



WELLINGTON COLLEGE
CHINA
惠灵顿(中国)



杭州市萧山区惠立学校
HUILI SCHOOL HANGZHOU

4-6 年级运动会

Grade 4-6 Sports Day Programme

2023

3月29日
29th March

目录

Contents

项目 Events

地图 Maps

比赛流程 Running order

专长类 Specialist events

颁奖 Awards

项目

Events List

Field Event 田赛

Javelin 标枪

Shot Put 铅球

Long Jump 跳远

High Jump 跳高

Standing Long Jump (SLJ) 立定跳远

Track Event 径赛

50m

100m (only grade 6) (只 6 年级参赛)

200m

25meters Shuttle Run 折返跑

Fun Activities 趣味赛

Tug of war 拔河

Water relay 水接力

Sack race 袋鼠跳

Cross the stream 穿越小溪

Obstacle race 障碍跑赛

Special Events 专长类项目

400m

4*100m 接力

地图 Map



比赛流程

Running order

Time 时间	Events 项目	Grade 年级	Field Events 田赛类项目	Track Events 径赛类项目	Fun Events 趣味项目	Special Events (Selected) 专长项目
8.15am – 8.30am	Sports Day introduction and opening ceremony. 运动会开幕式					
8.30am – 10am	Field 径赛	4/ 6/ 5				
10.00 – 12.00am	Track 田赛	5/4/ 6				
12.10pm – 13.30pm	Fun 趣味赛	6/ 5/ 4				
13.30pm – 14.30pm	Special events (selected) leading on to closing ceremony. 专长项目 (被选拔的同学参加) 直到闭幕式	4,5 and 6 combined 年级混合	(1) Javelin 标枪 (2) Shot Put 投掷 (3) Long Jump 跳远 (4) High jump 跳高 (5) SLJ 立定跳远	(6) 50m and (7) (G4/5) / 100m (G6) (8) 200 m (9) 25m shuttle run (Must wait in the pavilion until called to the start line) 当跑步项目时, 家长需移步到看台观看	(10) Tug of war 拔河 (11) Water relay 水接力 (12) Sack race 袋鼠跳 (13) cross the stream 穿越小溪 (14) Obstacle race 障碍赛	(15) 400m (16) 4 x 100m relay 接力赛

田赛类项目

Grade 4 Field Event

Time	4A	4B	4C	4D	4E
8.30-8.40	Javelin 标枪	Shot Put 铅球	Long Jump 跳远	High Jump 跳高	Stand Long Jump 立定跳远
8.45-8.55	Shot Put 铅球	Long Jump 跳远	High Jump 跳高	Stand Long Jump 立定跳远	Javelin 标枪
9.00-9.10	Long Jump 跳远	High Jump 跳高	Stand Long Jump 立定跳远	Javelin 标枪	Shot Put 铅球
9.15-9.25	High Jump 跳高	Stand Long Jump 立定跳远	Javelin 标枪	Shot Put 铅球	Long Jump 跳远
9.30-9.40	Stand Long Jump 立定跳远	Javelin 标枪	Shot Put 铅球	Long Jump 跳远	High Jump 跳高
9.45-10.00	HR' s lead classes to the class rest spots for snack and water. 班主任带领学生回到休息点休息。				
10 minutes for each class, 5 minutes rotation time. 每个游戏 10 分钟，5 分钟轮换时间。					

径赛类项目跑道两边同时使用

Grade 4 Track Event

both sides of the track used

Time	4A	4B	4C	4D	4E
10.00-10.15	50m (Nursery side)	25m Shuttle Run	200m	Rest	25m Shuttle Run
10.15-10.25	25m Shuttle Run	50m (Nursery side)	25m Shuttle Run	200m	Rest
10.30-10.45	Rest	25m Shuttle Run	50m (Nursery side)	25m Shuttle Run	200m
10.50-11.05	200m	Rest	25m Shuttle Run	50m (Nursery side)	25m Shuttle Run
11.10-11.15	25m Shuttle Run	200m	Rest	25m Shuttle Run	50m (Nursery side)
11.15-12.00	HR' s lead classes to the class rest spots and ready for lunch break. 班主任带领学生回到休息点休息并准备到餐厅吃午饭				
15 minutes for each class, 5 minutes rotation time. Each class will do 25m shuttle run twice, each time pupils can win house points for their houses. 每个项目 15 分钟，5 分钟轮换时间。 每个班级折返跑两次，每次都可以赢取学院分。					

趣味项目

Fun Events

Time	4A	4B	4C	4D	4E
12.10-12.20	Tug of war 拔河	Water relay 水接力	Sack race 袋鼠跳	Cross the stream 穿越小溪	Obstacle race 障碍跑
12.25-12.35	Water relay 水接力	Sack race 袋鼠跳	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河
12.45-12.55	Sack race 袋鼠跳	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力
13.00-13.10	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力	Sack race 袋鼠跳
13.15-13.25	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力	Sack race 袋鼠跳	Cross the stream 穿越小溪
13.25-13.30	HRs lead classes to the class rest spots and have a water break. 班主任带领学生回到休息点休息。				
10 minutes for each class, 5 minutes rotation time. 每个项目 10 分钟，5 分钟轮换时间 .					

径赛类项目跑道两边同时使 Grade 5 Track Event both sides of the track used

Time	5A	5B	5C	5D	5E
8.30-8.40	50m (Nursery side)	25m Shuttle Run	200m	Rest	25m Shuttle Run
8.45-8.55	25m Shuttle Run	50m (Nursery side)	25m Shuttle Run	200m	Rest
9.00-9.10	Rest	25m Shuttle Run	50m (Nursery side)	25m Shuttle Run	200m
9.15-9.25	200m	Rest	25m Shuttle Run	50m (Nursery side)	25m Shuttle Run
9.30-9.40	25m Shuttle Run	200m	Rest	25m Shuttle Run	50m (Nursery side)
9.45-10.00	HRs lead classes to the class rest spots for snack and water. 班主任带领学生回到休息点休息。				
10 minutes for each class, 5 minutes rotation time. 每个项目 10 分钟，5 分钟轮换时间。					

趣味项目 Fun Events

Time	5A	5B	5C	5D	5E
10.00-10.15	Tug of war 拔河	Water relay 水接力	Sack race 袋鼠跳	Cross the stream 穿越小溪	Obstacle race 障碍跑
10.15-10.25	Water relay 水接力	Sack race 袋鼠跳	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河
10.30-10.45	Sack race 袋鼠跳	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力
10.50-11.05	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力	Sack race 袋鼠跳
11.10-11.15	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力	Sack race 袋鼠跳	Cross the stream 穿越小溪
11.15-12.00	HR' s lead classes to the class rest spots and ready for lunch break. 班主任带领学生回到休息点休息并准备到餐厅吃午饭。				
15 minutes for each class, 5 minutes rotation time. 每个项目 15 分钟，5 分钟轮换时间。					

田赛类项目 Field

Time	5A	5B	5C	5D	5E
12.10-12.20	Javelin 标枪	Shot Put 铅球	Long Jump 跳远	High Jump 跳高	Stand Long Jump 立定跳远
12.25-12.35	Shot Put 铅球	Long Jump 跳远	High Jump 跳高	Stand Long Jump 立定跳远	Javelin 标枪
12.45-12.55	Long Jump 跳远	High Jump 跳高	Stand Long Jump 立定跳远	Javelin 标枪	Shot Put 铅球
13.00-13.10	High Jump 跳高	Stand Long Jump 立定跳远	Javelin 标枪	Shot Put 铅球	Long Jump 跳远
13.15-13.25	Stand Long Jump 立定跳远	Javelin 标枪	Shot Put 铅球	Long Jump 跳远	High Jump 跳高
13.25-13.30	HR' s lead classes to the class rest spots and have a water break. 班主任带领学生回到休息点休息。				
10 minutes for each class, 5 minutes rotation time. 每个项目 10 分钟，5 分钟轮换时间。					

趣味项目

Grade 6 Fun Events

Time	5A	5B	5C	5D
8.30-8.40	Tug of war 拔河	Water relay 水接力	Cross the stream 穿越小溪	Obstacle race 障碍跑
8.45-8.55	Water relay 水接力	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河
9.00-9.10	Cross the stream 穿越小溪	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力
9.15-9.25	Obstacle race 障碍跑	Tug of war 拔河	Water relay 水接力	Cross the stream 穿越小溪
9.30-9.40	Station leads – please ensure to remind pupils to help set up the activity once they have completed it. 负责游戏的老师请提醒学生整理好游戏场地以便下一个年级的使用。			
9.45-10.00	HR' s lead classes to the class rest spots for snack and water. 班主任带领学生回到休息点休息。			
10 minutes for each class, 5 minutes rotation time. 每个游戏 10 分钟，5 分钟轮换时间。				

田赛类项目

Field Event

Time	5A	5B	5C	5D
10.00-10.15	Javelin 投掷	Shot Put 铅球	Long Jump 跳远	High Jump 跳高
10.15-10.25	Shot Put 铅球	Long Jump 跳远	High Jump 跳高	Javelin 投掷
10.30-10.45	Long Jump 跳远	High Jump 跳高	Javelin 投掷	Shot Put 铅球
10.50-11.05	High Jump 跳高	Javelin 投掷	Shot Put 铅球	Long Jump 跳远
11.10-11.15	Station leads – please ensure to remind pupils to help set up the activity once they have completed it. 负责游戏的老师请提醒学生整理好游戏场地以便下一个年级的使用。			
11.15-12.00	HR' s lead classes to the class rest spots and ready for lunch break. 班主任带领学生回到休息点休息并准备到餐厅吃午饭。			
15 minutes for each class, 5 minutes rotation time. 每个项目 15 分钟，5 分钟轮换时间。				

径赛类项目跑道两边同时使用

Track Event

both sides of the track used

Time	5A	5B	5C	5D
12.10-12.20	50m (Nursery side)	Rest	200m	25 meters shuttle
12.25-12.35	Rest	200m	25 meters shuttle	50m (Nursery side)
12.45-12.55	200m	25 meters shuttle	50m (Nursery side)	Rest
13.00-13.10	25 meters shuttle	50m (Nursery side)	Rest	200m
13.15-13.25	100 Meters			
	Selected event for 10 girls and 10 boys (100m). 2 girls and 2 boys from each house will be selected from PE lessons. 每个学院分别派代表参加 100 米比赛，每个学院分别是 2 个女生和 2 个男生。代表参赛的学生在体育课上选出。			
13.25-13.30	HR' s lead classes to the class rest spots and ensure pupils have a water break. 班主任带领学生回到休息点休息。			
10 minutes for each class, 5 minutes rotation time. 每个项目 10 分钟，5 分钟轮换时间。				

专长项目

Special Events for Grade 4/5/6

(13.30 pm-14.30pm)

400 米 400 Meters					
HOUSE	HUI	XIAN	LI	DE	SI
Lane	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
HEAT#1	Boy 1	Boy 1	Boy 1	Boy 1	Boy 1
HEAT#2	Boy 2	Boy 2	Boy 2	Boy 2	Boy 2
HEAT#3	Girl 1	Girl 1	Girl 1	Girl 1	Girl 1
HEAT#4	Girl 2	Girl 2	Girl 2	Girl 2	Girl 2

Boys 4*100 Meter Relay 男子 4X100 米接力					
HOUSE	HUI	XIAN	LI	DE	SI
Lane	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
The 1st leg	Boy 1	Boy 1	Boy 1	Boy 1	Boy 1
The 2nd leg	Boy 2	Boy 2	Boy 2	Boy 2	Boy 2
The 3rd leg	Boy 3	Boy 3	Boy 3	Boy 3	Boy 3
The 4th leg	Boy 4	Boy 4	Boy 4	Boy 4	Boy 4

Girls 4*100 Meters Relay 女子 4X100 米接力					
HOUSE	HUI	XIAN	LI	DE	SI
Lane	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
The 1st leg	Girl 1	Girl 1	Girl 1	Girl 1	Girl 1
The 2nd leg	Girl 2	Girl 2	Girl 2	Girl 2	Girl 2
The 3rd leg	Girl 3	Girl 3	Girl 3	Girl 3	Girl 3
The 4th leg	Girl 4	Girl 4	Girl 4	Girl 4	Girl 4

奖惩制度 Awards

- **什么价值孩子们会被授予？ What values will children be medaled for?**

各年级的学生将由学院教师和体育老师选出，以展示杭州惠立学校的一种价值观，这些价值观包括：

A child from each grade will be selected by both house teachers and PE members of staff for demonstrating one of the Huili School Hangzhou values, these values include the following:

- **Courage** 勇气
- **Respect** 尊重
- **Integrity** 正直
- **Kindness** 友善
- **Responsibility** 责任

所有 4-6 年级的孩子将被鼓励在 2023 年运动会期间展示这些价值观。

All children within grades 4-6 will be encouraged to demonstrate such values during Sports Day 2023.

- **在运动会期间，孩子们还能如何获得奖牌？**

How else can children be awarded medals during sports day?

Medals will be awarded to those who have been able to place 1st, 2nd or 3rd in field events within grades 4, 5 and 6. Children will also be awarded with medals when placing 1st, 2nd or 3rd within specialist events.

奖牌将颁发给在 4、5、6 级比赛中获得 1、2、3 名的选手。专长比赛排名第一，第二或第三的团体也将获得奖牌。

- **在这一天，学院小组如何获得学院分数？**

How will house points be awarded for house groups on the day?

以下各点可获加分：

赢得田径比赛第一名 (5 分)

田径比赛第二名 (3 分)

田径比赛第三名 (2 分)

被选为表现出惠立价值观之一的孩子 (5 分)

Points will be given for the following: Winning a track or field event (5pts) Placing 2nd in a track or field event (3pts) Placing 3rd in a track or field event (2pts)

Being chosen as a child that demonstrated one of the Huili values (5pts)