

CHRIST THE KING SCHOOL ATHLETICS DAY



Thursday 5 November 2015

From 9 am to 3 pm

The Junior Programme (Year 1 & 2)

9 - 10 a.m. on field

20 minutes an activity

Time	Room 8	Room 2	Room 3
9:05	High Jump	Long Jump	Throw
9:25	Throw	High Jump	Long Jump
9:45	Long Jump	Throw	High Jump

Must be completed by 10:10 am at the latest and chn off the field.

The Junior Programme (Years 1 & 2)

10:45 - 12 on asphalt

25 minutes an activity

Time	Room 8	Room 2	Room 3
10:45	Obstacle Course	Skipping	Hoops
11:10	Hoops	Obstacle Course	Skipping
11:35	Skipping	Hoops	Obstacle Course

The Senior Programme (Year 3 and above) Starts at 9 am

10:15 - 12:15 on field

30 minutes an activity

Time	Girls <10	Boys <10	Boys/Girls 10 & over	Yr 7/8 Girls
10:15	Throw	Long Jump	Gumboot Throw	High Jump
10:45	High Jump	Throw	Long Jump	Gumboot Throw
11:15	Gumboot Throw	High Jump	Throw	Long Jump
11:45	Long Jump	Gumboot Throw	High Jump	Throw

12.15 Lunch for whole school. Bell to ring at 12:50 and chn to assemble in their age groups on the bottom court and to walk down with teachers to designated age areas on field

Afternoon 1.15 pm—3.00 pm

FULL SCHOOL

- Running events
- House Relays
- Tug of War

There will be a sausage sizzle and ice blocks available at lunch time

Sausages \$2

Ice blocks \$1