

SPORTS PROGRAM: SAMPLE SCHEDULE

PLAYING TO "EXPRESS" RATHER THAN TO "IMPRESS"

A. PROVISIONAL SCHEDULE AND POINTS [for Captains & Managers]

Saturday

8.00 – 9.00: Squads preparing make up and last-minute entrances

9.00 – 9.30: Squads start chanting and assemble downstairs in KS3

9.30 – 10.00: Opening ceremony

10.00 – 10.30: Challenge 1 (five people per squad)

10.30 – 12.00: Kickball (Terrace) (every one)

12.00 – 1.30: Tag Handball/Floorball/Volleyball

1.30 – 2.30: Lunch and Appreciation Conglom

2.30 – 3.00: Challenge 2 (everyone on Terrace)

3.00 – 4.30: Basketball/Body Ball (hall & Terrace)

4.30 – 5.00: Challenge 3

5.00 – 5.30: Shot Put/Javelin/Limbo (Cage)

5.30 – 6.30: In the Box, Close the loop for day one, tally points and head for buses.

Sunday

9.00: Students and Teachers arrive

9.15 – 9.45: Opening of Day two and Energizer! (Everyone on Back Ground)

9.45 – 11.45: Football/Cricket (Terrace/Back Ground)

11.45 – 1.20pm: Frisbee/Kho Kho (Back Ground)

1.20 – 2.20: Lunch and Appreciation (together downstairs in ks3)

2.20 – 3.45: Burn ball (Back Ground)

3.45 – 4.15: Athletics (separate boy/girl event in Quad//Piggy Back Race/100M sprint and Mixed Gender Relay) Back Ground

4.15 – 5pm: Dance Off (Terrace)

5.00 – 5.30: Final challenge. Out of the Box (provided by teachers!)

5.30 – 6.00: Closing ceremony and points awarded for the other categories

6:00: Buses leave

B. POINT STRUCTURE

Winning a single game in a team tournament: 5 points (sports and also the dance competition)

Winning a team tournament: 15 points (sports and dance)

Challenge win: 10 points

Best Chant: 10 points (impact, strength of performance, how often sung)

Best Entrance: 10 points (fun, togetherness, creativity, energy)

Best Costumes: 10 points (identity, creativity,

Best Logo: 10 points (each team argues for the other to win :D)

Debate: 10 points (to each of the three teams on the winning side)

Speech: 10 points (for each of the 3 teams giving winning speech)

Best Celebration: 10 points (humour and inclusivity of other squads)

Best team Selfie: 10 points (wackiness, creativity, togetherness)

Relay athletic event: 10 points

Individual athletic event: 5 points

MAXIMUM POINTS AVAILABLE: 570

