

Nicolson Avenue Junior Primary School

Olympic Sports Day

TIMETABLE

9:00am -> 10:05am In classrooms

10:05am -> 10:15am Recess Eating

10:15am -> 10:25am Recess

10:25am -> 10:30am Opening Ceremony

Classes march around oval in teams carrying team banners/flags

Classes assemble in meeting spot and sit down in 2 lines

Sing National Anthem

Opening by Mayor

Light the Nicolson Torch (Mozzie Burner) *optional*

LET THE GAMES BEGIN

Move to first event

10:50am -> 12:50pm Events commence

12:50pm -> 1:00pm Closing Ceremony

Assemble at end of oval near Unit 5 and 6

Medal presentations (1 class at a time) all children walk

up and medals will be handed to teachers for distribution

End of sports day comments and thanks to sponsors

Whole school dance Hokey Pokey *optional*

1:00pm -> 1:15pm Return to classrooms for Healthy eating lunch

1:15pm -> 1:45pm Lunch Play -6 teachers on duty share the time

1:45pm -> 2:25pm Return to classrooms for the afternoon

2:25pm Dismissal (end of term)

Teachers' Responsibilities

- practise the events beforehand so children know what they are doing
- make flags for your class
- cut out and make gold medals
- get children to colour their rosettes
- cut up and bag oranges before school on Friday morning
- have a whistle or just use your voice to start events
- organise some parents to help with stamping after each event (explain to them that the children only get a stamp if they participate fairly in events; thus parents can't stamp the cards until the event is completed)
- move to the next event in an orderly fashion when Julie indicates with air horn
- sit children down in a class group in 2 lines to quietly listen to *Closing Ceremony*
- return stamps to Julie before *Closing Ceremony* begins
- hand out medals at completion of ceremony
- return equipment from your last event to Sports Shed - Pam will put away at lunch time
- organise distribution of healthy lunches at your classroom according to what has been ordered
- record the children in your class who go home straight after the lunch
- clean up from lunch

Olympic Sports Events

1.Nicolson Hurdles

Class forms 2 teams

2 children race at a time, jump over hurdles on way down ,run around cone and jump over hurdles on way back.

2.Nicolson Long Jump

All children jump off at long jump pit

Children jump one at a time, rake pit in between jumpers

Mark longest jump with flag provided

3.Nicolson Relays

Children run end to end passing the baton , until all children are back in their original spot

One team runs to another team

Red xxx -----→Blue xxx
←-----

4.Nicolson Bean Bag Shotput

Children stand in hoop to make throw

Toss bean bag using shotput action aiming to make distance and land in hoop

5.Nicolson Soccer Target

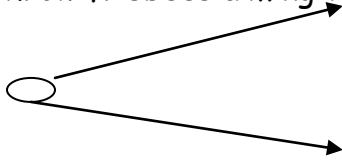
Children dribble around cones and kick for a goal

Xxx Δ Δ Δ D

6.Nicolson Frisbee Discus

Children stand in hoop

Throw frisbees aiming to land between ropes and achieve longest distance



7.Nicolson Cycle Race

Children in 4 teams

One at a time competitors ride tricycle around cone and back to next competitor

Race over when all team members have had a turn

8.Nicolson Equestrian Event

Teams ride hobby horses

Each team starts on a different corner of the course

Riders must trot horses on long sides of course and gallop them on short sides

Change riders when you get back to your team

Continue until all team members have had a ride

9.Nicolson Rowing Event

Class forms 2 teams and stand opposite ends of cricket pitch

Children paddle skateboard from end to end with a cricket bat

Continue until everyone has had a turn

10.Nicolson Hockey Dribble

Class forms 4 teams, 2 standing opposite each other

Child dribbles ball in and out of cones and passes to leader in team opposite them, this child dribbles back and passes to other team again

First child returns to own team and passes stick to next member

Continue until everyone has had a turn

11. Nicolson Marathon

Children in 4 teams

One child from each team competes at a time

Competitors run a lap around whole Sports Day Events

Try and choose runners of similar ability to compete against each other

12. Nicolson Gymnastic Event

Children in 4 teams

Children perform some sort of roll along blue mats, travel along the balance beam and finish with a balance of some sort

SPORTS DAY PROGRAMME

Time	Rm 6	Rm 7	Rm 8	Rm 9	Rm 10	Rm 11	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
10:50	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays
11:00	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble
11:10	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus
11:20	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target
11:30	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon
11:40	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event
11:50	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race
12:00	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump
12:10	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles	Rowing Event
12:20	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput	Hurdles
12:30	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event	Bean Bag Shotput
12:50	Bean Bag Shotput	Hurdles	Rowing Event	Long Jump	Cycle Race	Equestrian Event	Marathon	Soccer Target	Frisbee Discus	Hockey Dribble	Relays	Gymnastic Event