

The Heights School Preschool- Year 12 **SPORTS DAY**



**THURSDAY
2 APRIL
2026**

**8:45am - 3:05pm
The Heights School**

Welcome to our 2026 Preschool - Year 12 Sports Day

We are delighted to welcome parents, caregivers and families to our Sports Day and trust you will cheer hard and loud and enjoy the spectacle.

Thank you for attending and supporting sportsmanship and team spirit.

IMPORTANT INFORMATION

- **No families to be in school buildings**
- **Spectators are to use portable toilets only. These are located in the vicinity of the Year 3-6 ovals and Year 7-12 ovals. Refer to the program map.**

8:45am

home group attendance

8:55am

opening address

9:30am

events commence

3:05pm

dismissal

IMPORTANT INFORMATION

Food and Beverage Options

School Canteen will be operating all day for Secondary students only.

Primary Years students were advised about the requirement to place **recess and lunch** orders **via QRK app**.

Lions Club Sausage Sizzle will be located in two areas, Year 7-12 Oval (card payment available) and Primary Years asphalt (cash only)

Serving during lunch break only

- \$3.00 sausage on bread, optional onion and sauce
- \$4.00 vegetarian burger on bread, optional onion and sauce
- \$3.50 soft drink can (secondary years only)

A **Coffee Van** for **parent / caregivers and families only** will be located in the vicinity of the Primary asphalt area throughout the morning supplying Coffee, Hot Chocolate and limited bakery items.

Students will not be served coffee



HOUSE CHANTS

CORVUS REDBACKS



Redbacks, Redbacks we will fight
Watch us run and watch us bite
See our red stripes on the track
Beware of the red and black!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Redbacks!
Mighty mighty Redbacks!!

Give me an R! Give me an E! Give me a D!
Give me a B! Give me an A! Give me a C!
Give me a K! Give me an S!

GO REDBACKS!

DRACO CROCODILES



Crocs, Crocs scream and shout
Chew you up and spit you out
We're the fastest and the best
Watch us as we beat the rest!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Crocs!
Mighty mighty Crocs!!

Give me a C! Give me an R!
Give me an O!
Give me a C! Give me an S!

GO CROCS!

HYDRA SHARKS



Sharks, Sharks watch us win
Look out for the circling fin
We're the best and we can state
We'll make the others look like bait!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Sharks!
Mighty mighty Sharks!!

Give me an S! Give me a H!
Give me an A! Give me an R!
Give me a K! Give me an S!

GO SHARKS!

AQUILA DINGOES



Dingoes, Dingoes watch us growl
Look out cause we're on the prowl
We're not out here just for fun
We are here to be number one!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Dingoes!
Mighty mighty Dingoes!

Give me a D! Give me an I! Give me an N!
Give me a G! Give me an O!
Give me an E! Give me an S!

GO DINGOES!

HOUSE LEADERS

CORVUS REDBACKS

Senior Secondary House Captains (Year 10-12)

Sara W

Sani M

Secondary House Captains (Year 7-9)

Drishti R

Kate K

Aadhya M

Primary House Captains (Year R-6)

Christina S

Dashel D



DRACO CROCODILES

Senior Secondary House Captains (Year 10-12)

Tanishka B

Scott A

Secondary House Captains (Year 7-9)

Genna H

Mohammad Y

Primary House Captains (Year R-6)

Lucas C

Tyler E



HYDRA SHARKS

Senior Secondary House Captains (Year 10-12)

Chitra D

Mason B

Secondary House Captains (Year 7-9)

Aisha K

Manya S

Primary House Captains (Year R-6)

Mikayla S

Michael P



AQUILA DINGOES

Senior Secondary House Captains (Year 10-12)

Hanna H

Marieke H

Secondary House Captains (Year 7-9)

Vanditha S

Emily B

Primary House Captains (Year R-6)

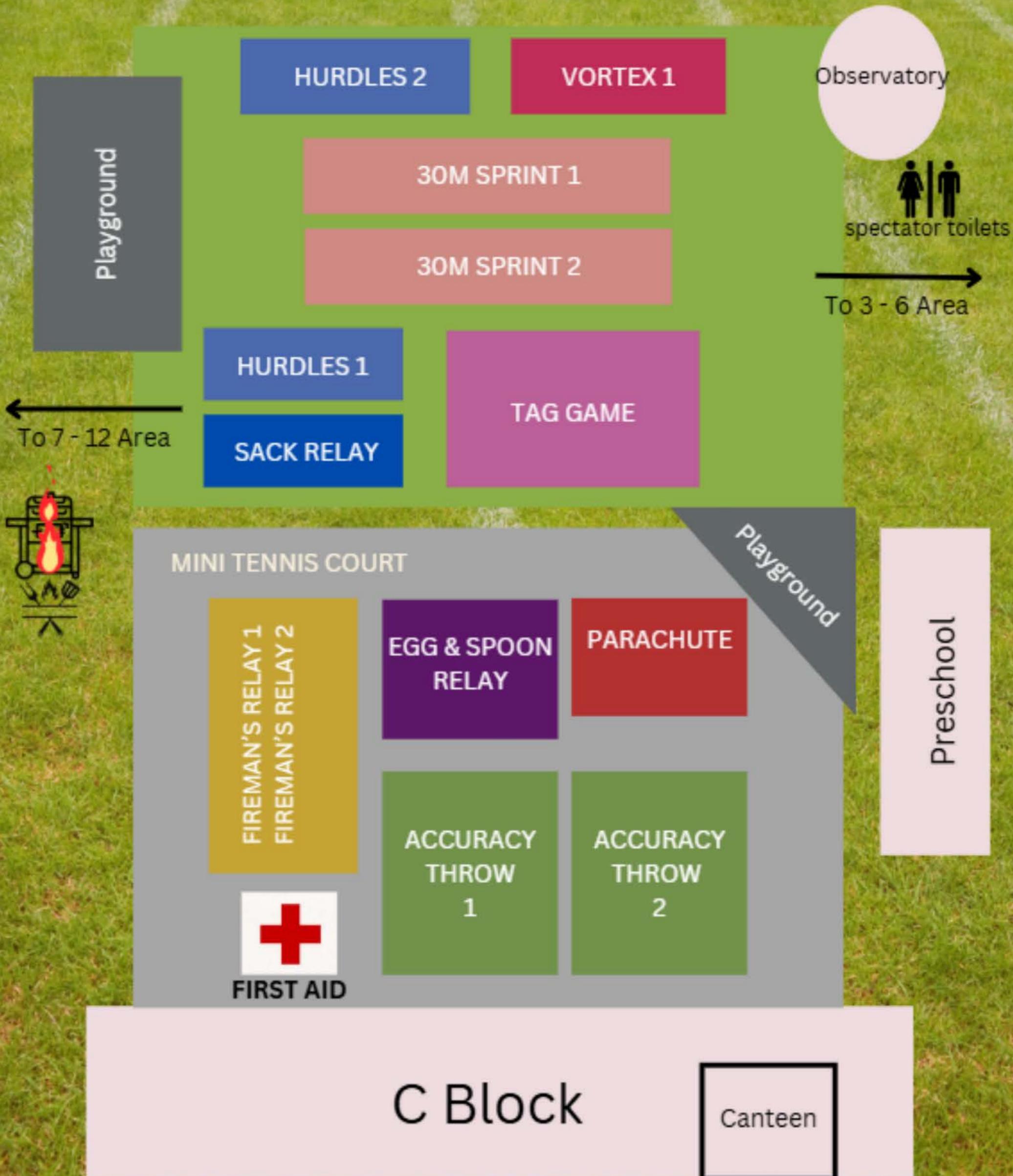
Georgie B

Alam S



PRESCHOOL - YEAR 2 AREA

OVAL 2



PROGRAM Preschool - Reception

Time	Pre School	R01	R02
8.45am		Roll to be taken in class	
8.55am	Opening address on Primary Asphalt, expectations and warm up for the day. Health Hustle for Primary School lead by primary captains.		
9.30am	Parachute	Accuracy throw 1	Tag Game 1
9.50am	Fireman's Relay 1	Parachute	Accuracy throw 1
10.10am	Rest	Fireman's Relay 1	Parachute
10:30am	Recess 10.30am-10.50am		
10:50am	10 min transition time to activities		
11 am	Hurdles 1	Rest	Fireman's Relay 1
11.20am	30m Sprints 1	Hurdles 1	Rest
11.40am	Tag Game 1	30m Sprints 1	Hurdles 1
12 pm	Accuracy throw 1	Tag Game 1	30m Sprints 1
12.20pm	Pack up/ Go to 100m track and sit in house colours		
12:25pm	Whole Primary Event (3-6 Novelty Relay) + House Chants		
12.30pm	Primary School Concluding Presentation + transition back to class for eating time		
12.45pm	Lunch and play – option to sign students out with class teachers.		
1.20pm	Return to Class. Students to be with Teacher until the end of school unless signed out by parents/caregivers.		

PROGRAM Year 1 - Year 2

Time	101	102	103	201	202	203	204
8.45am	Roll to be taken in class						
8.55am	Opening address on Primary Asphalt, expectations and warm up for the day. Health Hustle for Primary School lead by primary captains.						
9.30am	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Hurdles 2	30m Sprints 2	Sack Relay	Vortex 1
9.50am	Vortex 1	Fireman's Relay 2	Accuracy Throw 2	Rest	Hurdles 2	30m Sprints 2	Sack Relay
10.10am	Sack Relay	Vortex 1	Fireman's Relay 2	Egg & Spoon Relay	Rest	Hurdles 2	30m Sprints 2
10:30am	Recess 10.30am-10.50am						
10:50am	10 min transition time to activities						
11am	30m Sprints 2	Sack Relay	Vortex 1	Accuracy Throw 2	Egg & Spoon Relay	Rest	Hurdles 2
11.20am	Hurdles 2	30m Sprints 2	Sack Relay	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest
11.40am	Rest	Hurdles 2	30m Sprints 2	Vortex 1	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay
12pm	Egg & Spoon Relay	Rest	Hurdles 2	Sack Relay	Vortex 1	Fireman's Relay 2	Accuracy Throw 2
12.20pm	Pack up/ Go to 100m track and sit in house colours						
12:25pm	Whole Primary Event (3-6 Novelty Relay) + House Chants						
12.30pm	Primary School Concluding Presentation + transition back to class for eating time						
12.45pm	Lunch and play – option to sign students out with class teachers.						
1.20pm	Return to Class. Students to be with Teacher until the end of school unless signed out by parents/caregivers.						

YEAR 3 - 6 AREA

OVAL 3

Observatory

LONG JUMP

CLASS SPRINTS 50M

100M SPRINT + HURDLES 3

VORTEX 2

VORTEX 3

Preschool

THREE-LEG RACE

SHOT PUT

TUG OF WAR 1

TUG OF WAR 2

TUNNEL BALL RELAY 1

TUNNEL BALL RELAY 2

CROSS COUNTRY

FIREMANS RELAY 3
FIREMANS RELAY 4

Handball Court



First Aid at C Block

Augustus Street



spectator toilets



To P-2 Area

PROGRAM Year 3 - Year 4

Time	301	302	303	304	401	402	403	404
8.45am	Roll to be taken							
8.55am	Opening address on Primary Asphalt, expectations and warm up for the day. Health Hustle for Primary School lead by primary captains.							
9.30am	Three-leg race	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1	Hurdles 3	Fireman's Relay 3	Tunnel ball 1 (with 404) (or rest)	Tunnel ball 1 (with 403)
9.50am	Tunnel ball 1	Three-leg race	xCountry (with 404) (Shared with 5/6 class)	Vortex 2	Tug-o-war 1	Hurdles 3	Fireman's Relay 3	xCountry (with 303) (or rest)
10.10am	xCountry (with 304) (or rest)	Tunnel ball 1	Three-leg race	xCountry (with 301) (Shared with 5/6 class)	Vortex 2	Tug-o-war 1	Hurdles 3	Fireman's Relay 3
10.30am	Recess 10.30am-10.50am							
10.50am	10 min transition time to activities							
11 am	Fireman's Relay 3	Tug-o-war 1 (with 403) (or rest)	Tunnel ball 1	Three-leg race	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1 (with 302)	Hurdles 3
11.20am	Hurdles 3	Fireman's Relay 3	Tug-o-war 1 (with 404) (or rest)	Tunnel ball 1	Three-leg race	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1 (with 303)
11.40am	Tug-o-war 1	Hurdles 3	Fireman's Relay 3 (with 304)	Fireman's Relay 3 (with 303) (or rest)	Tunnel ball 1	Three-leg race	xCountry (Shared with 5/6 class)	Vortex 2
12pm	Sprints with Year 3-6 on 100m track (selected students to participate)							
12.20pm	Pack up/ Go to 100m track and sit in house colours							
12:25pm	Whole Primary Event (3-6 Novelty Relay) + House Chants							
12.30pm	Primary School Concluding Presentation + transition back to class for eating time							
12.45pm	Lunch and play – option to sign students out with class teachers.							
1.20pm	Return to Class. Students to be with Teacher until the end of school unless signed out by parents/caregivers.							

PROGRAM Year 5 - Year 6

Time	501	502	503	504	601	602	603	604
8.45am	Roll to be taken							
8.55am	Opening address on Primary Asphalt, expectations and warm up for the day. Health Hustle for Primary School lead by primary captains.							
9.30am	Tunnel Ball 2	XCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump	Shotput 2	Fireman's Relay 4	Class Sprints
9.45am	Class Sprints	Tunnel Ball 2	XCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump	Shotput 2	Fireman's Relay 4
10.00am	Fireman's Relay 4	Class Sprints	Tunnel Ball 2	XCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump	Shotput 2
10.15am	Shotput 2	Fireman's Relay 4	Class Sprints	Tunnel Ball 2	XCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump
10.30am	Recess 10.30am-10.50am							
10.50am	10 min transition time to activities							
11 am	Long Jump	Shotput 2	Fireman's Relay 4	Class Sprints	Tunnel ball 2	XCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2
11.20am	Tug-o-war 2	Long Jump	Shotput 2	Fireman's Relay 4	Class sprints	Tunnel Ball 2	XCountry (Shared with 3/4 class)	Vortex 3
11.40am	Vortex 3	Tug-o-war	Long jump	Shotput 2	Fireman's relay 4	Class Sprints	Tunnel Ball 2	XCountry (Shared with 3/4 class)
12pm	Sprints with Year 3-6 on 100m track (selected students to participate)							
12.20pm	Pack up/ Go to 100m track and sit in house colours							
12:25pm	Whole Primary Event (3-6 Novelty Relay) + House Chants							
12.30pm	Primary School Concluding Presentation + transition back to class for eating time							
12.45pm	Lunch and play – option to sign students out with class teachers.							
1.20pm	Return to Class. Students to be with Teacher until the end of school unless signed out by parents/caregivers.							

YEAR 7 - YEAR 12 AREA



Novelty Events
Longest Kick

OVAL 1

Tug of War

High Jump

Scorers
Tent

Accuracy
novelty throw

Gym 2

1
2
3
4
5
6
7

Gym 1 (Volleyball)

Netball

Novelty
Events/
Netball
Shot

Basketball

Technical College

Astroturf Soccer

Ladywood Road

Brunel Drive

PROGRAM Year 7 - Year 12

TIME	YEAR	ACTIVITIES TO CHOOSE FROM
8.45am to 8.55am	ALL	Roll to be taken then students to stay in Homegroup and sit in their House colours
8.55am to 9.20am	ALL	P-12 Welcome to Sports Day, Acknowledgement of Country and Principal's Address on Primary Asphalt House Chants Year 7-12 move to Senior Ovals. Years R-6 move to Primary Ovals to begin events.
SESSION 1 9.30am to 10.15am	7 8 9 10 11 12	800m, Soccer , Novelty Event 1- Longest Kick 800m, Basketball , Novelty Event 1- Longest Kick 800m, Netball , Novelty Event 2- Timed Netball Shot 800m, Ultimate Frisbee , Novelty Event 2- Timed Netball Shot 800m, High Jump , Novelty Event 3- Accuracy Throw 800m, High Jump , Novelty Event 3- Accuracy Throw
SESSION 2 10.15am to 11.00am	7 8 9 10 11 12	200m, Basketball , Novelty Event 1- Longest Kick 200m, Netball , Novelty Event 1- Longest Kick 200m, Ultimate Frisbee , Novelty Event 2- Timed Netball Shot High Jump, Tug O War , Novelty Event 2- Timed Netball Shot Volleyball , Novelty Event 3- Accuracy Throw Soccer , Novelty Event 3- Accuracy Throw
SESSION 3 11.00am to 11.45am	7 8 9 10 11 12	Netball , Novelty Event 2- Timed Netball Shot High Jump , Novelty Event 2- Timed Netball Shot Tug O War , Novelty Event 3- Accuracy Throw 200m, Volleyball , Novelty Event 3- Accuracy Throw 200m, Soccer , Novelty Event 1- Longest Kick 200m, Basketball, Ultimate Frisbee , Novelty Event 1- Longest Kick
SESSION 4 11.45am to 12.30pm	7 8 9 10 11 12	100m , Novelty Event 2- Timed Netball Shot 100m, Tug O War , Novelty Event 2- Timed Netball Shot 100m, High Jump, Volleyball , Novelty Event 3- Accuracy Throw Soccer , Novelty Event 3- Accuracy Throw Basketball, Ultimate Frisbee , Novelty Event 1- Longest Kick Netball , Novelty Event 1- Longest Kick



PROGRAM Year 7 - Year 12

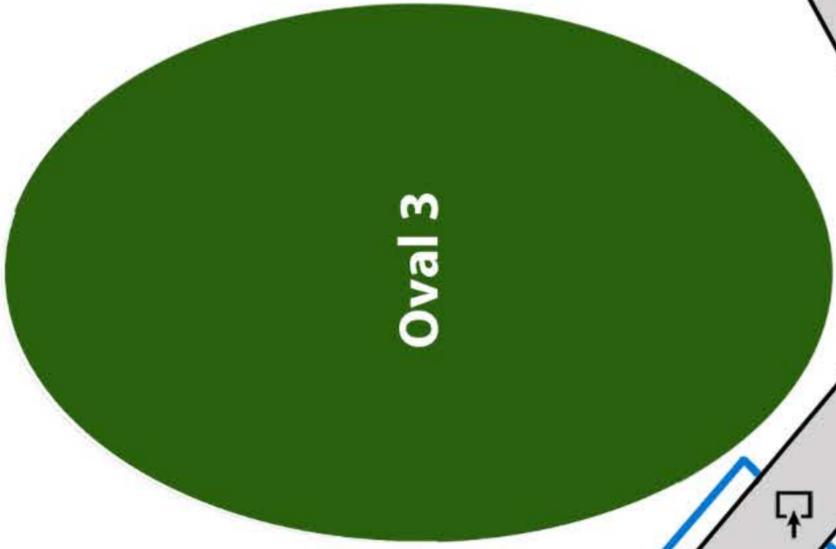
TIME	YEAR	ACTIVITIES TO CHOOSE FROM
SESSION 5 12.30pm to 1.15pm	7	High Jump, Tug O War, Novelty Event 3- Timed Netball Shot
	8	Ultimate Frisbee, Novelty Event 3- Timed Netball Shot
	9	Soccer, Novelty Event 3- Accuracy Throw
	10	100m, Basketball, Novelty Event 3- Accuracy Throw
	11	100m, Netball
	12	100m
SESSION 6 1.15pm to 2.00pm	7	Ultimate Frisbee, Novelty Event 3- Timed Netball Shot
	8	Soccer, Novelty Event 3- Timed Netball Shot
	9	Basketball, Novelty Event 3- Accuracy Throw
	10	Netball, Novelty Event 3- Accuracy Throw
	11	Tug O War, Novelty Event 2- Timed Netball Shot
	12	Volleyball, Tug O War- after relays on running track, Novelty Event 2- Timed Netball Shot
SESSION 7 2.00pm to 2.45pm	Years 7-12	<p>ALL STUDENTS (Years 7-12) MUST MOVE TO THE SENIOR OVAL MAIN RUNNING TRACK UNDER COLOURED TENTS IF THEY ARE NOT PARTICIPATING IN A RELAY</p> <p>4 x 100m Relay - for all year levels (2 girls and 2 boys per team)</p>
2.45pm		PRESENTATIONS in Gym 1
3.05pm		DISMISSAL

Thank You

WE APPRECIATE
YOUR SUPPORT
AND
ATTENDANCE
TODAY!



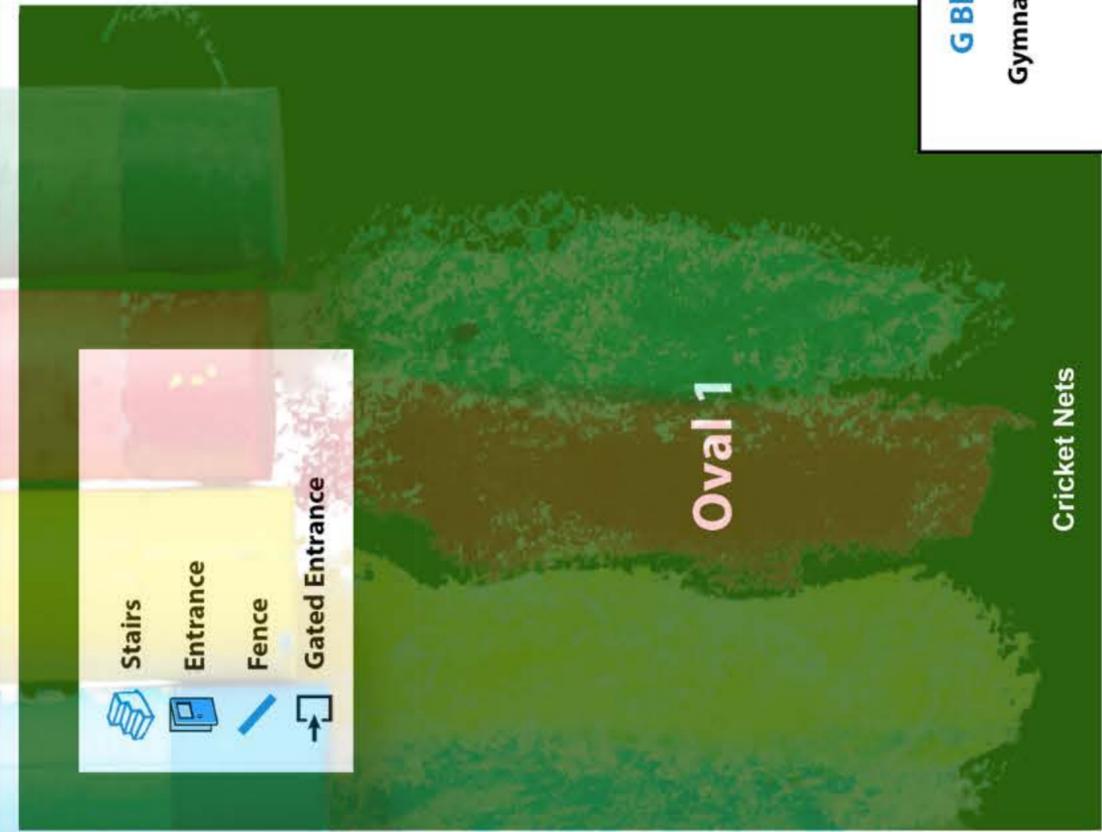
AUGUSTUS STREET



Oval 3



Oval 2



Oval 1

Cricket Nets



Playground



Playground



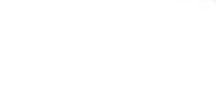
COFFEE TIME



Pre-School



Dome



Toilets



Lift



Toilets



Stephanie Alexander Garden

Outdoor Learning Area

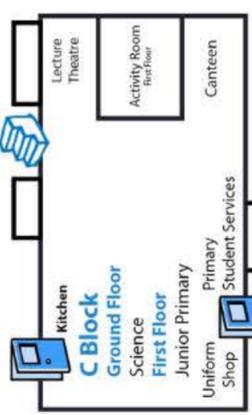
Performing Arts Space

Gymnasium 2

G Block Gymnasium 1

Rotunda

Courtyard



C Block

Ground Floor

Science

Junior Primary

Primary

Student Services

Uniform Shop

Lecture Theatre

Activity Room

Canteen

Kitchen

B Block

Ground Floor

Administration, Resource Centre

First Floor

Secondary

ICT Office

Community Room

Finance Office

Secondary Student Services

Main Reception

First Floor

Secondary

M Block

Middle Years Building

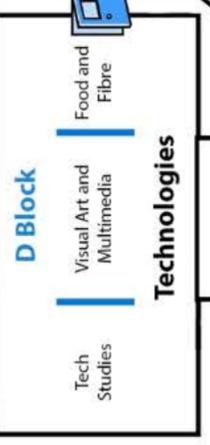
Multipurpose Space (MG3)

Outdoor Learning Area

Toilets

Toilets

Toilets



D Block

Tech Studies

Visual Art and Multimedia

Food and Fibre

Technologies

Staff Car Park and Deliveries

Staff Car Park



LADYWOOD DRIVE

BRUNEL DRIVE

Bitumen Courts

Synthetic Courts

Pedal Prix

Main Grounds Shed

Staff Office

Deliveries

Staff Car Park and Deliveries

Staff Car Park

OSHC

Grounds Machinery / Equipment

Be SunSmart

Slip!
Slop!
Slap!
Seek!
Slide!



Aussie Style



Cancer
Council
™



ignite
a program for gifted and talented children

THE HEIGHTS
SCHOOL
Preschool - Year 12