BE SUNSMART – WEAR A HAT
PUT ON SUNSCREEN AND HAVE YOUR
SHOULDERS COVERED. NO THONGS OR
BARE FEET.

Mitcham Girls High School’s Sports Day History….

1965 – Taylor 1982 – Gibson 1997 - Fraser
1969 – Taylor 1986 – Gibson 2001 - Fraser
1970 – Gibson 1987 – Cocks 2002 - Fraser
1971 – Gibson 1988 – Cocks 2003 - Fraser
1976 – Gibson 1991 – Fraser 2006 - Fraser

2011 - ????????

Mitcham Girls High School
SPORTS DAY
9:00am – 3:15pm
Friday, 8th April 2011
MGHS Oval – Belair Road.

Antoinette Jones
Principal

Sandy Alston
H&PE Coordinator

Please note that all students are expected to be present at school all day.
SPORTS DAY PROGRAM 2011

8.40 Care Group - Roll Call
8.50 Assembly in the Gymnasium

MORNING PROGRAM:

9.10 - 11.00: INDIVIDUAL NOVELTY EVENTS
** these activities are open to ALL students
** also available at recess time (10.20 to 10.40) so that
girls in Team Sports can participate
  Football kick  Netball shoot
  Softball throw  Cricket accuracy

TEAM SPORTS
9.10 - 10.20 Team Sports Round 1
  Year 8 - Frisbie: 1 team per house
  Year 9 - Soccer: 2 teams per house
  Year 10/11 - Volleyball: 2 teams per house
  Year 12 - Netball: 2 teams per house

10.20 - Ribbon Presentations Team Sports Round 1

10.20 - 10.40 -RECESS

10.40 - 11.50 Team Sports Round 2
  Year 8 - Soccer: 2 teams per house
  Year 9 - Volleyball: 2 teams per house
  Year 10/11 - Netball: 2 teams per house
  Year 12 - Frisbie: 1 team per house

11.50 - Ribbon Presentations Team Sports Round 2

11.50 - 12.40 Lunch #Senior House Theatre Sports Competition

12.30 - Warning bell: students to start moving to House areas on the oval

AFTERNOON PROGRAM

12.40: CONTINUOUS RELAYS (around the oval - maximum of 10 runners)
  Year 12 - 2 teams per house
  Year 10/11 - 2 teams per house
  Year 9 - 2 teams per house
  Year 8 - 2 teams per house

1.00: TEAM NOVELTIES (Tunnel Ball, Sack Race, 3 Leg Race, Geeta Boards, Tug of War, Balloon Relay) Teams of 8.
  Year 12 - 1 team per house
  Year 10/11 - 1 team per house
  Year 9 - 1 team per house
  Year 8 - 1 team per house

1.10 - 1.40: Team Novelties - Round 1
  Rotation 1  Rotation 2  Rotation 3
  Year 12  Tunnel Ball  Geeta Boards  Sack Race
  Year 10/11 Tunnel Ball  Geeta Boards  Sack Race
  Year 9  Geeta Boards  Sack Race  Tunnel Ball
  Year 8  Sack Race  Tunnel Ball  Geeta Boards

2.20: SPRINT RELAY HEATS (Teams of 4)
  Year 8 - unlimited number of teams per house
  Year 9 - unlimited number of teams per house
  Year 10/11 - unlimited number of teams per house
  Year 12 - unlimited number of teams per house

2.50: SPRINT RELAY FINALS (First 2 from each heat)
  Year 8 - Final
  Year 9 - Final
  Year 10/11 - Final
  Year 12 - Final

3.00 PRESENTATIONS
3.10 Care Group - Roll Call (Yr8-south end of oval, Yr 9-middle of oval, Senior- north end of oval)