

Junior School Athletics Day 2023

Most F-2 events will take place up at the top grass area and hard courts. Sprints and hurdles will be on the oval.

Most Year 3-6 events are on the oval. Long Jump up at the top grass area. Parents welcome to help out at events.

All students to stay onsite till after Shield presentation at 1pm. Please be mindful of taking and sharing photos of other children.

Enjoy the day!

	RB	RC	1CV	1VP	2B	2M				
9:00	Parachute	Rob the Nest	Egg n Spoon	Long Jump	Gumboot Throw	Sprints				
9:20	Rob the nest	Egg n Spoon	Long Jump	Gumboot Throw	Sprints	Sack Race				
9:40	Fruit Break Picnic	Fruit Break Picnic	Fruit Break Picnic	Fruit Break Picnic	Fruit Break Picnic	Fruit Break Picnic				
10:00	Egg n Spoon	Long Jump	Gumboot Throw	Sprints	Sack Race	Parachute				
10:20	Gumboot Throw	Parachute	Sprints	Sack Race	Rob the Nest	Long Jump				
10:40 3-6 recess break	F-2 Champ Sprints	F-2 Champ Sprints	F-2 Champ Sprints	F-2 Champ Sprints	F-2 Champ Sprints	F-2 Champ Sprints				
11:00	Long Jump	Sprints	Sack Race	Rob the Nest	Parachute	Egg n Spoon				
11:20	Sprints	Sack Race	Rob the Nest	Parachute	Egg n Spoon	Gumboot Throw				
11:40	Sack Race	Gumboot Throw	Parachute	Egg n Spoon	Long Jump	Rob the Nest				
12:00	Lunch at Classroom Play JP, Nature	Lunch at Classroom Play JP, Nature	Lunch at Classroom Play JP, Nature	Lunch at Classroom Play JP, Nature	Lunch at Classroom Play JP, Nature	Lunch at Classroom Play JP, Nature				
12:50	Shield Presentation - Assemble on the Oval in HOUSE TEAMS									
1:00-3:15	In class activities for Foundation to Year 2. Students may sign out and go home									



	3 girls	3 boys	4 girls	4 boys	5 girls	5 boys	6 girls	6 boys	
9:00	Ball Relay	200	Shotput	Vortex	High Jump 1	High Jump 2	Long Jump	Hurdles	
9:20	Long Jump 1	Ball Relay	Vortex	Shotput	High Jump 1	High Jump 2	Hurdles	Long Jump 2	
9:40	Champ Sprints	Champ Sprints	Champ Sprints	Champ Sprints	Champ Sprints	Champ Sprints	Champ Sprint	Champ Sprint	
10:00	Sprints	Long Jump	Ball Relay	200	Shotput	Hurdles	High Jump 1	High Jump 2	
10:20	Hurdles	Sprints	Long Jump	Ball Relay	200	Shot Put	High Jump 1	High Jump 2	
10:40 F-2 Champ Sprints	Recess Break	Recess Break	Recess Break	Recess Break	Recess Break	Recess Break	Recess Break	Recess Break	
11:00	Chicken Golf	Hurdles	Sprints	Long Jump	Catch Up/Extra Break	Vortex	200	Shotput	
11:20	200	Chicken Golf	Hurdles	Sprints	Long Jump	Long Jump 2	Shotput	Vortex	
11:40	Break	Break	Break	Break	Sprints	Break	Break	200	
12:00	Vortex	Shotput	200	Hurdles	Break	Sprints	Catch Up/Extra Break	Break	
12:20	Shotput	Vortex	Chicken Golf	Catch Up/Extra Break	Vortex	200	Sprints	Catch Up/Extra Break	
12:40	Catch Up/Extra Break	Catch Up/Extra Break	Catch Up/Extra Break	Chicken Golf	Hurdles	Catch Up/Extra Break	Vortex	Sprints	
12:55	Shield Presentation – Assemble on the oval in HOUSE TEAMS								
1:00 -1:40	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:40	Tug-O-War		Stand Up Sticks		Jump Relay		Water Relay		
2:00	Water Relay		Tug-O-War		Stand Up Sticks		Jump Relay		
2:20	Jump Relay		Water Relay		Tug-O-War		Stand Up Sticks		
2:40	Stand Up Sticks		Jump Relay		Water Relay		Tug-O-War		
3:00	Homeclass	Homeclass	Homeclass	Homeclass	Homeclass	Homeclass	Homeclass	Homeclass	