

SOMERLY PRIMARY SCHOOL OLYMPICS

FRIDAY 3RD SEPTEMBER 2021

Dear Parents/Caregivers,

The Somerly Olympics are 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.

Belinda Ochieng

SOMERLY PRIMARY SCHOOL

Olympics 2021

CARNIVAL TIMETABLE

FRIDAY 3rd September

9:00 - 9:15am Faction march past.
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	SPRINTS/RELAYS (50M)
YEAR 1/2	JUMPS/THROWS/SOCCER KICK/TARGET THROW
YEAR 3/4	BLUEARTH GAMES
YEAR 5/6	TEAM GAMES (Star Relay, Leaderball, Pass ball, Tunnel ball).

10.25 – 10.40 RECESS

10.45 – 11.30 ROTATION 2

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



11.35 – 12.20 ROTATION 3

YEAR	EVENT
YEAR 1/2	TEAM GAMES (Bean Bag Relay, Tunnel ball, Corner Spry)
PP	BLUEARTH
YEAR 3/4	SPRINTS/RELAYS (75M)
YEAR 5/6	JUMPS/THROWS/SOCCER KICK/TARGET THROW

12.20 – 12.45 LUNCH

12.50 – 1.35 ROTATION 4

YEAR	EVENT
YEAR PP	JUMPS/THROWS/SOCCER KICK/TARGET THROW
YEAR 1/2	BLUEARTH
YEAR 3/4	TEAM GAMES (Star relay, Leaderbag, Pass ball, Tunnel Ball).
YEAR 5/6	SPRINTS/RELAYS (100M)

1.40 – 2.25 GRAND RELAY Fastest Boy/Girl for each year level (Selected from run-offs in class).
STUDENTS v's TEACHERS v's PARENTS RELAY

2.30 PRESENTATIONS