

# Sports Day Events

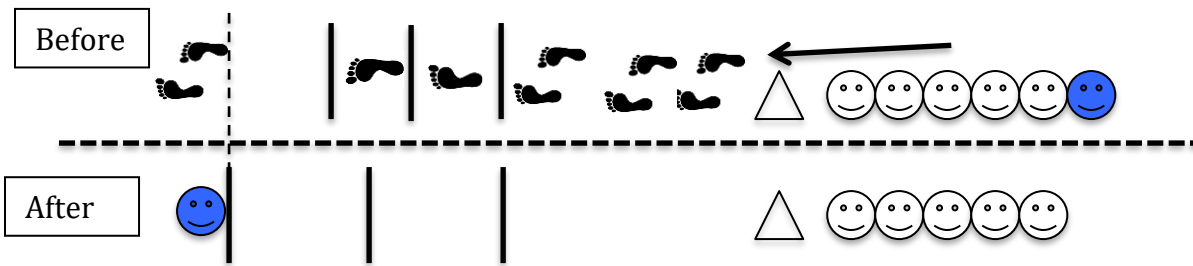
## 1. Fly

**Description:** Similar to triple jump. Students line up and take turns in jumping through the sticks.

**How to:** Only allowed to step once in between each stick and not allowed to skip sticks. Last person is called 'fly' and sets the new distance when they jump (*move last stick to where they land and reposition middle stick to the center of each stick - important that first stick doesn't move*). First stick doesn't move.

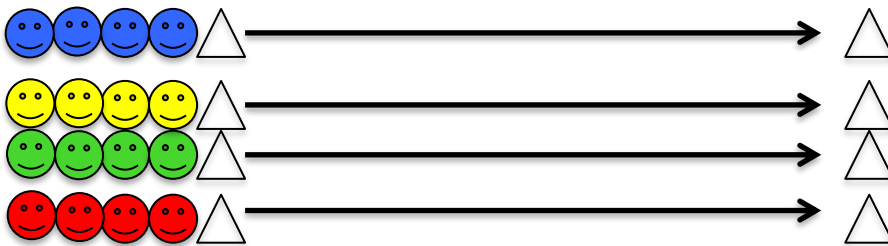
Students keep the same order and get 1 life if they don't make it. If Fly is eliminated the person in front of them becomes the Fly. Play until you have a winner (repeat activity if there is time).

**Variation:** For students that struggle with the activity; just jump before the first stick and mark where they land. Student that leaps the longest distance wins 1<sup>st</sup> place, second longest distance wins 2<sup>nd</sup> etc. continue to play until rotation round.



## 2. 100metre sprint

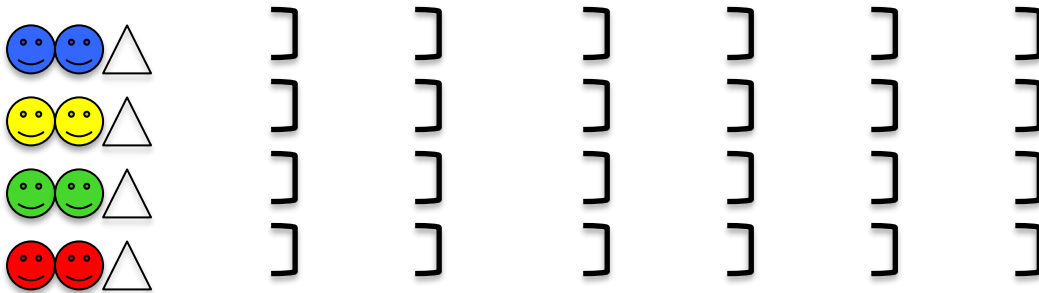
**How to:** Get students to run off in house teams over a set distance (doesn't have to be 100metres) please use the saying 'take your mark', 'set' and 'go'. An adult will be at the end of the finish line and will give the winner a stamp on their hand. People that have stamps on their hands, will be asked to compete in the sprint finals later on in the day so remind them to not wash it off. If there is time you may repeat the sprints but don't need to give out stamps (points can still be handed out).



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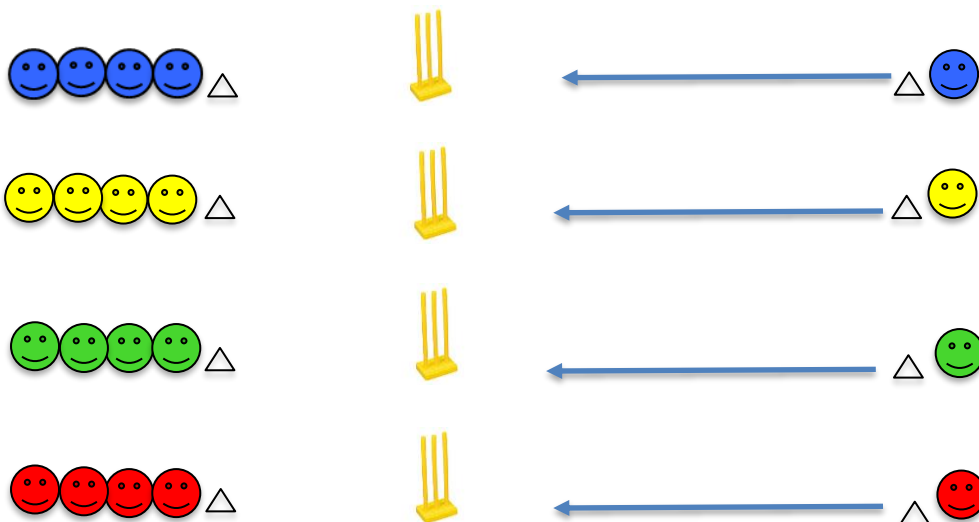
## 3. Hurdles

**Description:** There will be 4 junior lanes and 4 primary lanes (get students to race in the lanes they practised with Mr. Chao) Students to run in their respected house teams versing other colours. Remind students to not worry about knocking over hurdles and to continue to run, as it is a race. Please use the saying 'take your mark', 'set' and 'go'. If hurdles are knocked down, please put them back up before the next race.



## 4. Knock Them Down Build Them Up

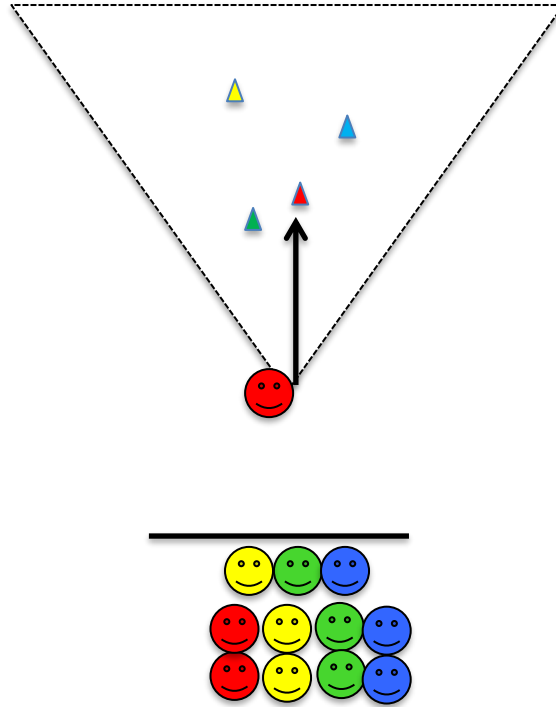
**Description:** Students work in their house team to throw a ball at a set of cricket stumps. The first person needs to run past the stumps to the opposite side of their team, when they are facing their stumps, they throw the ball and their team will field any missed throws. If the ball hits the stump, that team remove 1 stump only leaving 2 stumps left. When all 3 stumps are pulled out of the holder, that team need to hit the stump with the ball. When that happen they add 1 stump back to the base. They continue this until they rebuild the stump back to original state.



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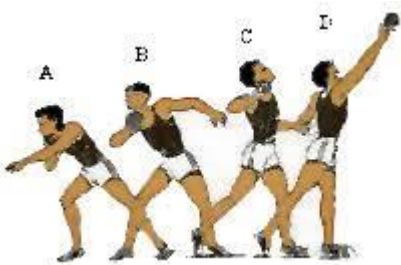
## 5. Discus

**How to:** No spinning, everyone needs to be behind the line and to use technique taught to them. Students throw one at a time. Place a colour cone where the discus first lands, not where it finishes up. Only move the house colour cone when someone from that house teams sets a new record distance. Any throws that land behind the cone won't count. After everyone throws, the colour cone furthest from the start wins (hand out 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> cards). Repeat and play again.



## 5. Shot put

**How to:** Shot put needs to rest near cheek or chin (use the technique that Mr. Chao has explained). Overarm throws don't count. Use the same scoring system (cone markings) as the discus event.



## 6. Vortex

**How to:** not allowed to hold the vortex by the tail, need to hold the rocket end. Use the same scoring system (cone markings) as the discus event.

## 6. Hammer Throw

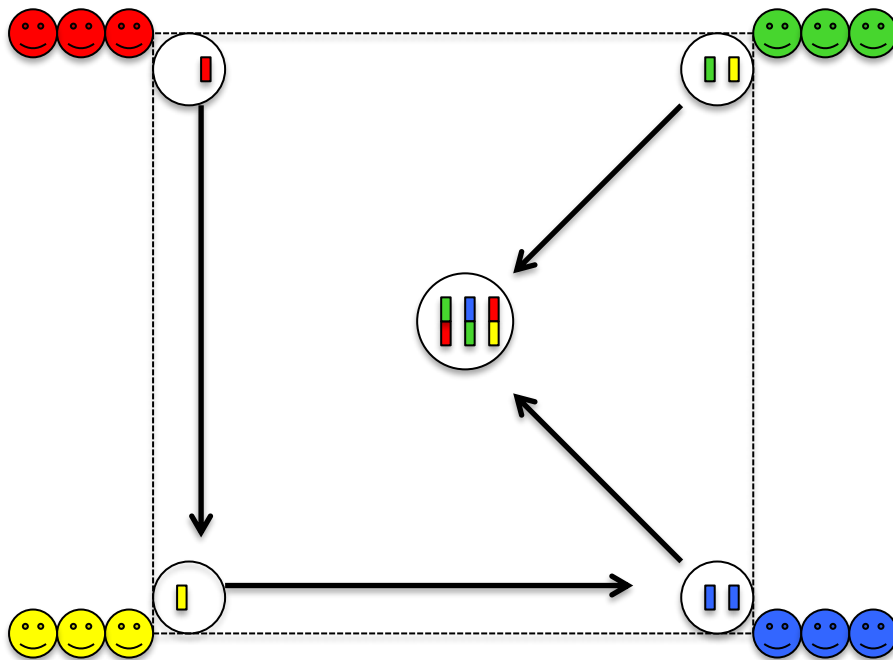
**How to:** Hold the tail section of the hammer, spin the hammer and release it. Use the same scoring system (cone markings) as the discus event.

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## 7. Bean bag steal/rob the nest

**How to:** Set up a square about 10-15metres apart and group students up in house teams. Each house team has a hoop and place 1 hoop in the center of the square. In the centre hoop place 6 beanbags of each house colour. Students can run to the middle or steal a beanbag from any group. Play for a 5-6mins per game. If there is enough time please repeat the game again and reward the winning team with points.

**Variation:** your house colour beanbag is worth 2 points and another house colour is worth 1 point.



## 8. Water relay

**How to:** will be a water base relay where students need to fill up a larger bucket/bottle using smaller cups over 10-15 meters. Set up students into house teams. *If we use food colouring, add a few drops into the bottle NOT the bucket of water so students don't colour their hands.*

## 9. Basketball Shot

**How to:** 2 teams will shoot first and the other teams are counting for them. They can shoot as close as they like for 1 point. Each team gets 2 minutes each to shoot as many goal as possible. After the time has expired, write the colour teams score down on the white board. The other 2 teams repeat the activity. Write down their score and give points to the correct finishing places e.g. most points gets 1<sup>st</sup> place. If 2 teams are tied with the same points, they can both receive the same placed tickets e.g. both are 2<sup>nd</sup> place.

**Variation:** Get more points for shooting further away such as from the free throw line is worth 3 points and closer shot are only worth 1 point. After each team has had a turn, workout finishing places by which team scored the highest amount e.g. Red scored 10points=1<sup>st</sup>, Blue scored 9points=2<sup>nd</sup>, Yellow scored 4points=3<sup>rd</sup> and Green scored 1point=4<sup>th</sup>. Repeat the activity if there is enough time.

## 10. Break