

Activity 1 : Kangaroo Cull (Dodgeball) *High Jump area*

- Athletes to be split into two teams, either Girls v Boys or Mixed v Mixed.
- Each team starts with two balls
- Object of the game is to 'cull' the other team's numbers by hitting them with a ball that has been thrown
- Athletes exit the comp area when hit. The first team to 'cull' all the opposing team's athletes is the winner.

Activity 2 : This Little Piggy (Relay Race) *Start line end of 100m track*

- Athletes are divided into four teams of equal numbers. If uneven numbers then an athlete can take two turns.
- Athletes have to use the hi-bouncer (the piggy) down the length of the course and back where they handover the piggy to the next athlete in their team to complete the task. This is repeated until all team members have completed the course.
- The winner is the first team to have completed the course and have all team members seated in a line.

Activity 3 : Stone the Crows (Vortex throw) *Javelin Sector on oval*

- Athletes throw a vortex from the javelin foul line at helium balloons (crows) placed at different heights and distances from the throw line.
- Each athlete gets one throw at a time.
- The further away the target is the greater the prize is for hitting it.
- Targets will be moved closer or further away depending on the age of the athletes involved.

Activity 4 : Cattle Muster (Netball Tag) *Inside circular track opposite 700m start*

- Girls v Boys
- Two games to be played and timed
- One team has the balls (the wranglers) and the object of the game is to tag the other team's athletes (the cattle) by tagging them with a ball. When tagged the athlete must go and sit in the holding-pen.
- When in possession of a ball the athlete can only pivot around their planted foot, they cannot take a step.
- In order to tag the 'cattle' they must pass the ball to another 'wrangler' who has moved nearer to one of the 'cattle'.
- The game requires teamwork, passing and catching skills, strategy, and lots of movement.

Activity 5 : Three Blind Mice (Obstacle Course) *Back straight of Inner Circular track*

- Athletes are divided into two teams of even numbers then within each team the athletes then form pairs.
- Each pair will have a 'blind mouse' who'll have to wear a blindfold and a helper who will have to guide the mouse.
- The guide can't touch the blind mouse, they can only give verbal instructions. If the blind mice fails a component of the course they must repeat that obstacle before moving on.
- The helper has to talk the blind mouse through the obstacle course then back to the start line to tag the next pair who under take the same task.
- The winning team is the first one to get all their blind mice through the course and be seated in a line back at the start.

Activity 6 : Egg and Spoon Race (Relay) *Start line end of 70m track*

- Athletes are divided into 2 – 6 teams of even numbers.
- Each athlete must carry the egg on the spoon up and back along the length of the course then hand over the egg and spoon to the next team member.
- If the egg is dropped then the athlete must go back to the start again.
- The winning team is the first to have all their team members complete the course and be seated in a line at the start.

Activity 7 : Brumby Stampede (Hobby Horse Relay) *Finish line end of 70m track*

- Athletes are divided into 2 – 3 teams of even numbers
- Each team member must gallop up and back along the length of the course with the hobby horse between their legs.
- As each athlete completes the course they hand the 'brumby' to the next team member.
- The winning team is the first one to have all athletes complete the course and be seated in a line at the start.