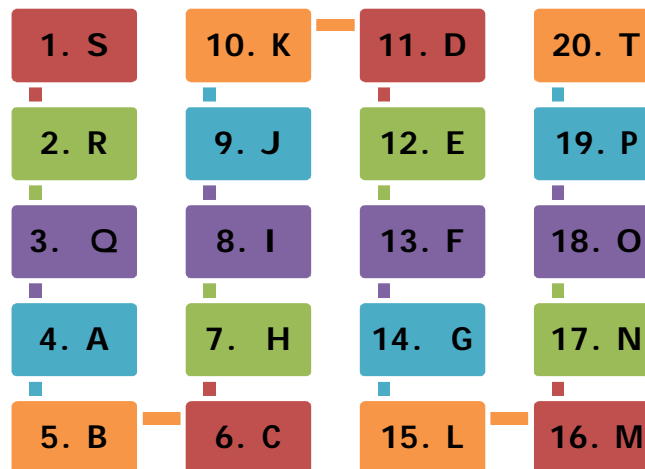


St. Kavan's N.S. Sports Day 23rd June 2010

Pupils divided into groups of 5/6 or 7

Juniors	A	B	C		
Seniors	D	E	F	G	
1st & 2nd	H	I	J	K	
3rd & 4th	L	M	N	O	P
5th & 6th	Q	R	S	T	

- Groups follow circuit below.
- After activity 20 is completed your group returns to activity 1 and continues to follow circuit.
- Example Group A starts with activity 4 (Beach Ball Throw) and continues to activity 5 and so on.
- Each activity lasts 8 minutes and then all groups move to the next on the sound of the bell/hooter/whistle.
- The diagram below shows starting activity of each group





1. Hula Hoop

Spin/Skip

Beanbag

Toss

Badminton

Dancing

Statues

Beach Ball

Throw

Velcro Target

Throw

Hockey Obstacle

Course

Basketball Hop

& Throw

Penalty

Shoot Out

Sack/Egg/

Relay/WB

Races

Parachute

Golf

Hurdle/3 legged/

Elbow/

Running Races

Penalty

Shoot Out

Frisbee

Toss

Beach Ball

Throw

Juggling Ball

Throw

Tennis/Squash

Wall

Hula Hoop

Skip/Spin

Beanbag

Toss

Badminton