

# 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 gender events 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