



	9:00	1 9:30	2 9:45	Brain Break 10:00	3 10:10	4 10:25	Recess 10:40	5 11:10	6 11:25	Break (F ONLY) 11:40	7 11:50	8 12:05	9 12:20	Finish 12:35
1.3	H	WATER RELAY	SPIKE THE ECHIDNA		CHICKEN RUN	B.BALL DRIBBLE		TYRE RELAY	RUN, WAITER, RUN	HULA HOOP LOOP	NATURE OB-STABCLE	PARRACHUTE	DRESS UP RELAY	
1.4	E	SPIKE THE ECHIDNA	CHICKEN RUN		B.BALL DRIBBLE	TYRE RELAY		RUN, WAITER, RUN	NATURE OB-STABCLE	STONE, BRIDGE, TREE	PARRACHUTE	DRESS UP RELAY	HULA HOOP LOOP	
1.5	A	CHICKEN RUN	B.BALL DRIBBLE		TYRE RELAY	RUN, WAITER, RUN		NATURE OB-STABCLE	PARRACHUTE	WATER RELAY	DRESS UP RELAY	HULA HOOP LOOP	STONE, BRIDGE, TREE	
2.7	L	B.BALL DRIBBLE	TYRE RELAY		RUN, WAITER, RUN	NATURE OB-STABCLE		PARRACHUTE	DRESS UP RELAY	SPIKE THE ECHIDNA	HULA HOOP LOOP	STONE, BRIDGE, TREE	WATER RELAY	
2.11	T	TYRE RELAY	RUN, WAITER, RUN		NATURE OB-STABCLE	PARRACHUTE		DRESS UP RELAY	HULA HOOP LOOP	CHICKEN RUN	STONE, BRIDGE, TREE	WATER RELAY	SPIKE THE ECHIDNA	
3.2	H	BEAN BAG BALANCE	NATURE OB-STABCLE		PARRACHUTE	DRESS UP RELAY		HULA HOOP LOOP	STONE, BRIDGE, TREE	<u>BREAK</u>	WATER RELAY	SPIKE THE ECHIDNA	CHICKEN RUN	
3.4		NATURE OB-STABCLE	PARRACHUTE		DRESS UP RELAY	HULA HOOP LOOP		STONE, BRIDGE, TREE	WATER RELAY	<u>BREAK</u>	SPIKE THE ECHIDNA	CHICKEN RUN	B.BALL DRIBBLE	
3.1	HU	PARRACHUTE	DRESS UP RELAY		HULA HOOP LOOP	STONE, BRIDGE, TREE		WATER RELAY	SPIKE THE ECHIDNA	<u>BREAK</u>	CHICKEN RUN	B.BALL DRIBBLE	TYRE RELAY	
2.10		DRESS UP RELAY	HULA HOOP LOOP		STONE, BRIDGE, TREE	WATER RELAY		SPIKE THE ECHIDNA	CHICKEN RUN	NATURE OBSTACLE	B.BALL DRIBBLE	TYRE RELAY	RUN, WAITER, RUN	
3.3	ST	HULA HOOP LOOP	STONE, BRIDGE, TREE		WATER RELAY	SPIKE THE ECHIDNA		CHICKEN RUN	B.BALL DRIBBLE	<u>BREAK</u>	TYRE RELAY	BEAN BAG BALANCE	NATURE OB-STABCLE	
3.5	LE	STONE, BRIDGE, TREE	WATER RELAY		SPIKE THE ECHIDNA	CHICKEN RUN		B.BALL DRIBBLE	TYRE RELAY	DRESS UP RELAY	RUN, WAITER, RUN	NATURE OB-STABCLE	PARRACHUTE	

Parachute Games:	<ul style="list-style-type: none"> • Mushroom: As a group lift the parachute above the head, as the parachute falls down tuck it behind & under bottoms • Popcorn: throw the white plastic balls onto the parachute, work as a team to “pop” them off the edge of the parachute • Run under the parachute & swap positions with the person opposite
Water Bucket Relay:	Students in their team run down to the water bucket, fill up a cup & bring it back to their tub. Aim: fill the tub as fast as you can
Spike the Echidna:	Teacher select a team member to be “Spike” who will curl into a ball at the end cone. One at a time, team members run down, pick up a peg & peg it onto the shirt of their “Spike”, run back & tag the next person. When the pegs are all used up “Spike” crawls down to joins their team.
Chicken Run:	Students sit in teams & create one big circle, 4 hoops in the middle of the circle with the chickens. The first student from each team runs in, collects a chicken, runs back out the circle & around the outside of the circle. The chicken needs to be back in the hoop and the runner sitting back down before the next person goes.
Hula Hoop Loop:	Split class into 2 or 3 groups. Join hands to make a circle, work as a team to pass the hula hoop around the circle as quickly as you can without breaking the circle.
Obstacle Course:	Travel through the nature space obstacle course.
Tyre Race:	In pairs students work together to push/roll the tyre up, around the cone & back to the next pair.
Dress Up Relay:	In teams the first person runs up to the pile of clothes, puts the dress ups on, run back & takes the dress ups off. The next person needs to put the clothes on run to the other end and takes them off, next person follows.
Basketball Dribble:	Bounce the basketball up to their team mate & sit down once had a turn.
Run, Waiter, Run: Bean Bag Balance: (Foundation only)	Balance a table tennis ball on a plastic plate, holding the plate with your hands, run up and around the cone and back again. If the ball drops, stop, pick it up and place it back on the plate before moving. Sit down after running. Balance a bean bag on top of your head & move as quickly as you can, around the cone & back again.
Hurdles:	Run & leap over the hurdles, around the cone & run straight back. Tag the next person in line.

11:40am BREAK: This is an extra break for the FOUNDATION students. All other classes please follow the TIMETABLE as the arrowed map will not indicate where to go at this time :)

UNEVEN TEAM COLOURS: Please even your classes “teams” out as per required.