

ESSN SPORTS CARNIVAL EVENTS INFORMATION SHEET

Relay



A relay race is a racing competition where the students of a school take turns completing parts of the running race. Exchanging batons at each point, the length will be 50M. Arrange students into even teams with their school, some schools may be short so please even them up. Points will be allocated for 1st, 2nd, 3rd and 4th, also a point for any student participating. Only 1 score per school will be recorded but as there is a lot of time students can run as many times as they like.

Tunnel Ball/Over and Under



For this 15-minute event, students are to play half tunnel ball and half over and under. Students are to make teams with their school, if numbers are low with some schools, please make the teams even.

Tunnel Ball

Line the students in a straight line facing the same direction with their legs standing apart to form a tunnel. The student stands with their knees bent and their head down looking for the ball as it comes through the legs. Once the ball has reached the end, that player picks up the ball and runs to the start of the line and starts to roll the ball through the tunnel of legs again. The game continues until all players have had a turn and the fastest team wins.

Over and Under

Form even teams in a straight line. The person at the front of the line passes the ball over their head followed by the person behind them taking the ball and passing it through their own legs to the next person. The ball continues going over then under until it reaches the person at the back of the line. The person at the back takes the ball and runs to the front of the line where the process starts again. In order to complete the challenge, all team members must have a turn with the team that returns to their starting order the quickest winning the game.

ALTERNATIVE-Parachute

Pass Ball



Arrange students into even teams with their school. Again if some schools are short, please even them up. Teams are to be setup in a zig zag formation. The ball is to start at the start of the zig zag. When the whistle blows the students are to pass the ball through their team up and back, once the ball reaches the start, the team is to sit down until all teams have finished. This round is good to have a practice first. For students that are unable to participate an alternative WADSA activity will be setup at this station with the same scoring system.

Long Jump



Students will run onto the mat and jump into the sand as far as they can. The furthest zone is worth the most points and the closest zone is worth the smallest amount of points.

WADSA ALTERNATIVE -Flinger into Zone Each Student has 3 turns flinging an object as far as they can. The furthest zone is worth the most points and the closest zone is worth the smallest amount of points. Students have an option in flinging 1 of 7 items all weighing different amounts, some objects will travel further than others so choosing the right object is important. The further the object travels then the more points you get.

T-Ball



T- Ball will also be an event where there will be a mixture of schools participating in the same team. There will be a stand with a soft ball and hoops as the bases. Each student will get 1 point for their school when they make it to a base or catch the ball in the field and active participation. This Event is to encourage a positive team moral.

Wicket Cricket



There will be 3 wickets setup, one in the middle and one each side about 5 m from the middle wicket. A student will stand in front of the middle wicket. The bowler will roll a large soft ball to the batter, and the batter is to kick the ball, once they kick they have to run to one of the side wickets and back. If a fielder catches, or the bowler bowls them out, the batter is out. Each run, catch or bowl out will receive 1 point for their school. There is a maximum of 6 runs and a boundary if the kicker is to kick the ball to far they will be out, this is due to everyone having a go and spacing. This Event will have a mixture of schools participating in the same team. There will be coaches that will help organise this and give out points accordingly plus active participation. This game can be altered for all abilities.

50 M Sprint



Students are to run 50m, points will be allocated for 1st, 2nd, 3rd and 4th, also a point for any student participating. Only 1 score per student will be recorded but as there is a lot of time students can run as many times as they like.

Turbo Jav



A student will throw a vortex as far as they can. There will be 3 zones one after the other, the furthest zone is worth the most points and the closest zone is worth the smallest amount of points.

WADSA ALTERNATIVE - Nerf Distance - students will take turns in using a Nerf Disc gun. There will be 3 zones one after the other, the furthest zone is worth the most points and the closest zone is worth the smallest amount of points.

Hurdles



Students are to jump, step or if needed go around the hurdles. Points will be allocated for 1st, 2nd, 3rd and 4th, also a point for any student participating. Only 1 score will be recorded, but as there is a lot of time students can run as many times as they like.

Fun Zone



The Fun Zone will include 12 Zorb balls.

Flags



Arrange 4 students into even teams with their school. Again if some schools are short, please even them up. Each team will have 4 same coloured flags and 4 buckets setup in a line. A student is to pick up 1 flag, run to the first bucket put it in the bucket, run back to the line, pick up another flag, run to the second bucket put it in the bucket and so on for the third and fourth bucket. Then it's the next students go, they are to take the flag out of the first bucket and run it back to the line, run to the second bucket take the flag out and run it back to the line and so on for the third and fourth bucket. This continues on for the third and fourth person in the team. Once all team members had 1 go, sit-down until all teams are finished.

WADSA ALTERNATIVE - Nerf Knockdown- 1 V 1, each person has 2 targets set up one after the other which have to be knocked down. Once the first target is knocked down then the gun is moved to the next table and the second target is to be knocked down. The first person to knock down both targets wins.

Bean Bag Toss



There will be 3 hoops setup, the furthest zone is worth the most points and the closest zone is worth the smallest amount of points. Each bean bag is to be counted and recorded.

WADSA ALTERNATIVE -Basket Target - 3 Baskets next to each other one small one medium one large. Using a flinger students take it in turns to aim a bean bag into one of the 3 baskets, the small basket is worth 3 points, the medium basket is worth 2 points and the large basket is worth 1 point.