

**YEAR 4 – 6 ATHLETICS DAY: Friday 19<sup>th</sup> October/ SAVE DAY: Tuesday 23<sup>rd</sup> October**

**Programme:**

TIME	Yr 4 Girls	Yr 5 Girls	Yr 6 Girls	Yr 4 Boys	Yr 5 Boys	Yr 6 Boys
9.45-10.15	GIRLS TRACK EVENTS 1.800m (straight final Yr 4,5,6)- 4 laps 2.100m heats Yr 4,5,6 3.200m heats Yr 4,5,6-1 lap 4.400m Yr 6 (straight finals)- 2 laps 5.100m and 200m finals			SHOTPUT 600g	HIGH JUMP	DISCUS (750g)
10.15-10.45				HIGH JUMP	SHOTPUT 2kg	LONG JUMP
11.20-11.50				DISCUS (500g)	LONG JUMP	HIGH JUMP
11.50-12.20				LONG JUMP	DISCUS (500g)	SHOTPUT 3kg
	<b>Changeover at 12.20</b>					
12.30-1.00	SHOTPUT 600g	HIGH JUMP	DISCUS (750g)	BOYS TRACK EVENTS 1. 800m (straight final Yr 4,5,6)- 4 laps 2.100m heats Yr 4,5,6 3.200m heats Yr 4,5,6-1 lap 4.400m Yr 6 (straight finals)- 2 laps 5.100m and 200m finals		
1.45-2.15	HIGH JUMP	SHOTPUT 2kg	LONG JUMP			
2.15-2.45	DISCUS (500g)	LONG JUMP	HIGH JUMP			
Tuesday 23 <sup>rd</sup> Oct	LONG JUMP	DISCUS (500g)	SHOTPUT 2kg			

The programme will finish at 2.45 pm.

**Class Relays and one last rotation for girls to be completed on Tuesday 23<sup>rd</sup> Oct (afternoon block)**