



HOWRAH “FUN & RUN” ATHLETICS DAY

Friday 28 February 2020

9:20am – 2:45pm

ROTATION 1 – 9:30AM-11:00AM

9.10am - Meet in House Areas

9.20am - Sit down in House Groups on top oval

9.30am - 9.50am

Year 6 - Relay Challenges / Parachute
 5 - Tug-O-War
 3 - Egg & Spoon / Soccer Relays
 4 - 100 metres

9.50am - 10.10am

Year 6 - Tug-O-War
 5 - Egg & Spoon / Soccer Relays
 3 - 100 metres
 4 - Relay Challenges / Parachute

10.10am - 10.30am

Year 6 - Egg & Spoon / Soccer Relays
 5 - 100 metres
 3 - Relay Challenges / Parachute
 4 - Tug-O-War

10.30am - 10.50am

Year 6 - 100 metres
 5 - Relay Challenges / Parachute
 3 - Tug-O-War
 4 - Egg & Spoon / Soccer Relays

11.00am - 11.30am

RECESS BREAK



Points for encouragement and effort!!



ACTIVITIES

tug-o-war, sack race/balls in bins challenge, egg and spoon race, soccer relays, relay challenges, parachute, house dodge ball and vortex throw

ALL ACTIVITIES ON AND AROUND OUR TOP OVAL

ROTATION 2 - 11.30am - 2.45pm

11.45am - 12.05pm

Year 3 - Sack Race / Balls in Bins
 4 - 200 metres
 5 - House Dodge Ball
 6 - Vortex Throw

12.05pm - 12.25pm

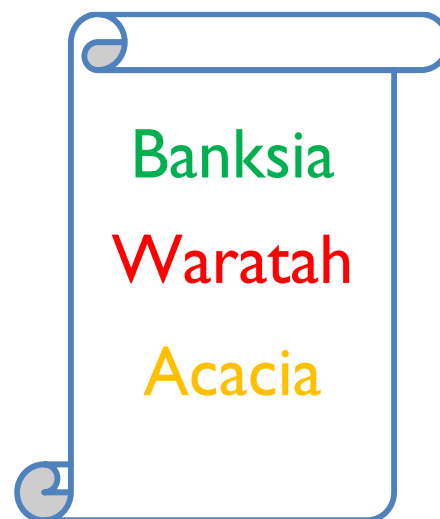
Year 3 - 200 metres
 4 - House Dodge Ball
 5 - Vortex Throw
 6 - Sack Race / Balls in Bins

12.25pm - 12.45pm

Year 3 - House Dodge Ball
 4 - Vortex Throw
 5 - Sack Race / Balls in Bins
 6 - 200 metres

12.45pm - 1.05pm

Year 3 - Vortex Throw
 4 - Sack Race / Balls in Bins
 5 - 200 metres
 6 - House Dodge Ball



1.10pm - 2.00pm

LUNCH BREAK

2.00pm

RELAYS (DOUBLE POINTS)

Students sitting in house groups

(side of 100m track)

Year 4 Boys/Girls, Year 3 Boys/Girls,
Year 5 Boys/Girls, Year 6 Boys/Girls.

House Captains vs Clarence Leaders vs Teachers vs Parents/Carers (IF TIME)

2.45pm (approx.)

FINISH

Clean up areas and return to classes

All students to receive an icy pole

ANNOUNCER—Mr Scott Broadby

TIMER/JUDGES—Senior Staff/Teaching Staff/Volunteers

ACTIVITY LEADERS—Clarence High School Sports Leaders

STARTER 100M/200M—Mr John Brassington

Points for team work
and enthusiasm!!

RIBBONS

1st

2nd

3rd

Participation — for all Competitors

Students will receive a ribbon in all running events and Year 6 field events, with the exception of the relays.

POINTS

1st = 5

2nd = 4

3rd = 3

4th = 2

5th-8th = 1



INTER SCHOOL SELECTION

Every running heat is timed and the fastest runners from all the heats combined will be selected to represent the school.

We have two Howrah athletic teams this year.