

# YEAR 9&10 SPORTS MORNING

THURSDAY 30 OCTOBER  
8.45 AM - 12.50 PM



## ESSENTIAL ITEMS

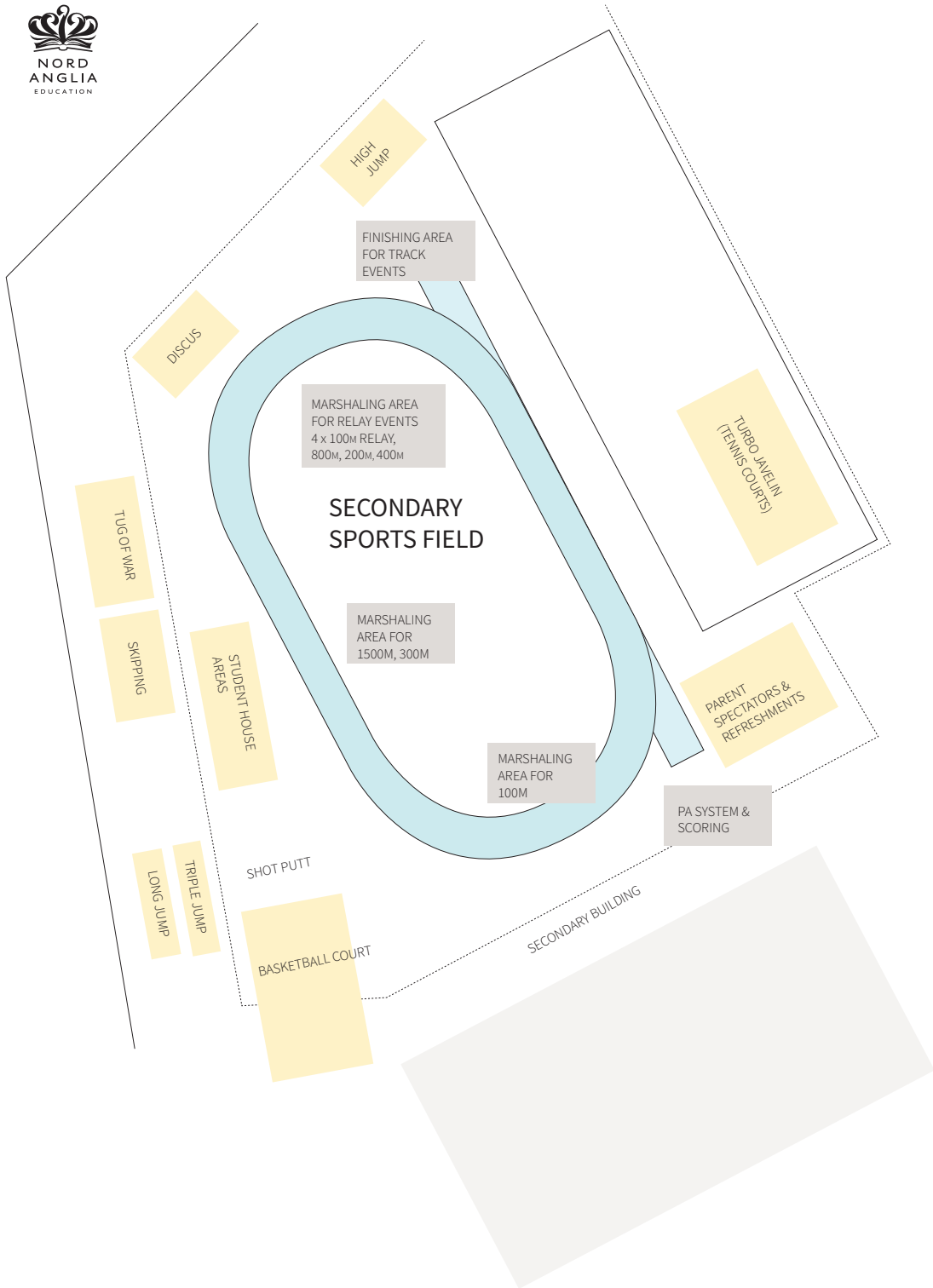
- Tracksuit bottoms
- Water bottle
- House T-Shirt
- PE shorts or tracksuit bottoms
- White sports socks
- Trainers
- BISS PUXI Fleece

## OTHER ITEMS

- Suncream
- Waterproof jacket
- Sun hat
- Healthy snacks

# PART OF THE PRIDE

We have provided you with a list of items that you will need in preparation for sports morning. If you do have any further questions, please contact [L-BYFIELD@BISSPUXI.COM](mailto:L-BYFIELD@BISSPUXI.COM)



Time	1500m	800m	400m boys	300m girls	200m heats/final	100m heats/final	High Jump	Relay 4*100m	Tug of war	skipping	Non Timetable Events
8:30											
8:35											
8:40											
<b>8:45</b>	Arrive at BISS Puxi and register in form groups with form teachers										
8:50	Go to house areas, Y9 girls high jump, 1500m or non timetable events										
8:55	assemble						Y9 girls		Y10		Non tt events start
9:00	Y9 boys and girls						Y9 girls		Y10		Non tt events
9:05	Y9 boys and girls						Y9 girls		Y10		Non tt events
9:10	Y10 boys and girls						Assemble				Non tt events
9:15	Y10 boys and girls						Y9 boys		Y10		Non tt events
9:20							Y9 girls/boys				Non tt events
9:25							Y9 boys		Y10		Non tt events
9:30			assemble				Y9 boys		Y10		Non tt events
9:35			assemble	girls 9/10			Y9 boys				Non tt events
<b>9:40</b>			boys 9/10				Y9 boys				Non tt events
9:45		Assemble					assemble				Non tt events
9:50		Y9 boys and girls					Y10 girls				Non tt events
9:55		Y9 boys and girls					Y10 girls	Y9			Non tt events
10:00		Y10 boys and girls					Y10 girls	Y9			Non tt events
10:05		Y10 boys and girls					Y10 girls	Y9			Non tt events
10:10								Y9			Non tt events
10:15							Assemble (heats)				Non tt events
10:20							Y9 girls/boys		Y9		Non tt events
10:25							Assemble				Non tt events
10:30							Y10 girls/ boys				Non tt events
10:35							Y10 boys		Y9		Non tt events
<b>10:40</b>							Y10 boys		Y9		Non tt events
<b>10:45</b>							Y10 boys		Y9		Non tt events
<b>10:50</b>							Y10 boys		Y9		Non tt events
<b>10:55</b>							Y10 boys				Non tt events
11:00	<b>Fielders- 1st to 8th results to Scorer's table</b>										
11:05											
11:10	<b>Students to assemble in spectator (house) areas</b>										
11:15							Assemble (finals)				
11:20							Y9 girls/boys				
11:25							Y10 girls/ boys				
11:30											
11:35							Assemble (finals)				
11:40							Y9 girls/boys				
11:45							Y10 girls/ boys				
11:50											
11:55							Assemble				
<b>12pm</b>							Assemble				
12:05							Assemble				
12:10							Y9 girls				
12:15							Y9 boys				
12:20							Y10 girls				
12:25							Y10 boys				
12:30											
12:35											
12:40											
12:45											
12:50											

8\*50m Egg and Spoon Relay Race - Y12, Y9, and Y10 vs the teachers, Sports Day Photo



1500M   
800M   
400M (BOYS)   
300M (GIRLS)   
200M   
100M   
4\*100M RELAY

HIGH JUMP   
LONG JUMP  NT  
TRIPLE JUMP  NT

DISCUS  NT  
SHOT PUTT  NT  
TURBO JAVELIN  NT

OPTIONAL ACTIVITIES ON THE DAY:

SKIPPING   
TUG OF WAR

NT = NON-TIMETABLED EVENTS

# MY EVENTS

*Please check your events & tick  
the boxes above*