



## **Cannington Visit: Friday 18th November 2022**

The Mackenzie Cluster of schools are having a combined transition day to get the schools together before the end of the year. This day will include the NZ Ballet, football coaching, obstacle course and athletics preparation, prior to athletics. It may be a good idea to bring a second set of clothes with you.

We ask that students and drivers to please be at school at 8.50am, so that we can leave Tekapo at 9am for Cannington.

As Cannington School is providing lunch, students are asked to bring a snack to keep them going throughout the day, a drink bottle and a change of clothes.

### **Transport:**

<b>Tim Joyce</b> Lexi Ayra Mollie Heleen Indica	<b>Casey</b> Mila Quinn Edan Ruby Zeana	<b>Amanda</b> Amelia Fletcher Colton
<b>Georgina Nation</b> Niko Beauden	<b>William</b> Dorothy Aiden Meara Chris	<b>Simon W</b> Maria James Elijah Wilson Lincoln
<b>Angela</b> Raphael Elijah Wilton Alex Khuno	<b>Jane</b> Miyah Munro Aarnav Ben	<b>Matt</b> Oscar Ollie
<b>Sarah Simpson</b> Will		

# Mackenzie Schools Athletics 2022

## Transport

Please be at school by 8.50am, to leave for Fairlie at 9am.

<b>Fiona</b> James Elijah Wilton Chris (J)	<b>William</b> Dorothy Aiden (J) Meara	<b>Satoshi</b> Mollie
<b>Penny</b> Elijah Wilson Alex Munro Raphael (J)	<b>Matt</b> Oscar Ollie (J)	<b>Amanda</b> Fletcher Amelia (J)
<b>Tim</b> Lexi Ayra (J) Heleen (J)	<b>Casey</b> Quinn (J) Mila Miyah Edan	<b>Wonhee</b> Khuno Ruby Zeana Aarnav
<b>Ems</b> Ben Lincoln Colton	<b>Sarah Simpson</b> Will (J) Indica (J) Beauden (J)	<b>Staff</b> Simon, Maria, Jane & Angela *Niko not attending

\*(J) Junior Sports

## Senior Information:

Tuesday 22nd November 2022 / pp Monday 28th November November 2022

Mackenzie College Field

9:30am-2:30pm

### Briefing

This will begin promptly at 9:30am - Students are to sit in their correct age group/gender - These will be written in chalk on the court. After this has occurred the programme will begin at 9:40 am.

Senior Timetable								
Age	9:40 til 10:20	10:20 til 11:00	11:00-11:20	11:20 til 12:00	12:00 til 12:40	12:40 til 1:15	1:15 til 1:55	1:55 til 2:35
U8	Soft Ball Throw	200m		High Jump	800m OPEN	Lunch	Long Jump	70m
U9	70 m	Morning Tea		Soft Ball Throw Long Jump		Discus Open	200 m	High Jump
U10	Long Jump	Shot Put Open		100m Soft Ball Throw High			High Jump	200m
10+	100 m			Jump 200m			Soft Ball Throw	Long Jump

## Age Groups

South Canterbury Athletics takes the ages from the 1st January 2022. If you are not 7 before the first of January, you will participate in the junior sports as you are not able to qualify for SC.

## Lunch

All students are to have lunch on the Mackenzie College Field where they will be supervised by their own teachers. Children are to remain at the sports ground at all times.

There will be a BBQ on site from the Fairlie Primary Home and School. Any students not purchasing food will need to bring a substantial packed lunch, and a drink bottle.



## Junior Information

Tuesday 22nd November 2022 | pp Monday 28th November  
November 2022

Mackenzie College Field

9:30am-12:40pm - **Due to transportation, the Junior children will need to wait until the finish of Senior Sports.**

## Briefing

This will begin promptly at 9:30am - Students are to sit in their teams out the front of the big Fairlie Primary School sign - Numbers will be written in chalk on the court in front of the FPS School sign. Could you please put your students team number on their hand in vivid so that if they get lost we can find the group they belong to. After briefing has occurred the programme will begin at 10:00am. Everyone will do the 'Hey Dude' warm up with their first group and then from here move into their activity.

## Activities

Activities - [Links to lesson plan attached to this email](#)

Number	1	2	3	4	5
Activity	Spotty Dotty - Target Game	Hobbits & Giants - Athletics	Hop Hiff Hoop - Athletics	Compass Corner - Jumping & Throwing	Dash, Leap, Lob - Athletics
School	Fairlie	Fairlie	St Joesphs	Lake Tekapo	Albury
Equipment	Color Spots Bean Bags	Quoits Cones Spots Bean Bags Hoops	Bean Bags Hoops Quoits	Bean Bags Hoops	Bean Bags Hoops Quoits Stop Watch

### Junior Timetable

Team	10.00 - 10.10	10.10-10.25	10.30-10:45	10.50-11.10	11.15 - 11.30	11:35-11:50	11:40-12:00	12:00-12:40
1	Hey Dude Warm up -	Compass Corner	Dash, Leap, Lob	MT Break	Hobbits & Giants	Spotty Dotty	Hop Hiff Hoop	Sprints
2		Hop Hiff Hoop	Compass Corner		Dash, Leap, Lob	Hobbits & Giants	Spotty Dotty	
3		Spotty Dotty	Hop Hiff Hoop		Compass Corner	Dash, Leap, Lob	Hobbits & Giants	
4		Hobbits & Giants	Spotty Dotty		Hop Hiff Hoop	Compass Corner	Dash, Leap, Lob	
5		Dash, Leap, Lob	Hobbits & Giants		Spotty Dotty	Hop Hiff Hoop	Compass Corner 2	

## LUNCH

All students are to have lunch on the Mackenzie College Field where they will be supervised by their own teachers. Children are to remain at the sports ground at all times. As above, the Fairlie Home and School. Any students not purchasing food will need to bring a substantial packed lunch, and a drink bottle.