

2021 Athletics Activities Day Overview: Friday, 19th March

8:45am	Morning in Classroom							
	Sub-Junior: 5 and 6 year olds, Juniors: 7 and 8, Intermediate: 9 and 10, Seniors: 11+ years							
	Morning in Rooms - Years T, 3, 4 and 5							
	Years K,1 and 2 to practise 100m events - running in lanes							
	Followed by Straight Relays							
	Return to rooms when completed							
10:15am	Normal Morning Tea Break							
10:35am								
	Years K,1,2: Long Jump Practice							
	Intermediates: High Jump Practice (sprint practice if slippery)							
	Seniors: Shotput (Event to be recorded)							
11:20am								
	Transition: 70m Sprint Practice							
	Years 1 and 2: Shotput Discus /practice (Chris and Tania H)							
	Intermediates: Long Jump (Event to be recorded)							
12:30-1:30pm	Seniors: High Jump Practice (sprint practice if slippery) (Grania, Ian)							
	Lunch							
1:30pm								
	Kinder, Year 1 and 2 in class							
	Years 1 and 2 to Swimming lessons							
	Years 3-5 Long Distance Races - 800m							
	Circular Relays with Year 5							