

Circuit Training Schedule 2:10 to 3:00 PM

May 1-17, 2023

Events	Sprints / Relay Games	Mid- Distance	Triple/ Long Jump	Fitness	Shot Put / obstacle course hurdles	Long - Distance
	Miss. P	Ms. Talbot	Ms. Brown	Ms. Hayek/ Mme. Bester	Mrs. Rice	Miss. Hunter
May 1	Grade 3/4	Grade 4/5	Grade 5/6 A	Grade 5/6 B	Grade 7/8 A	Grade 7/8 B
May 3	Grade 7/8 B	Grade 3/4	Grade 4/5	Grade 5/6 A	Grade 5/6 B	Grade 7/8 A
May 8	Grade 7/8 A	Grade 7/8 B	Grade 3/4	Grade 4/5	Grade 5/6 A	Grade 5/6 B
May 10	Grade 5/6 B	Grade 7/8 A	Grade 7/8 B	Grade 3/4	Grade 4/5	Grade 5/6 A
May 15	Grade 5/6 A	Grade 5/6 B	Grade 7/8 A	Grade 7/8 B	Grade 3/4	Grade 4/5
May 17	Grade 4/5	Grade 5/6 A	Grade 5/6 B	Grade 7/8 A	Grade 7/8 B	Grade 3/4
May 19	Rain date - If no times are cancelled, then students rotate through events of their choice.					

The Circuit Training schedule is to replace your gym program for a short time.

May 23, 2023 School Track and Field Meet at Resurrection CSS, Kitchener

5 stations

Sprints / relay

Mid-Distance

Long Distance running

Fitness

Shot Put / Obstacle Course

Triple Jump / Long Jump

Teacher

Paibulsirijit

Talbot

Hunter

Hayek / Bester

Rice

Brown

Location

basketball courts

soccer field

Meet @ Intermediate Soccer Field

gym

baseball diamond

Near creative playground