



DISTRICT CUB SPORTS DAY – 15 JULY 2018

Oxford Spires Cubs

For more information please visit: www.oxfordspires.org.uk/sections/cubs/sports-day

When? Sunday 15th July 2018 – 9.30am-4.30pm the schedule on the next page provides further detail.

How much? £5 per Cub – this covers the costs of venue hire, badges and medals. There will also be refreshments available to buy on the day

Where? Horspath Athletics & Sports Ground, Horspath Road, Oxford, OX4 2RR



What do we need to bring?

Please make sure that everything (clothing, bag, lunch box) is labelled with your Cub's name and Pack so that we can return any lost property.

- Cubs must arrive in suitable athletics clothing (shorts, t-shirt and trainers, plus something warm over the top)
- We'll be there all day:
 - Packed lunch and other snacks to keep them going
 - Refillable water bottle
 - Money to buy refreshments (squash, cakes, biscuits)
- We will be outdoors – please send your Cub prepared for the weather:
 - Hat and sunscreen if it's hot and sunny
 - Waterproof jacket / trousers if it's wet
- We will be selling refreshments during the event: donations of cakes and biscuits will be gratefully received (just bring them along on the day)

Athletics badge worksheet

Every Cub who attends will receive an Athletics badge worksheet (ask your leader for this – if required, spares can be downloaded from www.oxfordspires.org.uk/sections/cubs/sports-day)

All Cubs who bring along the **completed** worksheet and **participate fully** in the day will earn their Athletics badge. Note that the worksheet must be completed in advance and handed in at registration. There will not be an opportunity to complete it on the day. Cubs who do not bring their worksheet will not receive their badge on the day.

Schedule

Cubs will be split up into eight groups (they will be with at least one other Cub from their own Pack, as organised by their own leader, but they will also get the opportunity to meet Cubs from other Packs). Each group will be accompanied by an adult throughout the day and they will all get to take part in every event. Specific group schedules will be available on the day.

09:30-10:00	Cubs arrive - registration, hand in worksheets
10:00-10:15	Whole group warm up
10:15-10:45	Session 1
10:45-11:15	Session 2
11:15-11:30	Break
11:30-12:00	Session 3
12:00-12:30	Session 4
12:30-13:00	Lunch
13:00-13:30	Session 5
13:30-14:00	Session 6
14:00-14:15	Break
14:15-14:45	Session 7
14:45-15:15	Session 8
15:15-15:30	Whole group warm down
15:30-15:45	Break
15:45-16:15	Awards and closing (badges and certificates to Pack leaders to award)

Event sessions

- 50m races (sprinting and skipping with a rope)
- Throwing (Cricket ball and football)
- High jump
- Fun races (egg and spoon, sack race, three-legged race, beanbag balance race)
- Long jump
- Shuttle runs
- Team assault course
- Sargent jump and 1,000m run

Parents and other family members are very welcome to stay and watch all/part of the event. There is a seating area available and refreshments can be purchased throughout the day. However, please note that only adults who are helping with the events will be able to come onto the track (we do need lots of adult help, so please offer this if you can!)