

# NAVIGATOR COLLEGE

## R – 3 SPORTS DAY

8:45am Promptly make way over to Ravendale  
 8.55am JS welcome  
 9:00 – 12.00pm Junior School Tabloids

TIME	Rec A	Rec B	Yr 1A	Yr 1B	Yr 2A	Yr 2B	Yr 3A	Yr 3B
9:00 – 9:15	Sprint	Bean Bag Toss	Egg and Spoon Race	Vortex Throw	Long Jump	Team Game	Relay	Soccer Kick
9:15 – 9.30	High Jump	Sprint	Bean Bag Toss	Egg and Spoon Race	Vortex Throw	Long Jump	Team Game	Relay
9.30 – 9.45	Goal Throw	High Jump	Sprint	Bean Bag Toss	Egg and Spoon Race	Vortex Throw	Long Jump	Team Game
9.45 – 10:00	Sack Race Relay	Goal Throw	High Jump	Sprint	Bean Bag Toss	Egg and Spoon Race	Vortex Throw	Long Jump
10:00 – 10:15	Soccer Kick	Sack Race Relay	Goal Throw	High Jump	Sprint	Bean Bag Toss	Egg and Spoon Race	Vortex Throw
10:15 -10.30	Relay	Soccer Kick	Sack Race Relay	Goal Throw	High Jump	Sprint	Bean Bag Toss	Egg and Spoon Race
10:30 – 10.45	RECESS							
10.45 – 11:00	Team Game	Relay	Soccer Kick	Sack Race Relay	Goal Throw	High Jump	Sprint	Bean Bag Toss
11:00 – 11:15	Long Jump	Team Game	Relay	Soccer Kick	Sack Race Relay	Goal Throw	High Jump	Sprint
11:15 – 11:30	Vortex Throw	Long Jump	Team Game	Relay	Soccer Kick	Sack Race Relay	Goal Throw	High Jump
11:30 – 11:45	Egg and Spoon Race	Vortex Throw	Long Jump	Team Game	Relay	Soccer Kick	Sack Race Relay	Goal Throw
11.45- 12.00	Bean Bag Toss	Egg and Spoon Race	Vortex Throw	Long Jump	Team Game	Relay	Soccer Kick	Sack Race Relay

12.15 Closing ceremony- R/1 students to be collected. Yr 2/3's either to be collected or cheer on their house.

1. No whole school devotion
2. Begin at 9am
3. Finish at 12.30pm
4. Incorporate relays and team games into the rotations
5. 15 minute time slots.