finals first, followed by the girls.
300m - Boys finals first, followed by the girls.
4x100m Relay races

These documents will help you to pick which students will be doing each event. Again, please ensure all pupils compete in 1 field and 1 track event.

Roster- Boys

School Name:

	Year 4	Year 5
Javelin		
Long jump		
Shotput		
Speed Jump		
60m		
120m		
300m		
Marathon		

These documents will help you to pick which students will be doing each event. Again, please ensure all pupils compete in 1 field and 1 track event.

Roster- Girls

School Name:

	Year 4		Year 5	
Javelin throw				
Long jump				
Shot Put				
Speed Jump				
60m				
120m				
300m				
Marathon				
Year 5 Mixed Relay Two boys & Two Girls				
Year 5 Mixed Relay Two boys & Two Girls				