

SOMERLY PRIMARY SCHOOL

Sports Carnival

FRIDAY 2ND SEPTEMBER 2022

Dear Parents/Caregivers,

The Somerly Sports 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.

Belinda Ochieng

SOMERLY PRIMARY SCHOOL 2022 CARNIVAL TIMETABLE

FRIDAY 2nd September

9:00 - 9:15am

Faction march past.
Announce pre-carnival results.

9.15 – 9.35am

Kindy Races
*Please note, Kindy students then return
to the Kindy area for their tabloid games rotation.*



9.40 – 10.25

ROTATION 1

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

10.25 – 10.40 RECESS

10.45 – 11.30 ROTATION 2

YEAR	EVENT
YEAR PP	SPRINTS/RELAYS (50M)
YEAR 1/2	TEAM GAMES (Bean Bag Relay, Tunnel ball, Thread the Needle)
YEAR 3/4	BLUEARTH GAMES
YEAR 5/6	JUMPS/THROWS/SOCCER KICK/TARGET THROW

11.35 – 12.20 ROTATION 3

YEAR	EVENT
PP	BLUEARTH
YEAR 1/2	SPRINTS/RELAYS (60M)
YEAR 3/4	JUMPS/THROWS/SOCCER KICK/TARGET THROW
YEAR 5/6	TEAM GAMES (Star relay, Leaderbag, Pass ball, Tunnel Ball).

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