



Methven Area Athletic Sports Friday 26th October Junior Programme (Years 0 - 2)

Dear Parents and Whanau,

We look forward to having as many parents, grandparents and families coming to school and sharing in our Athletics sports. All children are in mixed age and ability groups for the Run, Jump and Throw relay activities. These are designed to incorporate athletic skills that lead on to senior athletic activities. Emphasis is on **Participation, Accepting and Being Sporting.**

This year the Junior children will be holding their events on the MPS court area including the scooter track. Running events will take place on the MPS track during the Senior lunch break at approximately 12:30pm – 1:30pm. After the completion of the running events, the children will have lunch and stay at school until the end of the day to watch senior athletics. Parents who want to take their children at this time may do so provided they sign their child out on the notice board by the bell, and if their child is on a bus - also sign them off the bus.

Useful Information

All children need to wear

- shorts - black
- school T-shirt
- sunhat to wear when waiting
- shoes suitable for running
- sunscreen - please apply before coming to school and we will have more at school that can be applied during the day

Children need to bring with them on the day

- a filled water bottle (named)
- a good lunch and morning tea
- a smile and a **Sporting attitude** of course!

Athletics Day Food Available for Sale

Methven Primary School will be selling a variety of food products throughout the day. Please support our hard-working team by purchasing food.

Sausage and Bread (Gluten free available) \$2.00
Burgers \$5.00

Ice Blocks \$1.50
Mini Chocolate Bar 50c

If a parent / adult will not be with junior children, please ensure their name and what they would like is written on an envelope containing their money.

If you can volunteer half an hour of your time to assist with the BBQ, or if you would like to donate money / mini chocolate bars for the bbq, please contact the office.

Look forward to seeing you there

Jo, Cheryl, Andrea, Deb, Alison, Hannah & Suzi



Programme of Events

- 8:45am All children to assemble on the court area in age group lines.
 8:50am Official Welcome.
 9:10am All children involved in the junior programme assemble into groups on the court, lining up behind their group (group numbers written on hands).
 9:20am Run Jump Throw Activities. 4 x 10min Activities per group (2min transition time).

1A	Fire the Cannons	Children push bean-bags using the shotput technique for accuracy.
2B	Skill Relay	Children run through a range of activities that cover all skills e.g., bean bag throw, hurdles, Javelin throw using a Nurf Rocket etc.
3C	Zig Zag Sprint	Children run to each cone, touch it, run to hoop, pick up beanbag and take back to team before next person goes.
4D	Cakes, Cookies & Pies	Children throw a bean-bag for distance and accuracy using an over arm technique.
5E	Hurdling Horses	Children jump through a hurdle course, then run back and tag the next team member
6F	Jumping Jacks	Run and jump on springboard landing on mat with two feet together.
7G	Fun obstacle (Scooter Track)	Teacher to setup a series of obstacles for children to go up, over, under etc.
8H	Circus Training	Teacher to setup a series of obstacles for children to balance on and over.

- 10:10am Early Lunch. Toilet, drink, food, and reapply sunscreen.
 11:10am Meet back at Bell lined up in groups.
 11:20am Run Jump Throw Activities. 4 x 10min Activities per group (2min transition time).
 12:15pm Children to meet by the bell on the court area and line up in year and gender groups ready to transition to running track.
 12:30pm Sprint Events.

Order of Sprint Events	Year 0 boys	50m
	Year 0 girls	50m
		Final
	Year 1 boys	50m
	Year 1 girls	50m
		Final
	Year 2 boys	60m
	Year 2 girls	60m
		Final

All children will have sticky labels with their full name and appropriate coloured dot:

Blue + Year 0
Green = Year 1
Purple = Year 2

- 1:30pm Lunch Time. Parents of Junior Children may sign out and go home, or stay and watch Senior events.