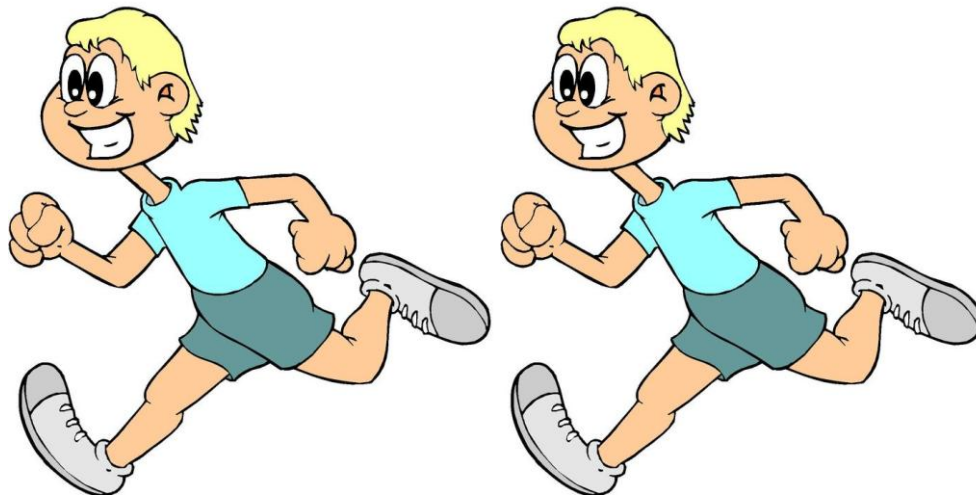


Albany Primary School



2026 Athletics Carnival and Jumps and Throws

Parent Information

Jumps & Throws - Yr 4-6 Friday 30 October @ APS
(Back up day - Monday 2 November)

Athletics Carnival - PP-Yr 6 Thursday 5 November @ ASHS Oval
(Back up day - Thursday 12 November)

PP, 1, 2, 3, 4, 5 & 6

2026 HOUSE ATHLETICS EVENTS INFORMATION

Parent permission for this event is included in the local area excursion consent form for ASHS that was given at the beginning of the year. Therefore, no additional permission is required for this event.

Students are to arrive at school at normal time to be ready to join in the faction chants in the courtyard at 8.50am followed by the walk up to the ASHS oval at 9am. Students are to wear house colour shirts, sunscreen, hats, suitable footwear and bring extra protection if weather is cold/rainy. They will need a water bottle, jumper, snacks and Year 4 to 6 students will need their lunch.

Parent Helpers

Parent helpers are crucial to the success of these events. If you are able to help at the Jumps and Throws or House Carnival, please complete the Parent Helper Google Form at this QR code



Feedback

Any feedback about the carnivals would be greatly appreciated, please use this QR code to provide feedback



Additional Information

For additional information, please refer to the **Google Doc** found at this QR code. Please note that this is a live document and edits may be made right up to the day of the event. Some of the most important information has been included below.



Athletics Event Dates

- High Jump: High Jump events take place during lunchtimes in the undercover area and parents are welcome to come and watch. Dates are as follows.
 - High Jump: Mon 26 Oct: Year 6 / Tues 27 Oct: Year 5 / Wed 28 Oct: Year 4
- Jumps and Throws: Yr 4-6 - Friday 30 October @ APS (Back up day Monday 2 November)
- House Carnival: Thursday 5 November @ ASHS Oval (Back up Thursday 12 November)
- Interschool Athletics
 - Junior Carnival - Friday Week 6 (20/11) (Back up day Monday 23/11)
 - Jumps and Throws - Tuesday Week 7 (24/11). (Back up day Wednesday 25/11)
 - Senior Carnival - Thursday Week 7 (26/11). (Back up day Monday 30/11)

Parent Reminders for Athletics Carnival Day

- Parking will only be available at Albany Primary School. There is no parking at ASHS.
- Whilst coming onto the oval to get a closer view of events is allowed, please do not interfere with staff/parent helpers, particularly at the finish line of races as they try to order students.
- Parents are not permitted into the student bays.
- Younger siblings who are spectating must be supervised at all times
- No PP, 1, 2 & 3 students are to remain at the ASHS oval after their carnival has concluded.
- Students needing to leave early must be signed out with their class teacher at the carnival.

Food / Drinks

No canteen for students will be available this year. "Daily Bagel" will be providing their coffee/bagel van for purchases by spectators only. Students will NOT be permitted to access the van.

Spectator Code of Conduct

Family and friends are strongly encouraged to come and be a part of what is a great day centered around teamwork, team spirit, sportsmanship, personal best and fun! For many students, this day can be a real highlight of the year as it is a chance to colour up, hang out with mates, and compete for both house and spirit points. It is important that spectators keep this front of mind during the day. Whilst there obviously is a competition element to the day, it's important to remember the context of our situation, a primary school sports carnival, run by hard working teachers and parent helpers doing their best to provide a positive experience for the students. If there are any issues throughout the day that you believe need addressing, please approach a staff member in a respectful way and calmly describe your concerns. Keep in mind that all staff running the day have a clear goal, to provide a fun and enjoyable experience for all students!

House Champion Shield

Points will be awarded to houses throughout the two carnival days as follows:

- **Individual events:** 1st = 50 points, 2nd = 45 points, 3rd = 40 points, every place after 3rd = 1 less point than the place before (i.e. 39 points for 4th, 38 points for 5th etc.)
- **Team events:** 1st = 200 points, 2nd = 150 points, 3rd = 100 points, 4th = 50 points
- **Grand relay:** 1st = 400 points, 2nd = 300 points, 3rd = 200 points, 4th = 100 points

At the end of the athletics carnival, a junior house champion shield and senior house champion shield will be awarded to the winning houses.

Spirit Shield

Throughout the day of the athletics carnival, adults will be able to award houses spirit points.

Points should be awarded to a house for its participants showing good sportsmanship and/or good team spirit. An adult helper who wishes to award points will hand a 'spirit points ticket' to the child that they are awarding the points to, this student can then place the ticket in their house's container in their bay. Spirit points should be awarded very liberally. At the end of the day, all spirit points will be counted, and the spirit shield will be awarded to the winning house during senior presentations at the end of the day.



Rise Star Certificates

Throughout the day of the athletics carnival, adult helpers will be on the lookout for students who are showing exceptional sportsmanship and/or team spirit. Examples of behaviour to be considered for a rise star certificate include helping and encouraging others, raising team spirit, using initiative to solve problems, putting team before self, demonstrating humility in victory and grace in defeat, congratulating opponents and being a positive role model to others.

Towards the end of the carnival, bay supervisors should consult with other adults about which students in their bay they think are most deserving of the Rise Star Certificate. They will then pass these names on to Caleb who will complete the certificates. Certificates will be handed out during presentations at the end of the junior carnival and senior carnival. There is no set amount of Rise Stars to award, but roughly 2 per house for each Junior and Senior is a good goal.

Place Ribbons & Stickers

Individual events: Placegetters (1st to 4th) for receive ribbons.

Team games: Participants receive place stickers indicating their place (1st to 4th).

Individual Year Level Champions Medals and Certificates (Year 4 to 6 only)

Scores for every individual event across the jumps and throws and athletics day are added up and each year/gender group is awarded a Champion and Runner-up who receive medals and a 3rd and 4th place who receive certificates.

In the event of equal champions, medals will be awarded to both champions and to a runner up.

In the event of a tie for **runner-up**, a champion and two runner-up medals will be awarded.

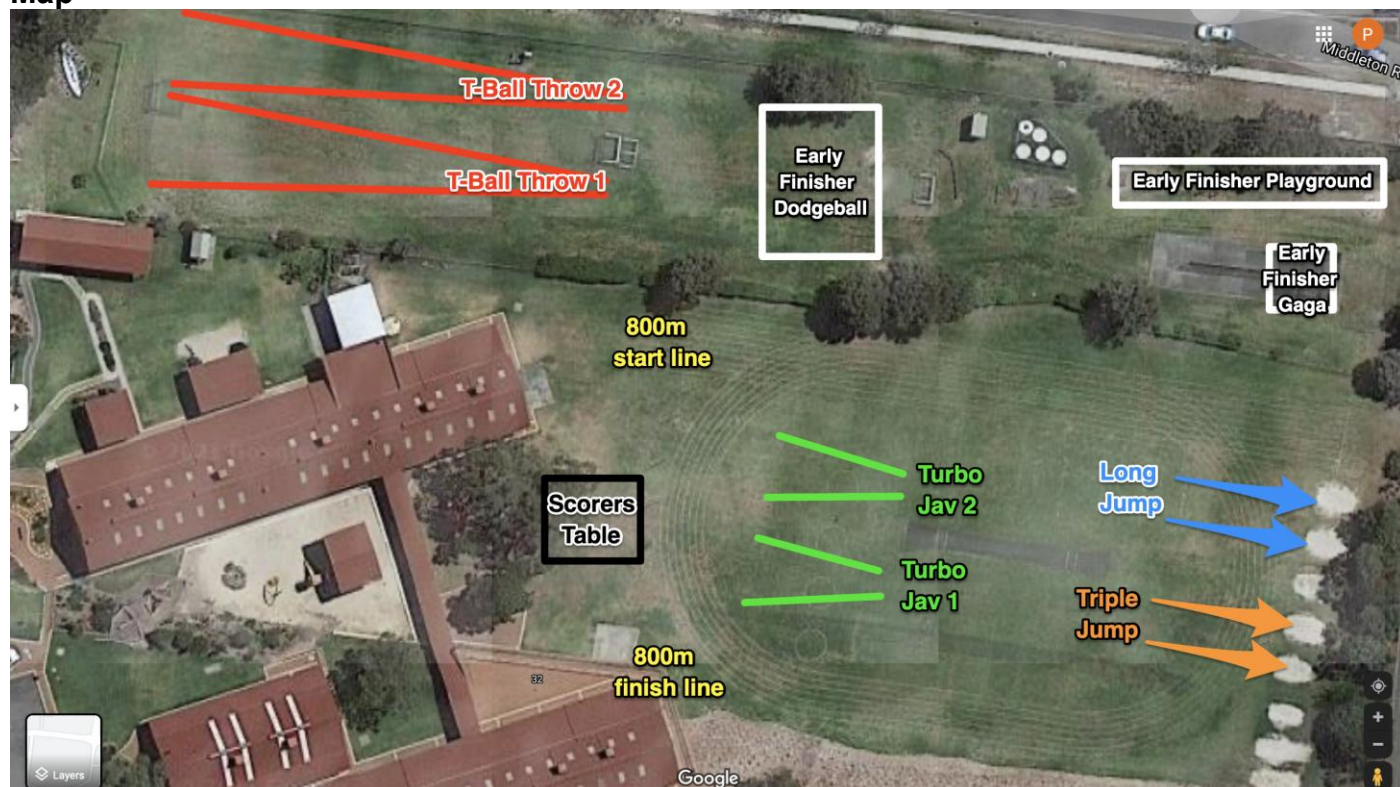
Jumps and Throws

Event Day Information

Timetable

	JAV 1	JAV 2	TBALL 1	TBALL 2	LONG JUMP	TRIPLE JUMP
P1 - 9am to 9.40	YEAR 4 BOYS	YEAR 4 GIRLS	YEAR 5 BOYS	YEAR 5 GIRLS	YEAR 6 BOYS	YEAR 6 GIRLS
P2 - 9.40 to 10.20	YEAR 4 BOYS	YEAR 4 GIRLS	YEAR 5 BOYS	YEAR 5 GIRLS	YEAR 6 GIRLS	YEAR 6 BOYS
P3 - 10.20 to 10.50	YEAR 6 BOYS	YEAR 6 GIRLS	YEAR 4 BOYS	YEAR 4 GIRLS	YEAR 5 BOYS	YEAR 5 GIRLS
RECESS - 10.50 TO 11.10						
P4 - 11.10 to 11.50	YEAR 6 BOYS	YEAR 6 GIRLS	YEAR 4 BOYS	YEAR 4 GIRLS	YEAR 5 GIRLS	YEAR 5 BOYS
P5 - 11.50 to 12.30	YEAR 5 BOYS	YEAR 5 GIRLS	YEAR 6 BOYS	YEAR 6 GIRLS	YEAR 4 BOYS	YEAR 4 GIRLS
P6 - 12.30 to 1.10	YEAR 5 BOYS	YEAR 5 GIRLS	YEAR 6 BOYS	YEAR 6 GIRLS	YEAR 4 GIRLS	YEAR 4 BOYS
LUNCH - 1.10 TO 1.50PM						
P7 - 2PM to 3PM	800m - Yr 4 Girls, Yr 4 Boys, Yr 5 Girls, Yr 5 Boys, Yr 6 Girls, Yr 6 Boys WHOLE SCHOOL WELCOME TO COME WATCH FROM NATURE PLAY AREA BEHIND GOALS					

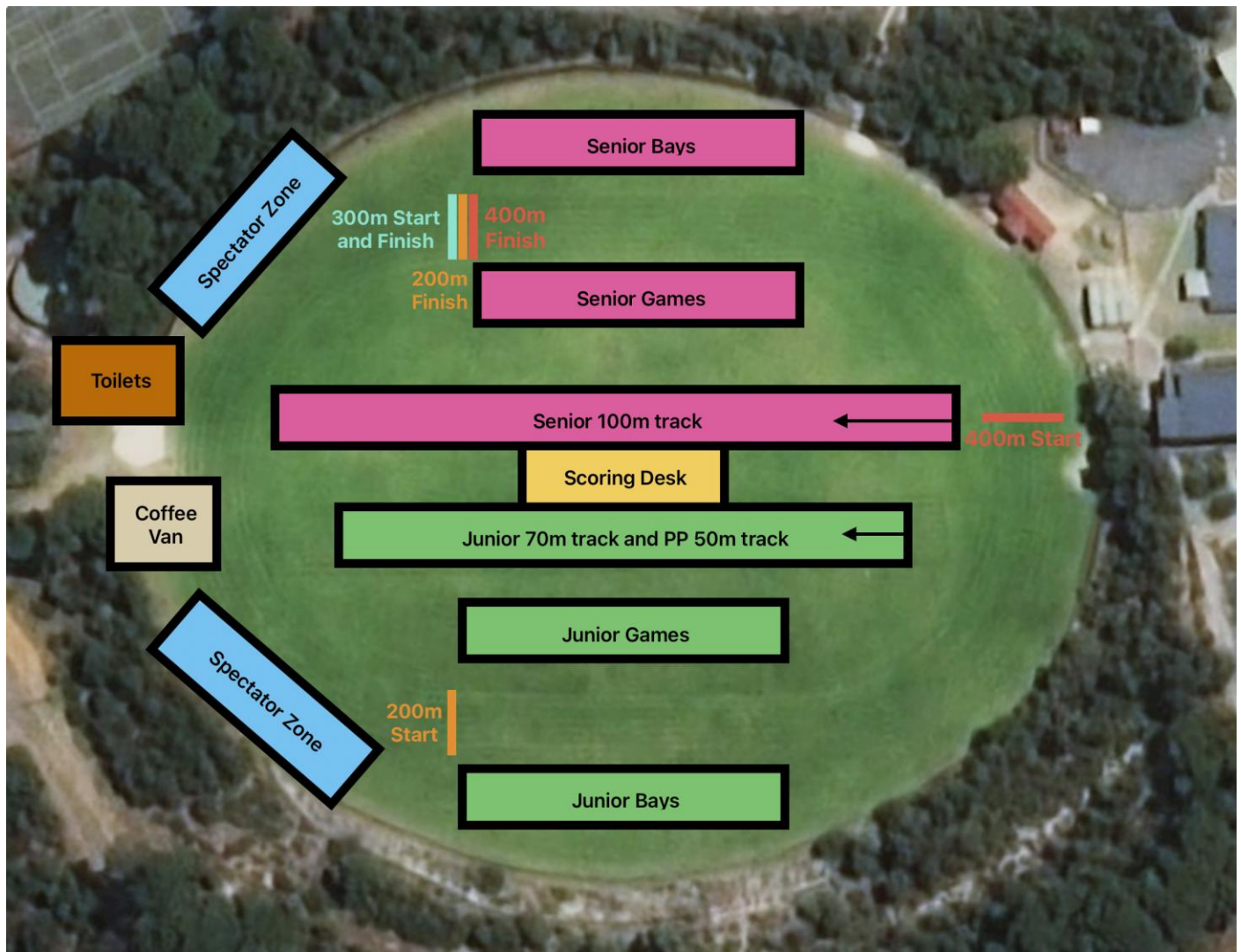
Map



Athletics Day Program

ALBANY PRIMARY SCHOOL HOUSE ATHLETICS CARNIVAL PROGRAM					ALBANY PRIMARY SCHOOL HOUSE ATHLETICS CARNIVAL PROGRAM					
THURSDAY 5 NOVEMBER 2026 **All event times are approximate**										
SENIOR CARNIVAL					JUNIOR CARNIVAL					
TIME	Event #	Yr/Gender	Event	DIV	TIME	Event #	Yr/Gender	Event	DIV	
8.50am	Meet in courtyard for house chants & march up					8.50am	Meet in courtyard for house chants & march up			
9.30am	1	Yr 4 Girls	100m	1 to 5	9.30am	1	Yr 3 Girls	300m		
	2	Yr 4 Boys	100m	1 to 5		2	Yr 3 Boys	300m		
	3	Yr 5 Girls	100m	1 to 5		3	Yr 2 Girls	300m		
	4	Yr 5 Boys	100m	1 to 5		4	Yr 2 Boys	300m		
	5	Yr 6 Girls	100m	1 to 5		5	Yr 1 Girls	300m		
	6	Yr 6 Boys	100m	1 to 5		6	Yr 1 Boys	300m		
10.20am	7	Yr 4 Girls	200m		9.50am	7	Yr 3 Girls	70m	DIV 1 to 5	
	8	Yr 4 Boys	200m			8	Yr 3 Boys	70m	1 to 5	
	9	Yr 5 Girls	200m			9	Yr 2 Girls	70m	1 to 5	
	10	Yr 5 Boys	200m			10	Yr 2 Boys	70m	1 to 5	
	11	Yr 6 Girls	200m			11	Yr 1 Girls	70m	1 to 5	
	12	Yr 6 Boys	200m			12	Yr 1 Boys	70m	1 to 5	
10.35am	13	Yr 4 Girls	400m		10.30am	13	PP Girls	50m	1 to 3	
	14	Yr 4 Boys	400m			14	PP Boys	50m	1 to 3	
	15	Yr 5 Girls	400m		10.45am	15	Yr 3 Mixed	50m Shuttle Relay		
	16	Yr 5 Boys	400m			16	Yr 2 Mixed	50m Shuttle Relay		
	17	Yr 6 Girls	400m			17	Yr 1 Mixed	50m Shuttle Relay		
	18	Yr 6 Boys	400m		11am	18	Yr 3	Thread the Needle		
10.50am	19	Yr 4	Thread the Needle			19	Yr 2	Thread the Needle		
	20	Yr 5	Thread the Needle			20	Yr 1	Thread the Needle		
	21	Yr 6	Thread the Needle			21	PP	Thread the Needle		
11.05am	22	Yr 4	Passball		11.20am	22	Yr 3	Junior Leaderball		
	23	Yr 5	Passball			23	Yr 2	Junior Leaderball		
	24	Yr 6	Passball			24	Yr 1	Junior Leaderball		
11.20am	25	Yr 4	Leaderball			25	PP	Junior Leaderball		
	26	Yr 5	Leaderball		11.40am	26	Yr 3	Circle Ball		
	27	Yr 6	Leaderball			27	Yr 2	Circle Ball		
11.35am	28	Yr 4	Cross the river			28	Yr 1	Circle Ball		
	29	Yr 5	Cross the river			29	PP	Circle Ball		
	30	Yr 6	Cross the river		11.55am	30	Yr 3	Flag Relay		
11.50am	31	Yr 4	Tug of War			31	Yr 2	Flag Relay		
	32	Yr 5	Tug of War			32	Yr 1	Flag Relay		
	33	Yr 6	Tug of War			33	PP	Flag Relay		
12.10pm	PRESCHOOLER RACE - All 0 to 4 year olds welcome to participate in a fun short race with stickers up for grabs									
12.20pm	PARENT v TEACHER v STUDENT 4 WAY TUG OF WAR - 1 parent team, 1 teacher team, 2 students teams do battle									
12.30pm	34	GRAND RELAY			12.30pm	34	GRAND RELAY			
12.45pm	Seniors to attend Junior Presentation Junior Shield and Spirit Shield progress score				12.45pm	Junior Presentations then return to school for lunch End of Junior Program (approx. 12:45pm)				
1.10pm	LUNCH BREAK									
1.30pm	35	Yr 4	Balance Beam Battle							
	36	Yr 5	Balance Beam Battle							
	37	Yr 6	Balance Beam Battle							
2pm	38	Yr 4	50m Shuttle Relay							
	39	Yr 5	50m Shuttle Relay							
	40	Yr 6	50m Shuttle Relay							
2.15pm	House Rubbish Retrieval Race									
2.20pm	SENIOR ATHLETIC PRESENTATIONS									
	- Early sign outs must be done with class teachers									

Athletics Day Map



REMINDER: Spectators are permitted to line the sides of the track during races and gather around team games when these are taking place. We believe that this level of access for spectators both enhances their experience on the day, as well as making it a more exciting event for the students. However, it is very important that spectators do not interfere with staff and helpers' ability to complete their jobs. This is particularly important at the finish line of races where students need to be lined up to have their places recorded. Please wait till staff and helpers have completed this job before approaching competitors.

Track Events

Events and divisions students compete in are selected by teachers during training sessions.

- All students to compete in a short sprint (PP: 50m, Yr1-3: 70m, Yr4-6: 100m)
- Students must qualify fastest to compete in the following events
 - Year 1-3: 300m
 - Year 4-6: 200m and 400m
- Students self-nominate to compete in the 800m (run on Jumps and Throws day)

In Year 1-6, the winner of each A Division event for their year level will represent the school in “A” division at the Interschool Carnival. The second placegetter represents the school in “B” division.

PRE-PRIMARY	
EVENT	NOTES
50m Sprint (Separate boy and girl event)	• All students run in division races

YEAR 1 - 3	
EVENT	NOTES
70m Sprint (Separate boy and girl event)	• 2 fastest runners from each house in A division. Next 2 runners in B division, then C division etc.
300m Run (Separate boy and girl event)	• 2 fastest runners per house compete only • 1 race per year/gender group

YEAR 4 - 6	
EVENT	NOTES
100m Sprint (Separate boy and girl event)	• 2 fastest runners from each house in A division. Next 2 runners in B division, then C division etc.
200m Sprint (Separate boy and girl event)	• 2 fastest runners per house compete only • 1 race per year/gender group
400m Run (Separate boy and girl event)	• 2 fastest runners per house compete only • 1 race per year/gender group
800m Run (Separate boy and girl event)	• All students can self-nominate to participate in this event HELD ON JUMPS & THROWS DAY

Team Game Events

ALL STUDENTS WILL COMPETE IN AT LEAST TWO TEAM EVENTS

PRE-PRIMARY EVENTS

- Junior Leaderball
- Junior Thread the Needle
- Circle Ball
- Flag Relay

YEAR 1 - 3 EVENTS

- Junior Leaderball (*Interschool Event*)
- Junior Thread the Needle (*Interschool Event*)
- Circle Ball (*Interschool Event*)
- Flag Relay (*Interschool Event*)
- Shuttle Relay (*Interschool Event*)
- Grand Relay

YEAR 4 - 6 EVENTS

- Senior Leaderball (*Interschool Event*)
- Senior Thread the Needle (*Interschool Event*)
- Passball (*Interschool Event*)
- Shuttle Relay (*Interschool Event*)
- Cross the River
- Balance Beam Battle
- Tug of War
- Grand Relay

JUNIOR LEADERBALL

PP - Yr 3 Mixed gender teams for each year group.

10 per team (PP/Yr1/Yr2: 8)

Equipment:

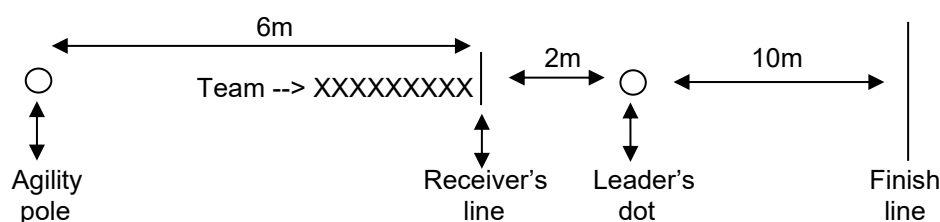
- Turf carrot markings already on oval (or coloured dots)
- Size 3 basketball

Lay out: Leader on leader's dot facing the team lined up behind the receiver's line. The leader must have one foot on the dot at all times, and two feet on the dot when they are being rounded. Team members must be behind the receiver's line at all times.

To Start: Leader throws the ball to first team member **who runs with the ball** around the leader first and then around the agility pole and then back to receiver's line where they throw the ball back to the leader. Player must be behind the line when they throw the ball back to the leader. When the ball is thrown to the leader, the team member then moves to the back of the line and sits down behind the last team member. Leader continues to throw to each team member.

To Finish: Once all team members are sitting, the leader runs **with the ball** around the agility pole behind the team and back to the finish line.

Strategy: Underarm throws with back foot on dot are best.



SENIOR LEADERBALL

Year 4 - 6 Mixed gender teams for each year

10 per team

Equipment:

- Turf carrot markings already on oval (or coloured dots)
- Soft Touch Baseball

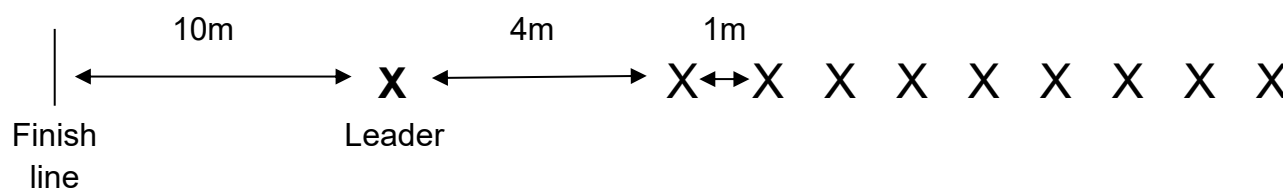
Start position: Ball at leader's feet. On Command: "**Set**" ball is picked up. "**Start**" ball is thrown to the first player. The player then places (not drops) the ball on the dot and runs around the leader and the team then back to his/her place. The ball is then thrown back to leader while **one foot** is on the dot. The player then sits, this continues for all players. The first receiver must sit on their dot, but after throwing, the middle 7 receivers can bunch up behind the first receiver for safety. The leader and the last person must have both feet on the dot while a team member is rounding them.

To Finish: The last player throws the ball to the leader who places the ball on the dot and runs around team and to the finish line **without** the ball.

NOTE: Only the receiver can handle the ball. The runner must not touch any other runner or member of his team. While throwing one foot must be on the dot. The leader and the last person must have both feet on the dot while a team member is rounding them.

Strategy: Underarm throws with back foot on dot are best.

Team members are 1m apart, except for the leader who faces the team 4m from the first player.



PP – Yr 3 Mixed gender teams for each year

10 per team (PP/Yr1: 8)

Equipment:

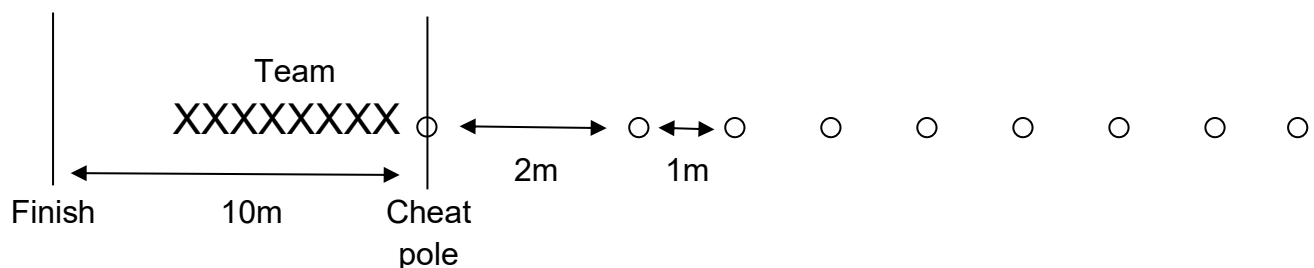
- 9 Agility Poles and a finish line

To Start: First person weaves up and back through the poles. Upon returning to team, they tag the next person in line whose arm is around the cheat pole. Player who just ran then sits at the back of the line. Each player weaves through the poles as described above.

To Finish: The last person to weave up and back through the poles, instead of tagging a team member they run to the finish line.

Strategy: “Glide step” (where one step is done per pole) is encouraged but will be too difficult for younger/shorter students who should be encouraged to just run.

Note: *It is ok to make incidental contact with pole, so long as it is not done to gain advantage*



Year 4 - 6 Mixed gender teams for each year

10 per team

Equipment:

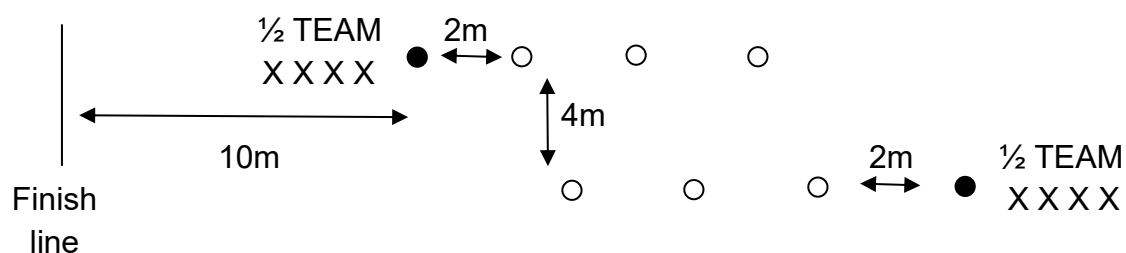
- 8 Agility Poles set up as below (same spacing as passball)

To Start: Teams line up with 5 runners at each cheat pole (black dots in diagram below). Both lines of runners face each other. The first runner from the finish line side weaves through the poles and tags the first player on the other side around the cheat pole. This runner then runs back through the poles and tags the second runner from the finish line side in. This continues till all runners have run.

To Finish: The last person weaves through the poles and instead of tagging a team member they run to the finish line.

Strategy: Short sharp steps while rounding poles and longer strides when moving between poles. Spins are to be discouraged. When tagging, the new runner should have right hand around pole with feet in position to accelerate.

Note: It is ok to make incidental contact with pole, so long as it is not done to gain advantage



PP - 3 Mixed gender teams for each year

10 per team (PP/Yr1: 8)

Equipment:

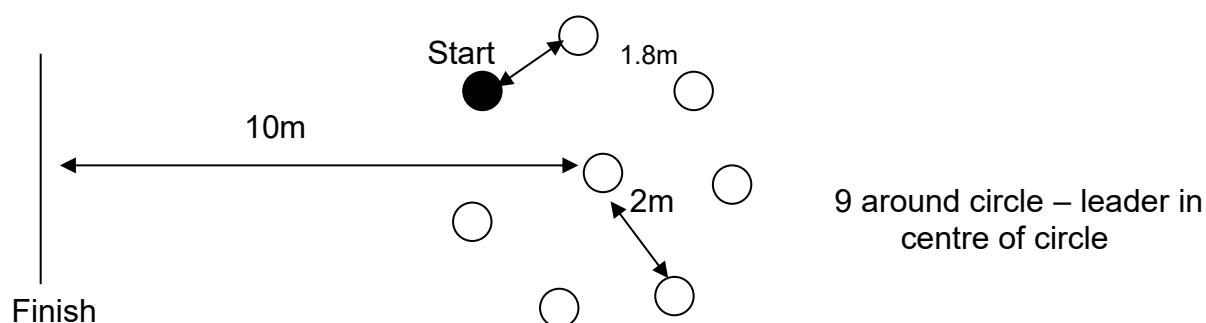
- Size 3 basketball

Layout: Circle has a radius of 2m, and players are at 1.8m intervals around the circumference. The finish line is 10m from the leader.

To Start: On 'start' leader throws ball to first team member. Ball is taken by the receiver who then runs around team with the ball in either direction and returns to place. Ball is thrown back to the leader, player then sits. Leader continues this way throwing the ball to each team member. The leader must always have one foot on their dot, but they can step front foot off dot to throw. Team members may step forward into the circle as long as they keep one foot on the circle while throwing.

To Finish: When the leader has received the ball from the last team member, he/she runs with the ball to the finish line 10m from the circle centre.

Strategy: Underarm throws with back foot only on dot (leader) and circle (circle people)



Year 4 - 6 Mixed gender teams for each year

10 per team

Equipment:

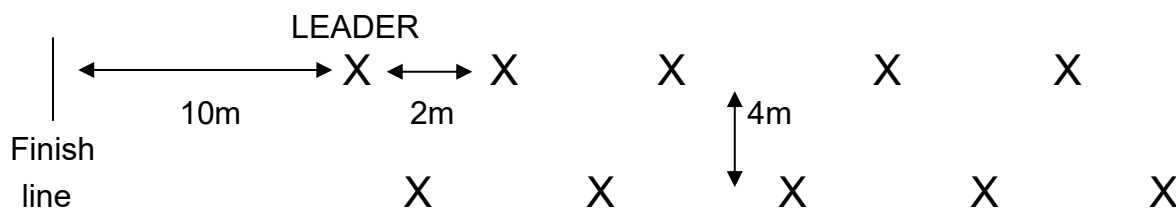
- Size 5 basketball

Starting position: Ball at leader's feet. Team members with **back foot grounded on the dot** and front foot grounded in front. On command "**Set**" ball is picked up "**Start**" ball is passed to first player.

Passing: Start with the leader who has their right shoulder towards the finish line. Everyone must have back foot kept on the dot throughout the event. Pass the ball diagonally up and down the team **three times**. If the ball is *dropped, only the player for whom it was intended may retrieve the ball. He/she must return to his/her dot before passing the ball on.*

To Finish: The leader runs to the finish line with the ball.

Strategy: Keep feet locked in position and rock body to get power in the chest pass.



Spacing: 2m space between side-by-side players. 4m across from players.

Year 1- 3 Mixed gender teams for each year	50m straight	10 per team (PP/Yr1: 8)
Year 4- 6 Mixed gender teams for each year	50m straight	10 per team (<i>I/S 4 same gender</i>)

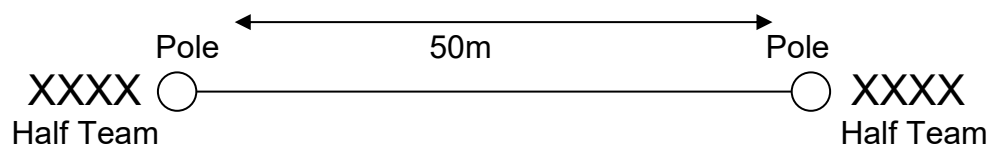
Equipment:

- 8 poles set up
- 4 batons in house colours

Pole of minimum height 1.25m. Baton must be passed around this pole.

As each child finishes the 50m run they sit down behind their team.

Strategy: Receiving the baton with an upside-down hand is encouraged – this means that the baton will be in the correct part of the hand ready for the next baton change. This strategy may be too difficult for younger students who can just hold an open hand upright to receive the baton.



PP – Yr 3 Mixed gender teams for each year

10 per team (PP/Yr1: 8)

Equipment:

- Cheat pole and finish line marker
- 4 x 9 litre plastic bucket for flags, all buckets 1/4 filled with sand
- 3 flags with stick 30cm long

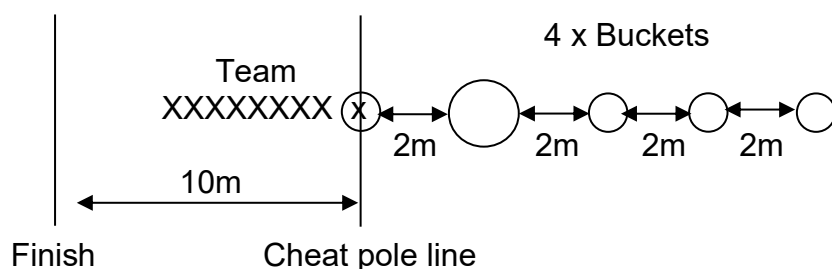
To Start: First player takes 1 flag from the first bucket 2m from the start line and places the flag in any bucket. Player then returns to first bucket and takes another flag and repeats the process until all 3 flags are in the last 3 buckets.

On returning to the cheat pole, the runner tags next team member who is at the start line. This player collects the flags one at a time and returns them to the first bucket.

Players sit down at back of team after their turn. Repeat until all team members are seated.

To Finish: Last team member runs to the finish line which is 10m from start line.

Strategy: Always do furthest bucket first, then middle bucket, then closest bucket. DO NOT need to run around buckets, simply run up to the bucket and place flag in (no throwing). Always keep flags with handle facing up and try to keep flags separated in the bucket so that they are easier to grab. Pivot step instead of running between first 2 buckets.



Year 4 - 6 Mixed gender teams for each year

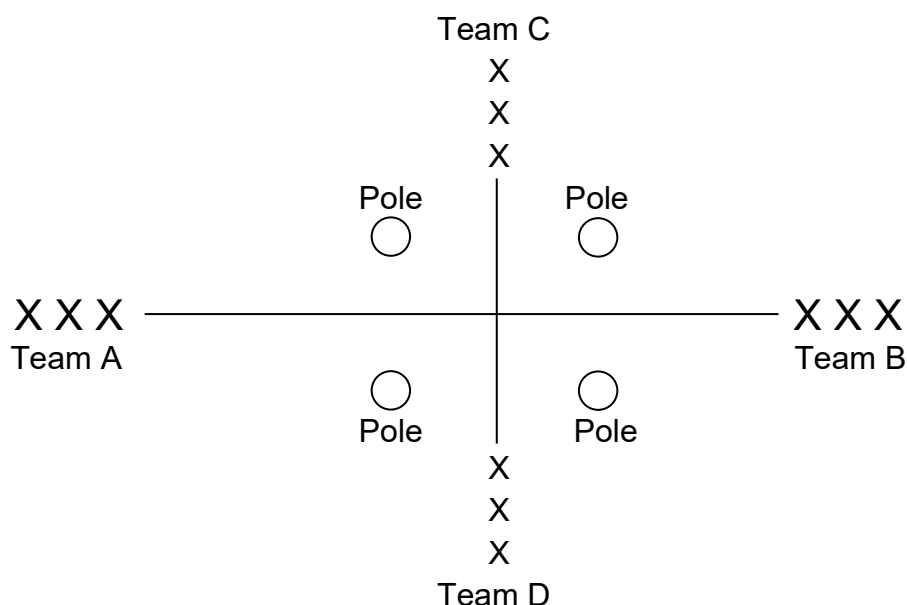
10 per team

Equipment:

- 4 way tug of war rope
- 4 flexible poles (do not use non-flexible poles as rope will snap them)

Teams get into position and pull the rope tight. Umpire ensures the rope intersection is in the middle of the poles before starting the game. Umpire calls "pull" when ready, first team to pull the intersection of the ropes through their poles wins.

SCORING: 100 points per win, once a house wins twice, game is over



Note: In Teacher-Parent-Student tug of war, Team A is teachers, Team C is parents, Team B is 5 Breaksea + 5 Clarence year 6 students and Team D is 5 Michaelmas + 5 Melville year 6 students. Students are selected to compete in this event on the day by their house leader teachers based on their sportsmanship and behaviour shown throughout the day. Preference is given to year 6's but 5's or 4's can be selected if they have shown sportsmanship above and beyond that of the 6's.

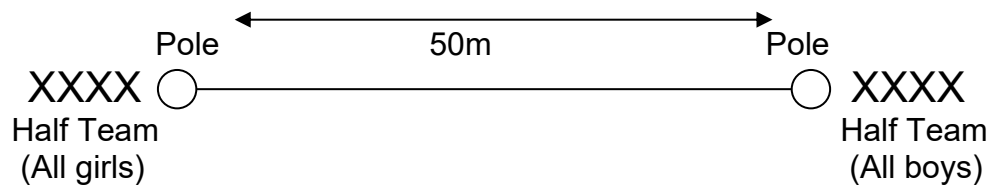
Fastest 1 boy and 1 girl from Yr 1 to Yr 6

Boys up one end, girls the other. Line up in year level order (Yr 1 first). Girls start.

Equipment:

- 8 poles set up
- 4 batons in house colours

Shuttle relay format. Pole of minimum height 1.25m. Baton must be passed around this pole. As each child finishes the 50m run they sit down behind their team.



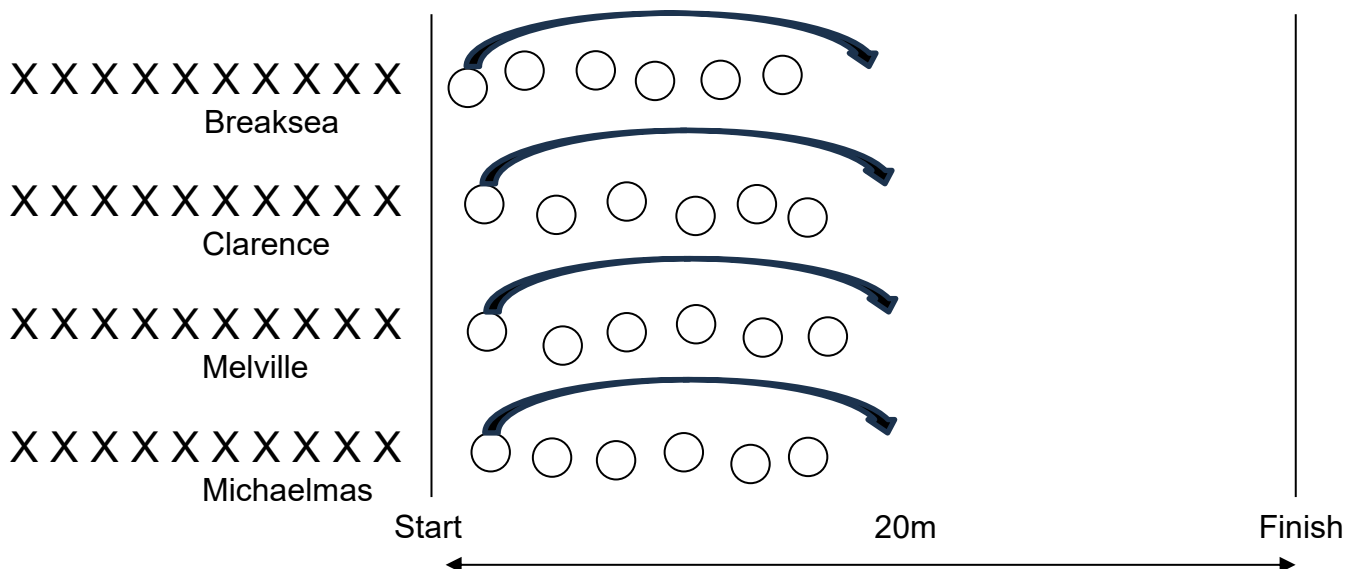
Year 4 - 6 Mixed gender teams for each year

10 per team

Equipment:

- 6 hoops per team

Teams start behind the start line with their hoops and need to get their whole team across the finish line without putting a whole foot, or any other part of their body, outside of the hoops. Note: part of a foot outside the hoop is ok, as long as part of the foot is touching the hoop. Also, a hoop with weight inside it cannot be moved. Any break of rules results in the team going back to the start.



Year 4 - 6 Mixed gender teams for each year

10 per team

Equipment:

- 2 balance beams set up with the first 2 blocks on each side the same colour (no fall zone)
- Bomby whackers

Teams start lined up behind the balance beam, first person in each line has bomby whacker in hand and get on to the balance beam at the 'no fall zone' at the same time. Competitors must then move forward and meet in the middle where the battle takes place. Rules of the battle are:

- No whacking – contact is to be forward pushes with the foam end only. Bomby whacker must be in contact with opposition body before force is applied.
- No excessive force – contact must be smooth and tactical, brute force is not allowed.
- No head or below waist contact – contact between hips and shoulders only
- Placing bomby whacker on ground to help balance is not allowed
- Grabbing opposition bomby whacker is not allowed
- A player cannot linger in the no fall zone. As soon as any part of the foot leaves the no fall zone, or any contact between players is made, the player is in and can be eliminated.
- Last person standing wins! If both competitors make contact with the ground at the same time, a draw is declared. Winner earns 1 point, no points for a draw, each student goes twice. This results in a total of 20 battles, the house with most points at the end wins.

XXXXXXXXXXXX

Team 1



XXXXXXXXXXXX

Team 2

Game Format: Winner 200 points, loser 100 points.

- Year 4: Breaksea vs Clarence, Melville vs Michaelmas.
- Year 5: Breaksea vs Melville, Clarence vs Michaelmas.
- Year 6: Breaksea vs Michaelmas, Clarence vs. Melville.

Jump & Throw Events **(Year 4-6)**

All students will compete in all events on the Jumps and Throws day. There are no divisions, the best results recorded by any student in each age group/gender will win the event.

Points for house competition and individual championship will be awarded as follows; 1st = 50 points, 2nd = 45 points, 3rd = 40 points, each position after this is one less point than the position before.

T-Ball Throw / Turbo Javelin

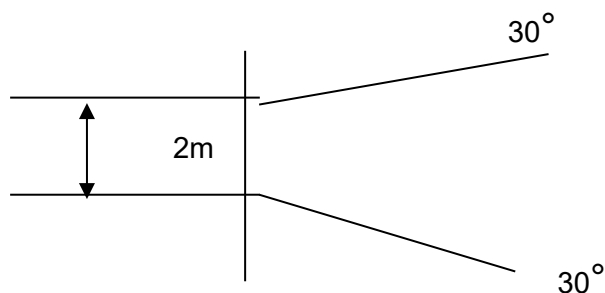
Equipment:

- T-Ball throw – Soft touch baseball or T- ball
- Turbo Javelin – Small javelins for Yr 4/5, Large javelins for Yr 6
- 1 numbered plastic flag per student

Children approach the throwing line with a run up or standing position and throw using an overarm technique. The throw must land inside a prescribed 60-degree area. Feet must be behind the line to throw and must not cross after the throw. The throw is measured from the centre of the start line to where the object makes first contact with the ground. Turbo Jav must land on its nose to be scored.

Strategy:

- PHASE 1: RUN UP: Regular run up to build momentum, Keep javelin high.
- PHASE 2: CROSS-OVER STEPS: Cross back leg in front of front leg, only 3 or 4 cross over steps to set up side on throw
- PHASE 3: RELEASE: Plant feet and throw hard and fast in an upward direction
- PHASE 4: RECOVERY: Do NOT cross line



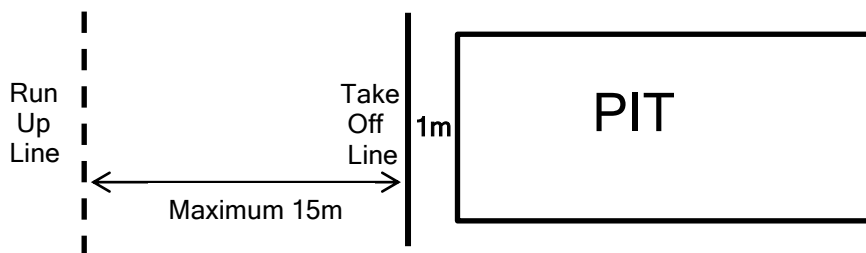
Recording:

- Each student must have a plastic flag with a number on it and remember their number
- As student makes their first throw, the “distance measurer” marks the spot where their throwing implement first landed, the student then takes their flag and sticks it into this spot
- For all subsequent throws, if student throws further than their previous furthest, student is to take their flag from where it was positioned and place the flag at their new furthest distance
- After 3 throws, student flag positions are measured to determine rank order of all students
- Note: If students cross the throwing line at any time, their throw is not counted

Long Jump

Equipment: Rake, measuring tape, tent peg to hold tape down, spray painted lines

Length of run up should be no more than 15 meters from the take-off (spray paint a guide line). Take-off with toes on, but not in front of, the take-off line and jump into the pit. Jump is measured from the furthest back marking in the sand left by the student. Students are not to walk back towards the take-off area once they have landed.



Recording:

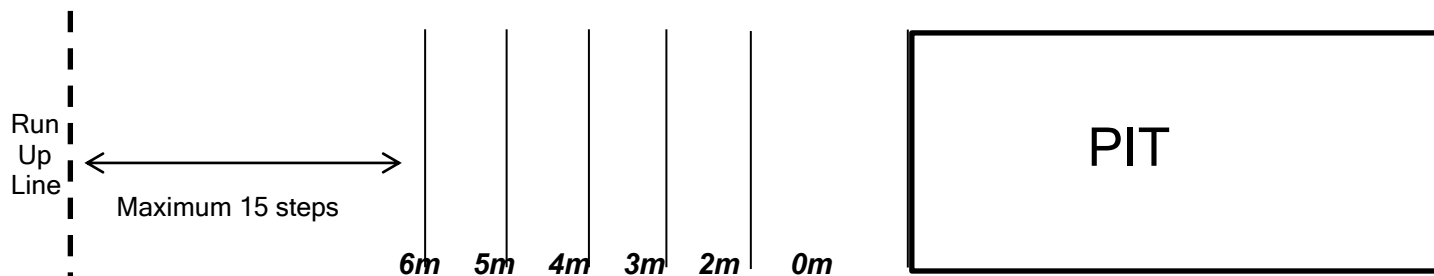
- All students are to jump from the 1m line into the pit.
- Leave a tape measure laying extended on the ground next to the pit with 0 on the front edge of the take-off line
- If student jumps with a toe over the take-off line, it is a 'No-Jump' and jump is not scored
- Jump distance to be measured by laying a pole across the student's closest point of body contact in the pit to the tape measure which provides the distance of the jump
- 3 attempts per student, best score counts

Triple Jump

Equipment: Rake, measuring tape, tent peg to hold tape down, spray painted lines, numbered cones to indicate meterage of line

Length of run up should be no more than 15 meters from the take-off.

Students choose the meter line that they are to take off from. This line should be chosen in training based on the distance that they can jump, and they should begin the jumps and throws day knowing exactly what line they are going to jump from. Lines are colour coded to make this easier. Start a sequence of a hop, step and jump from the chosen take-off line into the pit. Students are not to walk back toward the take-off area once they have landed. Exit the pit from the side or by going forward.



Recording:

- Leave a tape measure laying extended on the ground next to the pit with the tape's 0 point on the 0m line (front edge of the pit)
- Students are to know what distance they are jumping from and take off from this line
- Jump distance = distance into the pit measured on the tape + line jumped from. E.g. If a student lands 2.5m into the pit but jumped from the 3m line, their score is 2.5m + 3m = 5.5m
- Distance into the pit to be measured by laying a pole across the student's closest point of body contact in the pit to the tape measure which provides the distance of the jump
- Students to jump with front toe on or behind the spray-painted line. If a student jumps from the 4m line but steps over the line, jump is measured as if they jumped from the 3m line.
- 3 attempts per student, best score counts.

High Jump

Year 4-6 Nominations by students with the event held during lunch on allocated days.

2026 HIGH JUMP COMPETITION TIMETABLE - Lunch time 1:10pm – approx. 2:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday
T4 Week 3	Year 6	Year 5	Year 4		J&T DAY

Starting distance for High Jump			
Year	Yr 4	5	6
Girls/Boys	95cm	100cm	105cm

Equipment: A minimum of four (4) polyurethane foam buns, each measuring at least 1.80m (6') x 1.2m (4') x 45mm to be used at each jumping area. The buns should be firmly secured together to prevent slipping. A top cover which is designed to fit securely over a 4 bun configuration is recommended. Only round fiberglass bars (competition) or flexi bars (training) should be used.

Style: The jump is to be 'scissor' with the feet being the first point of contact with the buns.

Procedure: Bar will rise by 5cm increments until roughly 3 competitors are left.
After this, the bar will rise by 2cm increases.

Safety: A 40 cm square will be identified on the ground in front of the centre of the bar this is referred to as the DANGER Zone and children are not to take off from within this area. The recommended run up is 9 – 11 steps at a 30° angle on their preferred side with a specific take off point marked. The jump point should be from the side of the bar, outside of the DANGER Zone.

Scoring: Failure is recorded if - bar is dislodged, competitor dives, has a two-foot take-off, passes under bar, baulks twice, fails to land feet first or steps into the square marked in front of the bar. Judge to decide as to a genuine slip or slide on approach to bar, causing failure to clear the bar. Three failures eliminates a contestant.

Count Back When a draw for a place occurs the count back shall consist of going back to the previous height jumped and the competitor completing the height with the least number of attempts is the higher rated jumper. Where this is also equal then the next height back shall be judged the same way. This process continues until the tie is broken or is declared a tie. NB: The high jump Marshall should sit directly out from the bar (facing the bar) to have a clear view of the take-off area.

