

2019 SPORTS DAY

PREP - GRADE 2

11 OCTOBER, 2019

PREPS - 11.30AM - 1.00PM

GRADE 1-2's - 2.00 - 3.15PM



**STUDENTS ARE ENCOURAGED TO
WEAR THEIR HOUSE COLOURED T-
SHIRTS AND SUN PROTECTION.**

Timings:

| | Preps | Grade 1+2 |
|-------------------|---------|-----------|
| Welcome | 11.30am | 2.00pm |
| Rotation 1 | 11.40am | 2.10pm |
| Rotation 2 | 11.50am | 2.20pm |
| Rotation 3 | 12.00pm | 2.30pm |
| Rotation 4 | 12.10pm | 2.40pm |
| Rotation 5 | 12.20pm | 2.50pm |
| Rotation 6 | 12.30pm | 3.00pm |
| Closing | 12.40pm | 3.10pm |

| Station | Activity |
|---------|--|
| 1+7 | Shot Putt – Using modified shot putts, students push the ball into the designated hoop targets. |
| 2+8 | Shuttle Relay – Students merge with opposite group and complete a shuttle relay. One group at each end, students run baton across to other side. Each team will run a designated number of times. |
| 3+9 | Discus – Using quoits, students throw discus style as far as they can. |
| 4+10 | Sack Relay – students are divided up into four teams to complete a traditional sack relay. |
| 5+11 | Javelin – Foam javelins are thrown as far the students are able |
| 6+12 | Sprints – Students run as fast as they can over a certain distance. |

2019 SPORTS DAY

STARTING POSITIONS

| Station | Prep | Grade 1* | Grade 2* |
|-----------|-----------|-----------|-----------|
| 1 | PNP Girls | Girls A-H | |
| 2 | PSD Girls | Girls I-P | |
| 3 | | Girls Q-Z | |
| 4 | PRW Girls | | Girls A-H |
| 5 | PKM Girls | | Girls I-P |
| 6 | | | Girls Q-Z |
| 7 | PNP Boys | Boys A-H | |
| 8 | PSD Boys | Boys I-P | |
| 9 | | Boys Q-Z | |
| 10 | PRW Boys | | Boys A-H |
| 11 | PKM Boys | | Boys I-P |
| 12 | | | Boys Q-Z |

5
Javelin

4
Sack Relay

6
Sprints

3
Discus

7
Shot Putt

2
Shuttle Relay

8
Shuttle Relay

1
Shot Putt

9
Discus

12
Sprints

10
Sack Relay

11
Javelin



2019 SPORTS DAY

PREP - GRADE 2

11 OCTOBER, 2019

PREPS - 11.30AM -
1.00PM

GRADE 1-2's -
2.00 - 3.15PM