



**ALFRISTON
SCHOOL**

CHALLENGE
PRIDE
EXCELLENCE
EMPATHY

YEAR 4-8 SWIMMING SPORTS FRIDAY 23 FEBRUARY 2024

Important Information:

- 1) Learners wear their school uniform to and from school.
- 2) Learners will need enough food and drink for the whole day
- 3) We ask that learners apply sunscreen prior to coming to school. We will have sunscreen available for reapplication.
- 4) Learners are expected to remain at school for the whole day - all learners will be released by their class teacher at 2.45pm.
- 5) Please note that this is an estimated timeline as events can run ahead of time or later.

9.30am - 10.30am	<p>Year 7 girls 100m FREESTYLE (timed) Year 7 boys 100m FREESTYLE (timed) Year 8 girls 100m FREESTYLE (timed) Year 8 boys 100m FREESTYLE (timed)</p> <p>FUN ACTIVITY 1 – FLUTTER-BOARD – Y4 FUN ACTIVITY 1 – FLUTTER-BOARD – Y5 FUN ACTIVITY 1 – FLUTTER-BOARD – Y6</p> <p>FUN ACTIVITY 2 – WATER RUNNING – Y7 FUN ACTIVITY 2 – WATER RUNNING – Y8</p> <p>Year 4 girls 25m BACKSTROKE (heats - timed) Year 4 boys 25m BACKSTROKE (heats - timed) Year 5 girls 25m BACKSTROKE (heats - timed) Year 5 boys 25m BACKSTROKE (heats - timed)</p> <p>Year 6 girls 50m BACKSTROKE (heats - timed) Year 6 boys 50m BACKSTROKE (heats - timed) Year 7 girls 50m BACKSTROKE (heats - timed) Year 7 boys 50m BACKSTROKE (heats - timed) Year 8 girls 50m BACKSTROKE (heats - timed) Year 8 boys 50m BACKSTROKE (heats - timed)</p> <p>Year 4 girls 25m BACKSTROKE (non-competitive - place) Year 4 boys 25m BACKSTROKE (non-competitive - place) Year 5 girls 25m BACKSTROKE (non-competitive - place) Year 5 boys 25m BACKSTROKE (non-competitive - place)</p>
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	<p>Year 6 girls 25m BACKSTROKE (non-competitive - place)</p> <p>Year 6 boys 25m BACKSTROKE (non-competitive - place)</p> <p>Year 7 girls 50m BACKSTROKE (non-competitive - place)</p> <p>Year 7 boys 50m BACKSTROKE (non-competitive - place)</p> <p>Year 8 girls 50m BACKSTROKE (non-competitive - place)</p> <p>Year 8 boys 50m BACKSTROKE (non-competitive - place)</p> <p>FUN ACTIVITY 3 – NOODLE RACE – Y4</p> <p>FUN ACTIVITY 3 – NOODLE RACE – Y5</p> <p>FUN ACTIVITY 3 – NOODLE RACE – Y6</p> <p>FUN ACTIVITY 4 – TEAM FLOATIES – Y7</p> <p>FUN ACTIVITY 4 – TEAM FLOATIES – Y8</p>
10.30am – 10.45pm	MORNING TEA (within pool complex)
10.45am – 12.15pm	<p>Year 4 girls 25m FREESTYLE (heats - timed)</p> <p>Year 4 boys 25m FREESTYLE (heats - timed)</p> <p>Year 5 girls 25m FREESTYLE (heats - timed)</p> <p>Year 5 boys 25m FREESTYLE (heats - timed)</p> <p>Year 6 girls 50m FREESTYLE (heats - timed)</p> <p>Year 6 boys 50m FREESTYLE (heats - timed)</p> <p>Year 7 girls 50m FREESTYLE (heats - timed)</p> <p>Year 7 boys 50m FREESTYLE (heats - timed)</p> <p>Year 8 girls 50m FREESTYLE (heats - timed)</p> <p>Year 8 boys 50m FREESTYLE (heats - timed)</p> <p>Year 4 girls 25m FREESTYLE (non-competitive - place)</p> <p>Year 4 boys 25m FREESTYLE (non-competitive - place)</p> <p>Year 5 girls 25m FREESTYLE (non-competitive - place)</p> <p>Year 5 boys 25m FREESTYLE (non-competitive - place)</p> <p>Year 6 girls 25m FREESTYLE (non-competitive - place)</p> <p>Year 6 boys 25m FREESTYLE (non-competitive - place)</p> <p>Year 7 girls 50m FREESTYLE (non-competitive - place)</p> <p>Year 7 boys 50m FREESTYLE (non-competitive - place)</p> <p>Year 8 girls 50m FREESTYLE (non-competitive - place)</p> <p>Year 8 girls 50m FREESTYLE (non-competitive - place)</p> <p>FUN ACTIVITY 5 – SEALS (push the ball with your nose) – Y4</p> <p>FUN ACTIVITY 5 – SEALS (push the ball with your nose) – Y5</p> <p>FUN ACTIVITY 5 – SEALS (push the ball with your nose) – Y6</p> <p>FUN ACTIVITY 6 – DOLPHIN DIVES – Y7</p> <p>FUN ACTIVITY 6 – DOLPHIN DIVES – Y8</p> <p>Year 4 girls 25m BREASTSTROKE (heats - timed)</p>

	<p>Year 4 boys 25m BREASTSTROKE (heats - timed) Year 5 girls 25m BREASTSTROKE (heats - timed) Year 5 boys 25m BREASTSTROKE (heats - timed)</p> <p>Year 6 girls 50m BREASTSTROKE (heats - timed) Year 6 boys 50m BREASTSTROKE (heats - timed) Year 7 girls 50m BREASTSTROKE (heats - timed) Year 7 boys 50m BREASTSTROKE (heats - timed) Year 8 girls 50m BREASTSTROKE (heats - timed) Year 8 boys 50m BREASTSTROKE (heats - timed)</p> <p>Year 4 girls 25m BREASTSTROKE (non-competitive - place) Year 4 boys 25m BREASTSTROKE (non-competitive - place) Year 5 girls 25m BREASTSTROKE (non-competitive - place) Year 5 boys 25m BREASTSTROKE (non-competitive - place) Year 6 girls 25m BREASTSTROKE (non-competitive - place) Year 6 boys 25m BREASTSTROKE (non-competitive - place) Year 7 girls 50m BREASTSTROKE (non-competitive - place) Year 7 boys 50m BREASTSTROKE (non-competitive - place) Year 8 girls 50m BREASTSTROKE (non-competitive - place) Year 8 girls 50m BREASTSTROKE (non-competitive - place)</p>
12.15 - 12.45pm	LUNCH (within the school grounds)
12.50pm - 2.30pm	<p>FUN ACTIVITY 7 – FLOATING AND KICKING ON YOUR BACK – Y4 FUN ACTIVITY 7 – FLOATING AND KICKING ON YOUR BACK – Y5 FUN ACTIVITY 7 – FLOATING AND KICKING ON YOUR BACK – Y6</p> <p>FUN ACTIVITY 8 – PIPE LEAK – Y7 FUN ACTIVITY 8 – PIPE LEAK – Y8</p> <p>Year 4 girls 25m BACKSTROKE (finals - timed) Year 4 boys 25m BACKSTROKE (finals - timed) Year 5 girls 25m BACKSTROKE (finals - timed) Year 5 boys 25m BACKSTROKE (finals - timed)</p> <p>Year 6 girls 50m BACKSTROKE (finals - timed) Year 6 boys 50m BACKSTROKE (finals - timed) Year 7 girls 50m BACKSTROKE (finals - timed) Year 7 boys 50m BACKSTROKE (finals - timed) Year 8 girls 50m BACKSTROKE (finals - timed) Year 8 boys 50m BACKSTROKE (finals - timed)</p> <p>FUN ACTIVITY 9 – WATER WALKING – Y4 FUN ACTIVITY 9 – WATER WALKING – Y5 FUN ACTIVITY 9 – WATER WALKING – Y6</p> <p>FUN ACTIVITY 10 – PIGGYBACK – Y7</p>

	<p>FUN ACTIVITY 10 – PIGGYBACK – Y8</p> <p>Year 4 girls 25m FREESTYLE (finals – timed) Year 4 boys 25m FREESTYLE (finals – timed) Year 5 girls 25m FREESTYLE (finals – timed) Year 5 boys 25m FREESTYLE (finals – timed)</p> <p>Year 6 girls 50m FREESTYLE (finals – timed) Year 6 boys 50m FREESTYLE (finals – timed) Year 7 girls 50m FREESTYLE (finals – timed) Year 7 boys 50m FREESTYLE (finals – timed) Year 8 girls 50m FREESTYLE (finals – timed) Year 8 boys 50m FREESTYLE (finals – timed)</p> <p>FUN ACTIVITY 11 – DIVING FOR HOOPS – Y4 FUN ACTIVITY 11 – DIVING FOR HOOPS – Y5 FUN ACTIVITY 11 – DIVING FOR HOOPS – Y6</p> <p>FUN ACTIVITY 12 – PING PONG BALL BLOWING – Y7 FUN ACTIVITY 12 – PING PONG BALL BLOWING – Y8</p> <p>Year 4 girls 25m BREASTSTROKE (finals – timed) Year 4 boys 25m BREASTSTROKE (finals – timed) Year 5 girls 25m BREASTSTROKE (finals – timed) Year 5 boys 25m BREASTSTROKE (finals – timed)</p> <p>Year 6 girls 50m BREASTSTROKE (finals – timed) Year 6 boys 50m BREASTSTROKE (finals – timed) Year 7 girls 50m BREASTSTROKE (finals – timed) Year 7 boys 50m BREASTSTROKE (finals – timed) Year 8 girls 50m BREASTSTROKE (finals – timed) Year 8 boys 50m BREASTSTROKE (finals – timed)</p> <p>FUN ACTIVITY 13 – Y7s BLINDFOLDED – Y4/5 GUIDE THEM TO THE WALL (WALKING) FUN ACTIVITY 13 – Y8s BLINDFOLDED – Y6 GUIDE THEM TO THE WALL (WALKING)</p> <p>Year 7 girls 50m BUTTERFLY (finals – timed) Year 7 boys 50m BUTTERFLY (finals – timed) Year 8 girls 50m BUTTERFLY (finals – timed) Year 8 boys 50m BUTTERFLY (finals – timed)</p>
IF TIME	<p>Year 4 girls/boys (mixed gender) 25m FREESTYLE RELAY (place) Year 5 girls/boys (mixed gender) 25m FREESTYLE RELAY (place) Year 6 girls/boys (mixed gender) 25m FREESTYLE RELAY (place) Year 7/8 girls (mixed year groups) 50m FREESTYLE RELAY (place) Year 7/8 boys (mixed year groups) 50m FREESTYLE RELAY (place)</p>