

Caloundra Christian College

P-3 Athletics Day Program

24 June 2022

Available Teachers for P-3 Activities

Mrs Lewis - A	Mrs Douglas - B	Mrs Dunn - C	Mrs Hodges - D	Mrs King - E
Mrs Saville - F	Mrs Scheu - G	Mrs Spain - H	Mrs March - I	Mrs Crabtree - J

8.30 Roll and Devotions / Morning Routine

8.45 - 9.45 Normal lessons

9.45 - Write Race numbers on hands - black marker pen

10.00 - 10.30: Morning Tea at School

10.30 - 11.00: Travel to Athletics Carnival /

11.00 - 11.30: Walk to area (back oval), set-up and prayer - Bags in seating area and assemble in class groups on the grass
Prayer, explain rotations and program & procedures e.g. toileting/water breaks etc.

11.30 - 12.15: Rotation of 4 x 10 minute activities (shot put / discus / javelin / hurdles)

Friscus (Frisbee Discus)	Shot Put / Bean Bag Toss	Javelin	Hurdles
Teacher A & B	Teacher C & D	Teacher E & F	Teacher G & H

	Prep	Year 1	Year 2	Year 3
11.30 - 11.40	Friscus (Frisbee Discus)	Shot Put/Bean Bag Toss	Javelin	Hurdles
11.41 - 11.51	Shot Put/Bean Bag Toss	Javelin	Hurdles	Friscus (Frisbee Discus)
11.52 - 12.02	Javelin	Hurdles	Friscus (Frisbee Discus)	Shot Put/Bean Bag Toss
12.03 - 12.14	Hurdles	Friscus (Frisbee Discus)	Shot Put/Bean Bag Toss	Javelin
12.15 - 12.45:	Walk to grandstand, have lunch, watch high school compete			
12.45 - 1.15:	100m races on track - students are marshaled according to the number on the back of their hand			
1.30	depart for school			
2.00	arrive at school			

Thank you to all our teachers and parent helpers who made today a memorable event for all.