| **SPORTS DAY 2022** | |
| --- | --- |
| **9.15am** | **Stations - 15 minutes per station**  **1: Memory Challenge**  Teams must line up from OLDEST to YOUNGEST. Each child will be called up individually and asked to recite the most successful All Ireland Football counties in history. Each time they say the correct county along with the number of times they’ve won the title they get a point for their team. Team captains have been given the information sheet and it is up to them to copy it and distribute it to their team members to allow everyone to learn in advance. The trick here is speed - you want to get through all 18 children on the team to maximise your points.  **2: Loop Run**  Each team must run the loop as many times as they can in 15 minutes, passing the baton to the next youngest child once they complete their lap. Teams must line up from OLDEST to YOUNGEST. If all team members run a lap and the time is not yet up then they start again from OLDEST to YOUNGEST. If a child is mid lap when the bell goes it does not count.  **3: Sports Quiz**  Collect the question sheet and pen from Lorna and give it to the team captains. Let the children work together to write their answers. Deliver the answer sheet to Lorna for correction.  **4: Solo Runs**  Each team must run the loop soloing as they go as many times as they can in 15 minutes. 3 steps between solos are allowed. Teams must line up from OLDEST to YOUNGEST. If all team members complete a lap start again from OLDEST to YOUNGEST. If a child is mid lap when the bell goes it does not count.  **5: Skipping**  Teams must line up from OLDEST to YOUNGEST. The first child skips until they can't do any more or until they get tangled. They then pass the rope to the next child. If all team members skip then start again from OLDEST to YOUNGEST.  **6: Target throw**  Teams must line up from OLDEST to YOUNGEST. The children launch the bean bag at the target and score points depending on how close it is to the bullseye. There is only one bean bag as only one child can throw it at a time. The trick here is developing a strategy to retrieve the bean bag and get it back to the next thrower as quickly as possible. Teachers may not retrieve the bean bag. |
| **10.45am** | **BREAK** |
| **11.00am** | **Games: Junior School 10 mins/ Senior School 10 mins for football and soccer - whole team plays 20 minutes for rounders.**  Score is for the overall game. In other words if the junior game ends 2-0 and then the seniors on the same team come back to 3-2 then the final score of 3-2 is what is counted. 40 points for a win, 20 points for a draw and 0 points for a loss. Final scores to be reported back to Lorna by one of the team captains after each match.   | **Time** | **Rounders**  **Niamh & Kate** | **Soccer**  **Luke & Ben** | **Football**  **Finn & Eoin** | | --- | --- | --- | --- | | 11.00am | Black vs White | Red vs Green | Blue vs Yellow | | 11.20am | Yellow vs Red | Black vs Blue | Green vs White | | 11.40am | Blue vs Green | White vs Yellow | Red vs Black | |
| **12.00pm** | **BREAK** |
| **12.30pm** | **Races - points for top 3 children in each race. 1st gets 30 points, 2nd gets 20 points and 3rd gets 10 points. Umpires will give score cards to the top 3 children who will bring them to Lorna for point calculation.**   | 6th boys sprint | 6th girls sprint | | --- | --- | | 5th boys sprint | 5th girls sprint | | 4th boys sprint | 4th girls sprint | | 3rd boys sprint | 3rd girls sprint | | 2nd boys sprint | 2nd girls sprint | | 1st boys sprint | 1st girls sprint | | SI boys sprint | SI girls sprint | | JI boys sprint | JI girls sprint | | Junior relay | Senior relay |   The team relays consist of 6 children. There must be at least 1 child per class - the extra 2 children can come from any class. There must also be an equal number of boys and girls. It’s a good idea to agree on your relay team in advance and get the 5th and 6th class captains to practise during the week.  Eg: Senior Team relay might be:   * 1 x 6th class girl * 2 x 5th class boys * 1 x 4th class boy * 2 x 3rd class girls   Eg. Junior Team relay might be:   * 2 x 2nd class girls * 2 x 1st class boys * 1 x senior infant girl * 1 x junior infant boy |
| 1.15pm | **Ice Cream & Results** |

