



RUAKAKA SCHOOL ATHLETICS SPORTS 2014

Thursday 13th November (postponed until 14th)

Please come and enjoy the day with your children.

Programme



8.50 – Bell will ring to start day!

8.55 -- All classes to assemble on grass area by flag pole.

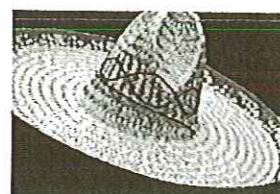
9.00 – Rotations start (sprint heats will be included in the rotations this year)

Rotation Activities:

1. Long Jump
2. High Jump
3. Long distance run
4. Shot-put



5. Novelty relays
6. Obstacle race
7. Discus
8. Javelin
9. Water activities
10. Sprints



50 metres

5, 6, 7 & 8 year olds

75 metres

9 year old girls
9 year old boys
10&11 year old boys
10&11 year old girls
5, 6, 7, & 8 year olds



100 metres

9 year old girls
9 year old boys
10&11 year old boys
10&11 year old girls

Please help us to protect
your children from the sun
by sending along a hat
every day and applying
sunscreen before they leave
for school.

10.30 – 10.50 Morning Tea (approximately)

10.55 – All children to assemble on grass area by flagpole to continue Rotations

11.00 – 12.30 ROTATION ACTIVITIES CONTINUE

12.30 – 1.20 FAMILY BARBEQUE and LUNCHTIME

(Feel free to come along and have lunch with your children.)

There will be sausages and bread for sale (\$2) and drinks (\$1). Please fill out order form and return to school by Thursday morning.

1.30

SPRINT FINALS

FUN RELAYS – Parents, teachers, children (if time permits)

BRING YOUR RUNNING SHOES!