



**Junior Sports Day
Tuesday 4th December
Programme**

Start time: 9:00 am

Students will line up in their teams on the quad outside Room 1. They will place their named morning tea in their team box. (The teacher will be in charge of putting this in the relaxation zone).

9:10 am

Teams will move down to the bottom field in their teams.

Activities: 9:20 - 10:30

Teams will rotate through the activities.
Approximately 10 minutes will be spent at each rotation.

10:30 - 11:00

Morning Tea

11:00

Come back down to the court ready for sprints

Sprint heats in age groups, (starting with year 1 girls)
Depending on how many heats the top 2 or 4 will go through to finals.

11:45

Sprint Finals

12:15 (ish) House relay

This will involve the whole school in the four houses.

*A runner will collect the senior school

12:30 -1:30 pm

Lunch as normal

Things to remember:

Hat, sunscreen, named drink bottle, morning tea in a named plastic bag, house colours...and most importantly...have fun!