



THE HEIGHTS

S C H O O L

Preschool - Year 12

SPORTS DAY PROGRAM

Friday 5th March 2021

COMMENCING AT 8:55am

on Primary Asphalt

*We invite all parents/caregivers to join us for our
Preschool to Year 12 Sports Day*

IMPORTANT INFORMATION

- Spectators to sign in using the COVID SAFE QR Codes situated at the Front Office, Student Services and Oval entrances
- Ensure you social distance while on School Grounds
- No Families to be in School Buildings
- Spectators to use portable toilets only, which are located on the 7-12 and 3-6 areas.



FOOD AND BEVERAGE OPTIONS

- School Canteen will be operating all day
- Lions Club Sausage Sizzle located on the 7-12 area
- Coffee Van located on the Primary Years Asphalt



Preschool - Reception Program						
Time	P1 Kirsty	P2 Kate	CF1 Christina	CF2 Hayley	CF3 Carrie	CF4 Ingrid
8.45am	Roll to be taken then students move to the Primary Asphalt and sit in their House colours					
8.55am	Opening Address, expectations and warm up for the day. Years R-6 move to Middle and Junior Ovals to begin events					
9.30am	Fireman's Relay 1	Hurdles	Tag Game 1	Sprints (30m)	Accuracy Throw 1	Dress up Relay
9.50am	Rest	Fireman's Relay 1	Hurdles	Tag Game 1	Sprints (30m)	Accuracy Throw 1
10.10am	Dress up Relay	Rest	Fireman's Relay 1	Hurdles	Tag Game 1	Sprints (30m)
	Recess 10.30am-10.50am					
10.50am	Accuracy Throw 1	Dress up Relay	Rest	Fireman's Relay 1	Hurdles	Tag Game 1
11.10am	Sprints (30m)	Accuracy Throw 1	Dress up Relay	Rest	Fireman's Relay 1	Hurdles
11.30am	Tag Game 1	Sprints (30m)	Accuracy Throw 1	Dress up Relay	Rest	Fireman's Relay 1
11.50pm	Hurdles	Tag Game 1	Sprints (30m)	Accuracy Throw 1	Dress up Relay	Rest
12.15pm	Pack up/ Go to 100m track and sit in house colours Whole Primary Event (3-6 Novelty Relay)					
12.25pm	Presentation to occur on 100m Track					
12:30pm	Return to class and Eating Time					
12.40pm	Lunch and Play					
1.20pm	Return to Class.					

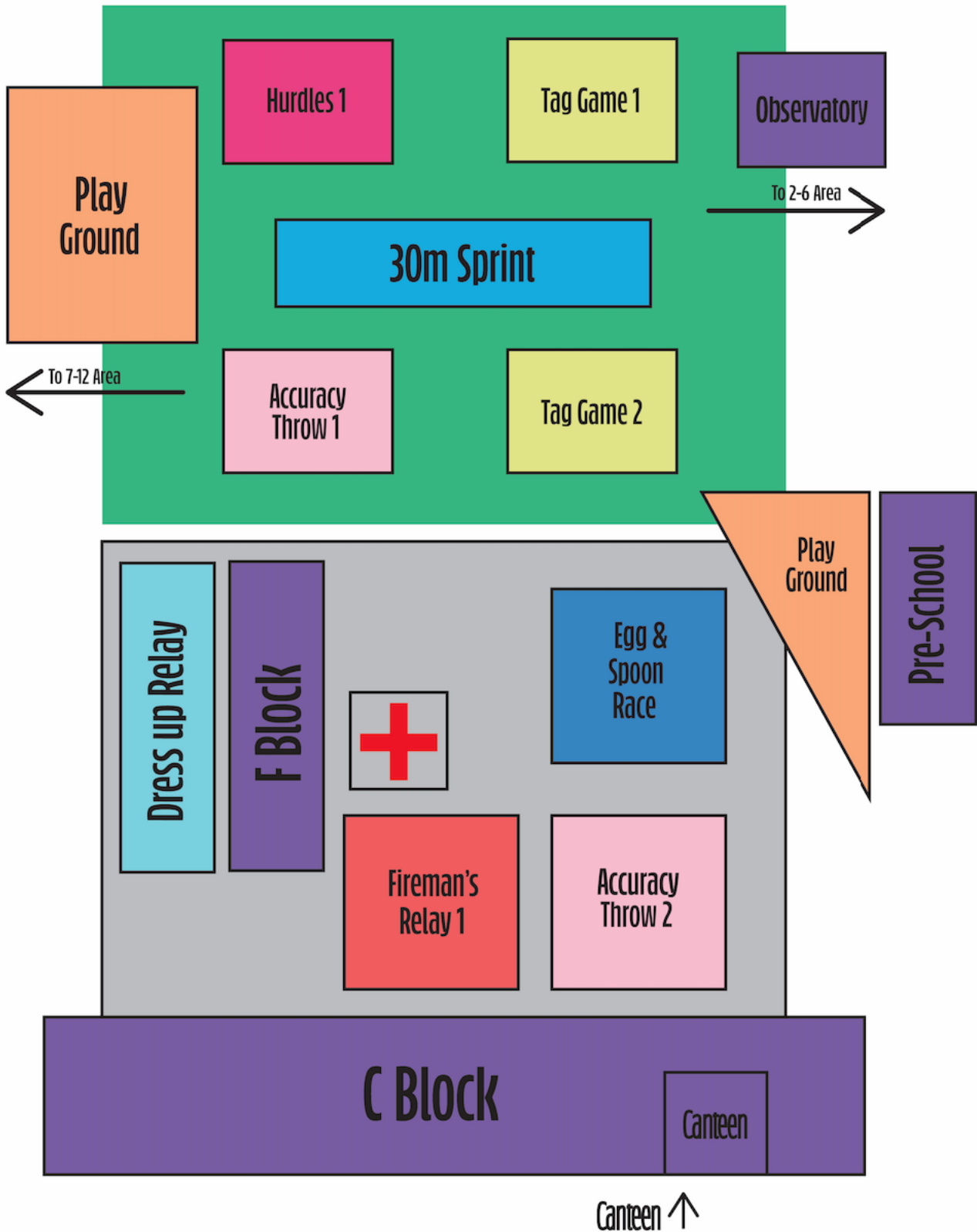
Years 1 and 2 Program							
Time	CF5 Jenne	CF6 Angel	CF7 Trent	CF8 Sharyn	CF9 Heather	CF10 Kayla	CF11 Kate
8.45am	Roll to be taken then students move to the Primary Asphalt and sit in their House colours						
8.55am	Opening Address, expectations and warm up for the day. Years R-6 move to Middle and Junior Ovals to begin events						
9.30am	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest	Tag Game 2	50m Sprints	Sack Relay
9.50am	Sack Relay	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest	Tag Game 2	50m Sprints
10.10am	50m Sprints	Sack Relay	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest	Tag Game 2
	Recess 10.30am-10.50am						
10.50am	Tag Game 2	50m Sprints	Sack Relay	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest
11.10am	Rest	Tag Game 2	50m Sprints	Sack Relay	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay
11.30am	Egg & Spoon Relay	Rest	Tag Game 2	50m Sprints	Sack Relay	Fireman's Relay 2	Accuracy Throw 2
11.50pm	Accuracy Throw 2	Egg & Spoon Relay	Rest	Tag Game 2	50m Sprints	Sack Relay	Fireman's Relay 2
12.15pm	Pack up/ Go to 100m track and sit in house colours Whole Primary Event (3-6 Novelty Relay)						
12.25pm	Presentation to occur on 100m Track						
12.30pm	Return to class and Eating Time						
12.40pm	Lunch and Play						
1.20pm	Return to Class.						

Years 3 and 4 Program

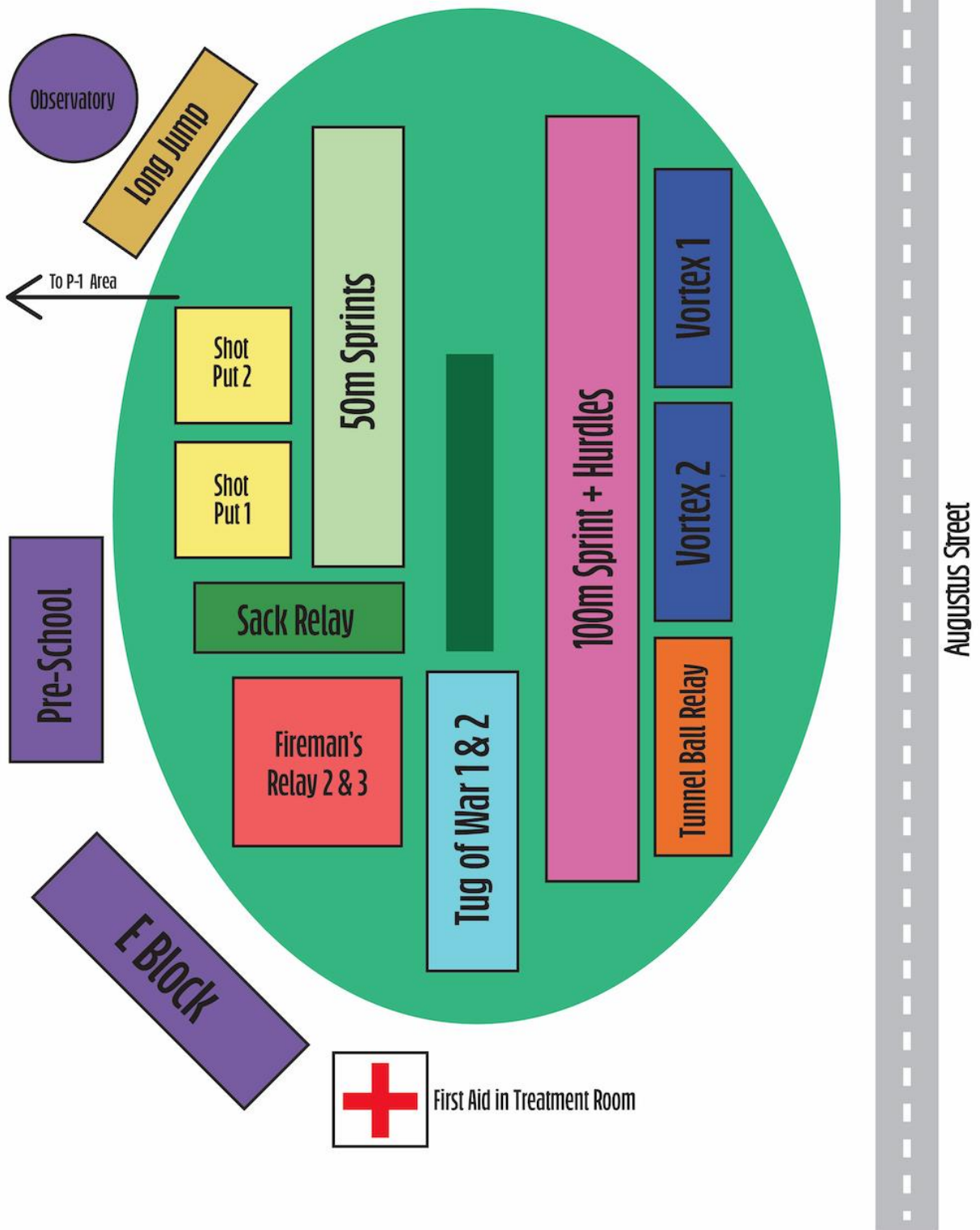
Time	BG1 Brigitte	BG2 Shanna	BG3 Jemma	CG4 Catherine	CG6 Zoe	CG7 Kasey
8.45am	Roll to be taken then students to move to the Primary Asphalt and sit in their House colours					
8.55am	Opening Address, expectations and warm up for the day. Years R-6 move to Middle and Junior Ovals to begin events					
9.30am	Shotput 1	Cross Country	Vortex 1	Hurdles (100m Track)	Tug-O-War 1	Fireman's Relay 3
9.50am	Fireman's Relay 3	Shotput 1	Cross Country	Vortex 1	Hurdles (100m Track)	Tug-O-War 1
10.10am	Tug-O-War 1	Fireman's Relay 3	Shotput 1	Cross Country	Vortex 1	Hurdles (100m Track)
	Recess 10.30am-10.50am					
10.50am	Hurdles (100m Track)	Tug-O-War 1	Fireman's Relay 3	Shotput 1	Cross Country	Vortex 1
11.10am	Vortex 1	Hurdles (100m Track)	Tug-O-War 1	Fireman's Relay 3	Shotput 1	Cross Country
11.30am	Cross Country	Vortex 1	Hurdles (100m Track)	Tug-O-War 1	Fireman's Relay 3	Shotput 1
11:50am	Sprints with Year 3-6 on 100m track					
12.15pm	Whole Primary Event at 100m Track (3-6 Novelty Relay)					
12.25pm	Presentation to occur on 100m Track					
12.30pm	Return to class and Eating Time					
12.40pm	Lunch and Play					
1.20pm	Return to Class					

Years 5 and 6 Program							
Time	F1 Santhi	F2 Michaela	E1 Ryan	E2 Jess	E3 Carly	E4 Renae	MG4 Chris
8.45am	Roll to be taken then students move to the Primary Asphalt and sit in their House colours						
8.55am	Opening Address, expectations and warm up for the day. Years R-6 move to Middle and Junior Ovals to begin events						
9.30am	Tunnel Ball	Cross Country	Vortex 2	Long Jump	Tug-O-War 2	Shotput	Rest
9.50am	Rest	Tunnel Ball	Cross Country	Vortex 2	Long Jump	Tug-O-War 2	Shotput
10.10am	Shotput 2	Rest	Tunnel Ball	Cross Country	Vortex 2	Long Jump	Tug-O-War 2
	Recess 10.30am-10.50am						
10.50am	Tug-O-War 2	Shotput 2	Rest	Tunnel Ball	Cross Country	Vortex 2	Long Jump
11.10am	Long Jump	Tug-O-War 2	Shotput 2	Rest	Tunnel Ball	Cross Country	Vortex 2
11.30am	Vortex 2	Long Jump	Tug-O-War 2	Shotput 2	Rest	Tunnel Ball	Cross Country
11.50pm	Sprints with 3-6 students on 100m Track						
12.15pm	Whole Primary Event at 100m Track (3-6 Novelty Relay)						
12.25pm	Presentation to occur on 100m Track						
12.30pm	Return to class and Eating Time						
12.40pm	Lunch and Play						
1.20pm	Return to Class						
1.40pm	Head to Senior Oval for Relays						

P - 2 Area



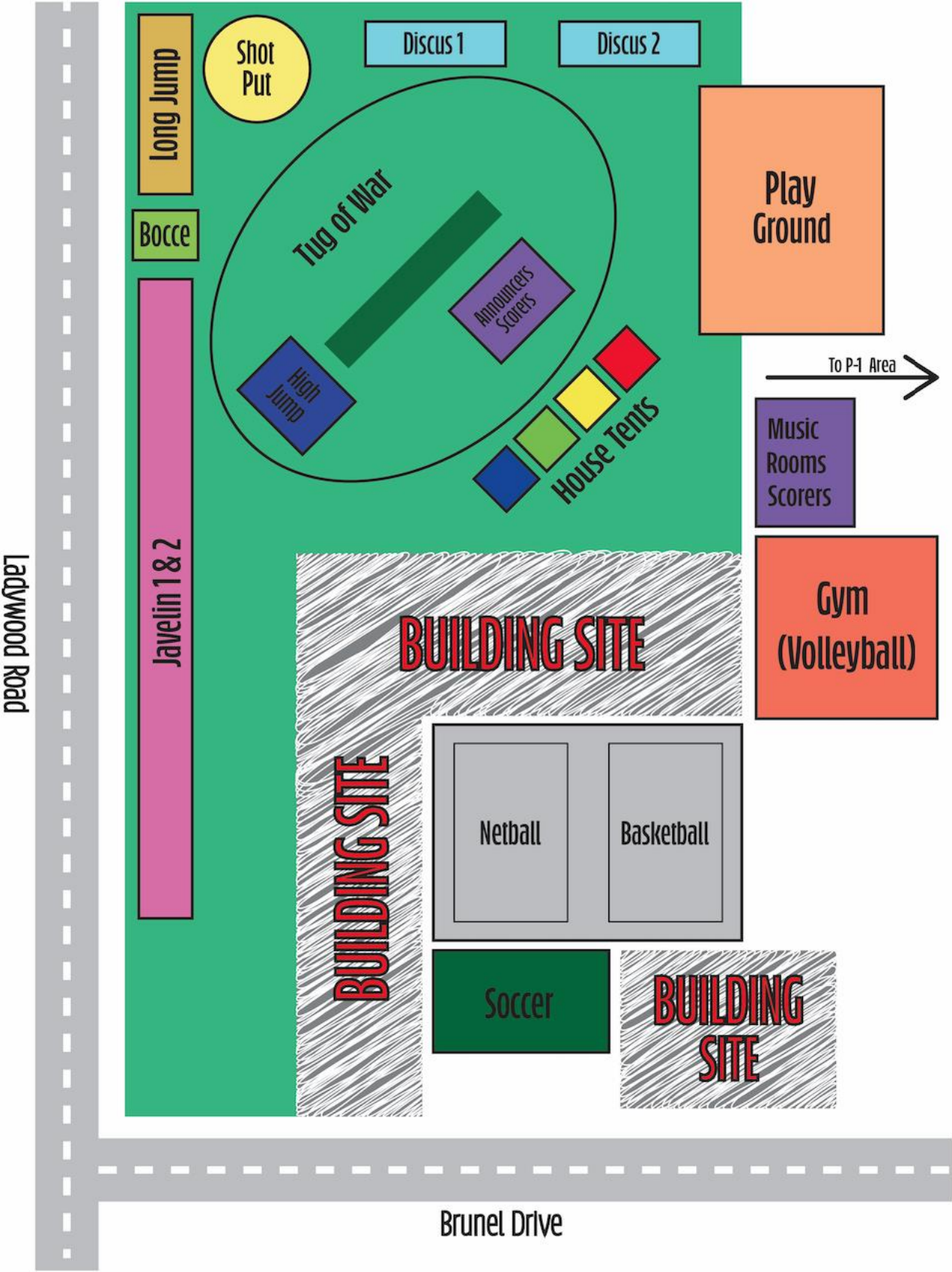
Year 3 - 6 Area

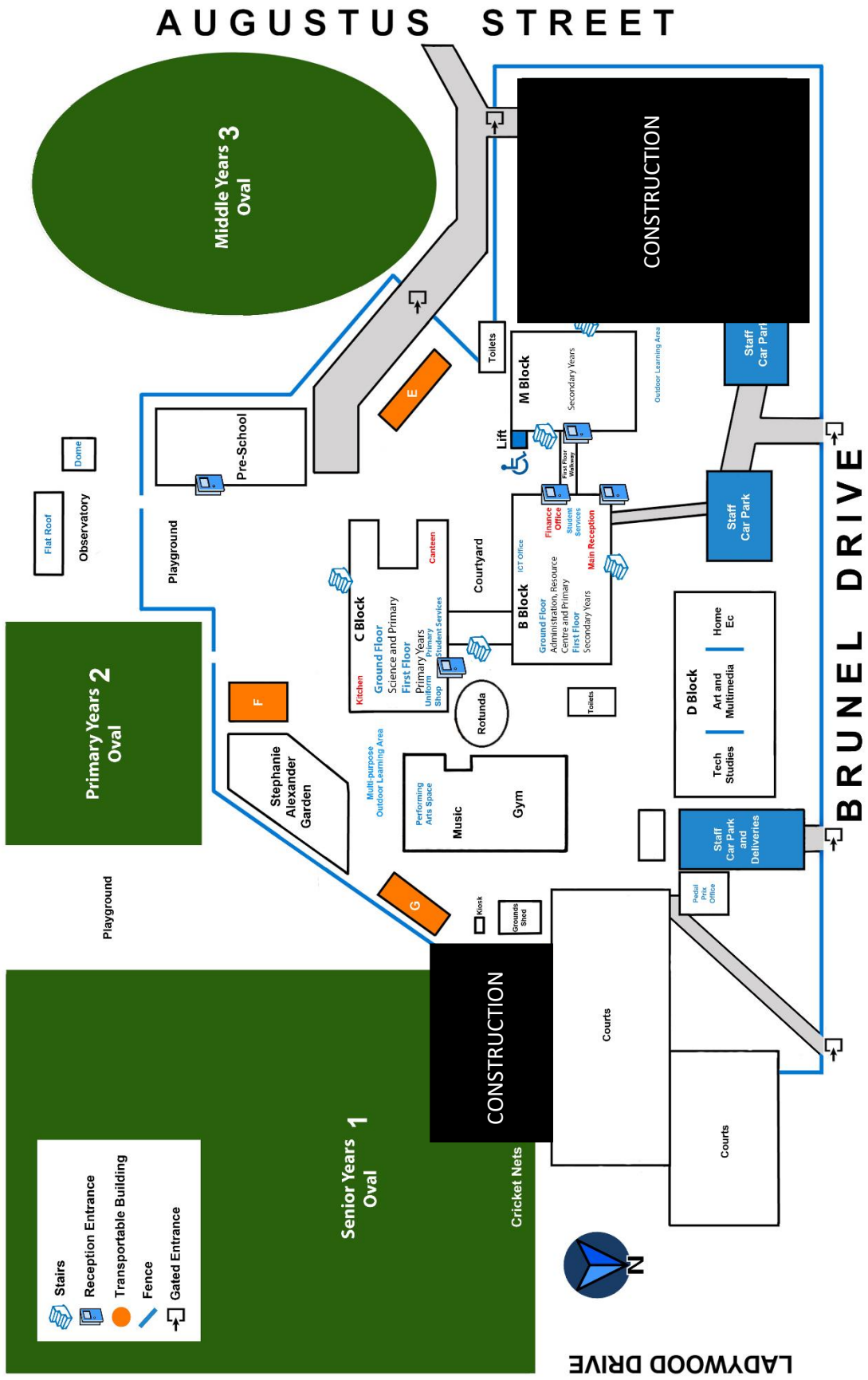


7 – 12 Program

TIME	YEAR	ACTIVITIES TO CHOOSE FROM
8.45am to 8.55am	ALL	Roll to be taken then students move to the Primary Asphalt and sit in their House colours
8.55am to 9.20am	ALL	Opening Address, expectations and warm up for the day. Years R-6 move to Middle and Junior Ovals to begin events.
SESSION 1 9.20am to 10.00am	7 8 9 10 11 12	800m, Shot Put 1, Netball 800m, Long Jump, Volleyball 800m, Javelin 1, Bocce 800m, High Jump, Basketball 800m, Discus 1, Soccer 800m, Tug of War
SESSION 2 10.00am to 10.40am	7 8 9 10 11 12	200m, Tug of War 200m, Shot Put 2, Netball 200m, Long Jump, Volleyball Javelin 2, Bocce High Jump, Basketball Discus 2, Soccer
SESSION 3 11.00am to 11.40am	7 8 9 10 11 12	Discus 1, Soccer Tug of War Shot Put 1, Netball 200m, Long Jump, Volleyball 200m, Javelin 1, Bocce 200m, High Jump, Basketball
SESSION 4 11.40am to 12.20pm	7 8 9 10 11 12	100m, High Jump, Basketball 100m, Discus 2, Soccer 100m, Tug of War Shot Put 2, Netball Long Jump, Volleyball Javelin 2, Bocce
SESSION 5 12.20pm to 1.00pm	7 8 9 10 11 12	Javelin 1, Bocce High Jump, Basketball Discus 1, Soccer 100m, Tug of War 100m, Shot Put 1, Netball 100m, Long Jump, Volleyball
SESSION 6 1.00pm to 1.40pm	7 8 9 10 11 12	Long Jump, Volleyball Javelin 2, Bocce High Jump, Basketball Discus 2, Soccer Tug of War Shot Put 2, Netball
SESSION 7 2.00pm to 2.45pm	Years 5-12	ALL STUDENTS (Years 5-12) MUST MOVE TO THE SENIOR OVAL MAIN RUNNING TRACK 4 x 100m Relay - for all year levels (2 girls and 2 boys per team)
2.45pm		PRESENTATION
3.05pm		DISMISSAL

Year 7 - 12 Area





LADYWOOD DRIVE



**Thank you for supporting
The Heights School P-12
Sports Day**

2021

