

Theme Day	Title
1	<u>Olympics</u>
2	<u>It's a Knockout</u>
3	<u>Superstars / The Games</u>
4	<u>Crystal Maze / Krypton Factor</u>

Theme Day 1 – Olympics

Equipment/special needs:

- Swimming Pool
- Track
- Sports Hall
- Team Colours

Events:

- Diving
- Swimming races
- Sprints
- Throws
- Jumps
- Racquet Sport

Timetable:

Time	Event	Equipment
09.00-09.30	Kit	Paper, pens, badges, Bibs' etc. Nominate people for event
09.30-11.00	Racquets	Tennis, Table tennis, Badminton & Squash
11.00-11.30	Break	
11.00-12.00	Athletics	Throws and jumps
12.00-13.00	Lunch	
13.00-15.00	Aquatics	Diving/jumping, &Swimming Races
15.00-15.30	Break	
15.30-16.30	Athletics	Sprints

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Theme Day 2 – *It's a Knock Out*

- **Equipment/special needs:**

- Sports Hall
- Outdoor area
- Kit Making

- **Events:**

- 3-legged race
- Obstacle course
- Water balloon race
- Holey cup race
- Crab football
- Big ball race
- Blind fold games
- Blind fold boules
- Wide games

- This will mainly take place outdoor with the obstacle course being the final deciding event (a la *Gladiators*)

Timetable:

Time	Event	Equipment
09.00-09.30	Kit	Paper, pens, badges, Bibs' etc. Nominate people for event
09.30-11.00	Racquets	Tennis, Table tennis, Badminton & Squash
11.00-11.30	Break	
11.00-12.00	Athletics	Throws and jumps
12.00-13.00	Lunch	
13.00-15.00	Aquatics	Diving/jumping, &Swimming Races
15.00-15.30	Break	
15.30-16.30	Athletics	Sprints

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Theme Day 3 – Superstars/the Games

- **Equipment/special needs:**

- Swimming Pool
- Track
- Sports Hall
- Outdoor areas

- **Events:**

- Football
- Tag Rugby
- Rounders/Kwik Cricket
- Vortex

Timetable:

Time	Event	Equipment
09.00-09.30	Kit	Paper, pens, badges, Bibs' etc.
09.30-10.45	Tag Rugby	Tag rugby stuff & ball
10.45-11.00	Break	
11.00-12.30	Rounders / Kwik Cricket	Bats, ball, bases
12.30-13.30	Lunch	
13.30-15.00	Football	Ball, goals
15.00-15.15	Break	
15.15-16.30	Vortex	Vortex, Netball court or cones

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Theme Day 4 – Crystal Maze/Krypton Factor

- **Equipment/special needs:**

- Swimming Pool
- Track
- Sports Hall
- Outdoor areas

- **Events:**

- Bomb activity (rugby ball and ropes)
- Mat activity (get from one side to the other limited number of mats)
- Treasure hunt (clue based)
- Mine Field
- Plank and rope (walking)
- Obstacle Course
- Logic Problems

Timetable:

Time	Event	Equipment
09.00-09.30	Kit	Rules, Paper, pens, badges, Bibs' etc.
09.30-10.00	Bomb	Rugby ball and ropes
10.00-10.45	Mat	Green mats, cones/markings
10.45-11.00	Break	
11.00-12.00	Treasure Hunt	Clues, Set boundaries
11.00-12.30	Mine Field	Small cricket flags, rope, blind fold
12.30-13.30	Lunch	
13.30-14.00	Plank and Rope	Planks, rope, markings
14.00-15.00	Obstacle Course	Ropes, parachute, etc
15.00-15.15	Break	
15.15-16.00	Logic	Problems
16.00-16.30	Football	Ball and Goals

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