

C. & M. A. Sun Kei Secondary School
Sports Challenge Day 2021/2022
F.1-F2

Date : 15 & 16 November, 2021 (Monday and Tuesday)

Timetable :

Time	Day 1	Day 2
8:00am-10:00am	F.1-F2	F.3-F.4
10:30 am -12:30pm	F.5-F.6	F.1-F.2
13:30pm-15:30pm	F.3-F.4	F.5-F.6

Venue : C. & M. A. Sun Kei Secondary School
(School Hall, Grace Hall, Mini Hall and Basketball Court)

Grade : A - F5 to F6
B - F3 to F4
C - F1 to F2

Entry : Each student should join at least 8 individual events.

Points

Placing	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual Challenge	9	7	6	5	4	3	2	1
Inter-class competition	18	14	12	10	8	6	4	2

Awards

1. Trophy will be awarded to the winning class of each form.
2. Medals will be awarded to the 1st, 2nd, and 3rd places in each individual event.

Sample

F.1-F.2 Competition

Category 1: Inter-class Competition

Event	Day 1 Session 1	Day 1 Session 2	Day 2 Session 1	Day 2 Session 2
Rope Skipping	F.1 Basketball Court 8:00am-9:00am	F.2 Basketball Court 9:00am-10:00am	----	----
Dodgebee	F.1 Basketball Court 8:00am-9:00am	F.2 Basketball Court 9:00am-10:00am	----	----
Fitness Challenge	----	----	F.1 School Hall 10:30am-11:30am	F.2 School Hall 11:30am-12:30pm
Table Tennis	----	----	F.1 School Hall 10:30am-11:30am	F.2 School Hall 11:30am-12:30pm

Category 2: Individual Challenge

Item	Activities	Day 1 Session 1	Day 1 Session 2	Day 2 Session 1	Day 2 Session 2	Venue
1	Reaction Game	F.2	F.1	-	-	GH
2	Basketball Dribbling	F.2	F.1	-	-	BC
3	Agility T-test	F.2	F.1	-	-	SH
4	Handball Target Shooting	F.2	F.1	-	-	BC
5	Standing Long Jump	F.2	F.1	-	-	MH
6	Shuttlecock Target Game	F.2	F.1	-	-	SH
7	Lateral quickness	F.2	F.1	-	-	MH
8	Rowing	F.2	F.1	-	-	GYM
9	Cross Training	-	-	F.2	F.1	MH
10	Badminton Bouncing	-	-	F.2	F.1	GH
11	Basketball Shooting	-	-	F.2	F.1	BC
12	Cup Stacking 3-3-3	-	-	F.2	F.1	MH
13	Throwing Medicine Ball	-	-	F.2	F.1	BC
14	Standing High Jump	-	-	F.2	F.1	GYM
15	Rope Skipping	-	-	F.2	F.1	GH
16	Table Tennis Serving Game	-	-	F.2	F.1	MH

Venue: School Hall (SH), Grace Hall(GH), Mini Hall(MH) and Basketball Court (BC), GYM