



# Falcon

JUNIOR SCHOOL



Welcome to Sports  
Days at Falcon!



**Come and be part of it!**

Y5/6 on Monday 10<sup>th</sup> June

Y3/4 on Monday 17<sup>th</sup> June

We would like to extend a warm invitation for you to join us at our Sports Days this year.

We are hosting an upper and a lower school Sports Day with dates and times for parents to come and watch the individual competitive events listed below:

**Year 6 – Monday 10<sup>th</sup> June 9:00am to 11:30am**

**Year 5 – Monday 10<sup>th</sup> June 12:30pm to 3:00pm**

**Year 3 – Monday 17<sup>th</sup> June 9:00am to 11:30am**

**Year 4 – Monday 17<sup>th</sup> June 12:30pm to 3:00pm**

All children will have the opportunity to take part in the jumping and throwing events at the allotted times above. To ensure we can fit everything into the day, we have already held some races in PE lessons; therefore, not all of the children will compete in the competitive races on the day.

#### The Alan Barnes Sports Day Trophy

In addition to the running, throwing and jumping events, the children will compete in house teams in a number of other activities to earn points towards the inaugural Alan Barnes Sports Day Trophy.

**Mr Barnes was a teacher at Falcon Junior School from 2007 to 2018 and his passion for engaging children in sports and music was a huge part of daily life at Falcon.**

**In tribute to Mr Barnes, who sadly passed away in 2022, we are introducing the above trophy in his honour.**

**For some, the day will be the enjoyment of taking part and for others it will be an attempt to break one of the Falcon School records. Above all, we are hoping that the children enjoy participating in a day of fun and activity whilst also hopefully enjoying some great weather!**

**In the event of poor weather, we will need to postpone the Sports Day and reschedule.**

# **Timetable for Y5/6 Sports Day**

**8.50am – Children assemble on the field for a warm up.**

**Y6 children to the field for individual competitive events (Y6 parents invited) and Y5 to the playgrounds for team events.**

**9.00 am – field events:**

- Long jump
- Discus
- Shot Put
- Javelin

**11:00am - Boys and girls' races**

- Sprints
- Longer distance
- Relays

**11.30am – LUNCH BREAK**

**12:30 pm**

**Y5 children to the field for individual competitive events (Y5 parents invited) and Y6 to the playgrounds for team events.**

**Field events:**

- Long jump
- Discus
- Shot Put
- Javelin

**2:30pm - Boys and girls races**

- Sprints
- Longer distance
- Relays

# **Timetable for Y3/4 Sports Day**

**8.50am – Children assemble on the field for a warm up.**

**Y3 children to the field for individual competitive events (Y3 parents invited) and Y4 to the playgrounds for team events.**

**9.00 am – field events:**

- Long jump
- Discus
- Shot Put
- Javelin

**11:00am - Boys and girls' races**

- Sprints
- Longer distance
- Relays

**11.30am – LUNCH BREAK**

**12:30 pm**

**Y4 children to the field for individual competitive events (Y4 parents invited) and Y3 to the playgrounds for team events.**

**Field events:**

- Long jump
- Discus
- Shot Put
- Javelin

**2:30pm - Boys and girls' races**

- Sprints
- Longer distance
- Relays

Year 6

CURRENT RECORDS

Year 5

Monday 10<sup>th</sup> June

Monday 10<sup>th</sup> June

<b>Event</b>	<b>Record</b>	<b>Year</b>
Long Jump - Girls	<b>4.07m</b>	<b>2006</b>
Long Jump – Boys	<b>4.03m</b>	<b>2008</b>
Shot Put - Girls	<b>10.50m</b>	<b>2019</b>
Shot Put – Boys	<b>11.50m</b>	<b>2019</b>
Discus – Girls	<b>13.76m</b>	<b>2017</b>
Discus – Boys	<b>17.00m</b>	<b>2016</b>
Javelin-Girls	<b>13.25m</b>	<b>2019</b>
Javelin-Boys	<b>21.30m</b>	<b>2017</b>
80 Sprint – Girls	<b>11.21 secs</b>	<b>2005</b>
80m Sprint – Boys	<b>10.59 secs</b>	<b>2015</b>
800 metres – girls	<b>3 mins 10 secs</b>	<b>2005 2019</b>
800 metres – boys	<b>2 mins 44 secs</b>	<b>2018</b>
Relay – 4 x 100m - Girls	<b>1 min 09 secs</b>	<b>2006</b>
Relay – 4 x 100m - Boys	<b>1 min 06 secs</b>	<b>2018</b>

<b>Event</b>	<b>Record</b>	<b>Year</b>
Long Jump - Girls	<b>3.90m</b>	<b>2018</b>
Long Jump – Boys	<b>3.83m</b>	<b>2006</b>
Shot Put - Girls	<b>8.10m</b>	<b>2019</b>
Shot Put – Boys	<b>9.90m</b>	<b>2018</b>
Discus – Girls	<b>10.82m</b>	<b>2016</b>
Discus – Boys	<b>14.30m</b>	<b>2016</b>
Javelin-Girls	<b>12.40m</b>	<b>2018</b>
Javelin-Boys	<b>16.04m</b>	<b>2017</b>
70 Sprint – Girls	<b>10.41secs</b>	<b>2015</b>
70m Sprint – Boys	<b>9.15secs</b>	<b>2009</b>
400 metres – girls	<b>1 min 23 secs</b>	<b>2019</b>
400 metres – boys	<b>1 min 12 secs</b>	<b>2017</b>
Relay – 4 x 50m - Girls	<b>37.5 secs</b>	<b>2012</b>
Relay – 4 x 50m - Boys	<b>33.1 secs</b>	<b>2014</b>

## Year 4

Monday 17<sup>th</sup> June

<b>Event</b>	<b>Record</b>	<b>Year</b>
<b>Long Jump - Girls</b>	<b>3.27m</b>	<b>2019</b>
<b>Long Jump – Boys</b>	<b>3.47m</b>	<b>2019</b>
<b>Shot Put - Girls</b>	<b>7.80m</b>	<b>2018</b>
<b>Shot Put – Boys</b>	<b>10.30m</b>	<b>2019</b>
<b>Discus – Girls</b>	<b>8.82m</b>	<b>2019</b>
<b>Discus – Boys</b>	<b>10.80m</b>	<b>2016</b>
<b>Javelin- Girls</b>	<b>13.00m</b>	<b>2017</b>
<b>Javelin- Boys</b>	<b>16.00m</b>	<b>2018</b>
<b>60 Sprint – Girls</b>	<b>9.09secs</b>	<b>2017</b>
<b>60m Sprint – Boys</b>	<b>8.60secs</b>	<b>2013</b>
<b>400 metres – girls</b>	<b>1 min 20 secs</b>	<b>2017</b>
<b>400 metres – boys</b>	<b>1 min 15 secs</b>	<b>2004</b>
<b>Relay – 4 x 50m - Girls</b>	<b>38.03secs</b>	<b>2017</b>
<b>Relay – 4 x 50m - Boys</b>	<b>35.09secs</b>	<b>2009</b>

## Year 3

Monday 17<sup>th</sup> June

<b>Event</b>	<b>Record</b>	<b>Year</b>
<b>Long Jump - Girls</b>	<b>2.94m</b>	<b>2011</b>
<b>Long Jump – Boys</b>	<b>3.50m</b>	<b>2018 2022</b>
<b>Shot Put- Girls</b>	<b>8.30m</b>	<b>2022</b>
<b>Shot Put – Boys</b>	<b>9.50m</b>	<b>2019</b>
<b>Discus – Girls</b>	<b>7.40m</b>	<b>2018</b>
<b>Discus – Boys</b>	<b>10.20m</b>	<b>2018</b>
<b>Javelin- Girls</b>	<b>9.80m</b>	<b>2019</b>
<b>Javelin- Boys</b>	<b>14.20m</b>	<b>2018</b>
<b>50 Sprint – Girls</b>	<b>8.12secs</b>	<b>2022</b>
<b>50m Sprint – Boys</b>	<b>7.59secs</b>	<b>2012</b>
<b>200 metres – girls</b>	<b>38.25secs</b>	<b>2019</b>
<b>200 metres – boys</b>	<b>36.09secs</b>	<b>2017</b>
<b>Relay – 4 x 50m - Girls</b>	<b>41.62secs</b>	<b>2017</b>
<b>Relay – 4 x 50m - Boys</b>	<b>38.75secs</b>	<b>2008</b>

# City Sports

Our most successful **sprint** runners (top 4 in each year group) qualify to represent Falcon at City Sports, forming a relay team.

Y5 and 6 will also take children to compete in longer sprints and the 800m.

In addition to this, some children from Y5 and 6 will represent the school at the field events.

We will let you know by letter if children have qualified, together with the arrangements.

## Programme for City Sports at UEA Sportspark.

Monday 24<sup>th</sup> June – long jump and throwing event finals Y5 & 6  
– **3:30pm – 5:30pm**

Tuesday 25<sup>th</sup> June - running track heats for all year groups –  
**1:00pm – 5:30pm**

Thursday 27<sup>th</sup> June – running track finals for all year groups –  
**1:30pm – 5:30pm**

