

Junior Sports Day – Wednesday 21, June 2017

Run Sheet

9.00am	Welcome	Assemble under Fred's Shed. Stay in classes. Mr Symes/Mrs Stewart will welcome students. House Captains to run through a war cry with each house.
9.05am	Move to First rotation area	
9.10am	Rotation 1 commences	Jumping – Year 1 (Askin, Annika, Reagan, Sophie C) Throwing – Preps (Blake, Maddy, Aidan, Grace) Races – Year 3 (Cody, Chido, Sam, Txell) Ball games – Year 2 (JJ, Sophie D, Emmanuel, Annabelle)
9.30am	Cease activities - move to next rotation	
9.35am	Rotation 2 commences	Jumping – Year 2 Throwing – Year 1 Races – Preps Ball games – Year 3
9.55am	Cease activities - move to next rotation	
10.00am	Rotation 3 commences	Jumping – Year 3 Throwing – Year 2 Races – Year 1 Ball games – Preps
10.20am	Cease activities - move to next rotation	
10.25am	Rotation 4 commences	Jumping – Preps Throwing – Year 3 Races – Year 2 Ball games – Year 1
10.45am	Cease activities	Students return to Fred's Shed. Thank you and well done.

Activities

Running –

- Running races (80m)
- Chicken relays in lanes
- Egg & spoon races if time permits

Jumping –

- In houses lined up behind cones. Jump through hoops and over hurdles.
- Play game called fly (House captains will know how to play and students have played in PE.)

Throwing –

- Overarm throwing of chickens to try and reach certain coloured cones.
- Underarm throwing of bean bags into buckets/hoops.
- Throwing of vortex if time permits.

Ball Games – Ball game lines are still marked out.

- Tunnel Ball
- Unders and overs
- Captain Ball (For Years 2 and 3 if time permits)

