

SACRED HEART GIRLS' COLLEGE
SCHOOL BASED ATHLETICS DAY PROGRAMME
2023



Est. TIME

8:40 am	House meeting in usual venues - Roll call, chant practice
8:55am	Move down to bottom field
9:00am	House march past and chants (points awarded)
9:15 – 9:45am	1 st Rotation/Activity
9:45 – 9:55am	Rotation time
9:55 – 10:25am	2 nd Rotation/Activity
10:25 – 10:35am	Rotation time
10:35 – 11:05am	Interval
11:10 – 11:40 am	3 rd Rotation/Activity
11:40 – 11:50am	Rotation time
11:50 – 12:20 pm	4 th Rotation
12:25 – 1:15 pm	Lunch
1:20 – 1:50pm	5 th Rotation
2:00 – 2:30pm	House Chants House Relays
2.30pm	Clean / pack up

Rotations/Activity:

	Rotations/Activity					
	Year Group	1	2	3	4	5
1 – 100m sprint	7	1	2	3	4	5
2 – Long Jump	8	2	3	4	5	1
3 – 400m Run/walk	9	3	4	5	1	2
4 – Shot put	10	4	5	1	2	3
5 – “Fun Activity”	11 & 12	5	1	2	3	4

* Yr 13s to spilt between all other year groups to encourage/support their house members