

SOMERLY PRIMARY SCHOOL FACTION ATHLETICS CARNIVAL

FRIDAY 1ST SEPTEMBER

Dear parents/caregivers,

The Athletics Faction Carnival is almost upon us and the children have been very busy practicing. There are some items that parents need to be aware of for the day.

It is essential you ensure your child wears correct footwear. Children will not be permitted to go barefoot. A shoe for physical activity needs to:

- cup the heel firmly
- provide good support in the heel and mid foot areas
- be laced firmly
- flex at the ball of the foot
- be correct length (a thumb's width from the longest toe to the end of the shoe when standing)



This is essential to prevent muscle strain and foot and ankle injuries during sport. A shoe which is too big or laced loosely needs to be held on by gripping with the toes, which causes further foot strain. Skate shoes do not meet the standards of a sport shoe designed for running. These shoes together with shoes not laced firmly, can have a detrimental impact on a child's growing feet and should not be worn to school.

(This information was kindly provided by Australian Podiatry Association)

Please remember to send your child with a water bottle, healthy snacks, a yummy lunch, a sun smart hat and put sunscreen on before hand.

We hope to see you there cheering your children on.

Tracey Renton and Belinda Ochieng

SOMERLY PRIMARY SCHOOL

FACTION ATHLETICS CARNIVAL 2017

CARNIVAL TIMETABLE

FRIDAY 1st SEPTEMBER

9:00 - 9:15am Faction march past.
Children warm up.
Announce pre-carnival results.

9.15 – 9.35am Kindy Races
Please note, Kindy students then move to their tabloid games rotation.



9.40 – 10.25 ROTATION 1

YEAR	EVENT
PP/1	SPRINTS/RELAYS (50M/60M)
YEAR 2	JUMPS/THROWS
YEAR 3/4	BLUEARTH GAMES
YEAR 5/6	TEAM GAMES (Star Relay, Leaderball, Pass ball, Football relay).

10.25 – 10.40 RECESS

10.45 – 11.30 ROTATION 2

YEAR	EVENT
YEAR PP/1	TEAM GAMES (Bean Bag Relay, Tunnel ball)
YEAR 2	SPRINTS/RELAYS (60M)
YEAR 3/4	JUMPS/THROWS
YEAR 5/6	BLUEARTH GAMES



11.35 – 12.20 ROTATION 3

YEAR	EVENT
YEAR PP/1	BLUEARTH
YEAR 2	TEAM GAMES (Bean Bag Relay, Tunnel Ball, Egg and Spoon Race, Sack Race)
YEAR 3/4	SPRINTS/RELAYS (75M)
YEAR 5/6	JUMPS/THROWS

Please note: PP-1's will have double time to complete their team games.

12.20 – 12.45 LUNCH

12.50 – 1.35

ROTATION 4

YEAR	EVENT
YEAR PP/1	JUMPS/THROWS (egg and spoon, sack race)
YEAR 2	BLUEARTH GAMES
YEAR 3/4	TEAM GAMES (Star relay, Leaderball, Pass ball, Tunnel Ball).
YEAR 5/6	SPRINTS/RELAYS (100M)



1.40 – 2.25

GRAND RELAY Fastest Boy/Girl for each year level.

TODDLER RACE (Ages 2-3 years)

STUDENTS v's TEACHERS v's PARENTS RELAY

2.30 PRESENTATIONS