

SPORTS FIESTA



THE PARK

Briefing for Students

OBJECTIVES



Bonding and fostering of class spirit



Promote an active lifestyle



Appreciation of outdoor recreational spaces

1. Strengthen Teamwork and Class Cohesion

Build strong class identity and collaboration through inter-class games that require communication, trust, and shared effort.

2. Move for Life

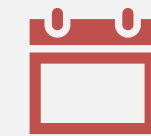
To cultivate sustainable active lifestyle habits among students by engaging in physical activities that encourage regular movement and personal fitness.

3. Appreciate the Outdoors

To increase appreciation of outdoor recreational spaces by participating in outdoor activity and show care for such spaces.



WHEN?



Friday, 22 May (T2W9 Friday)



Reporting Time
7.20 am



Dismissal Time
Around 11.45 am

Bishan-Ang Mo Kio Park (Ficus Green)

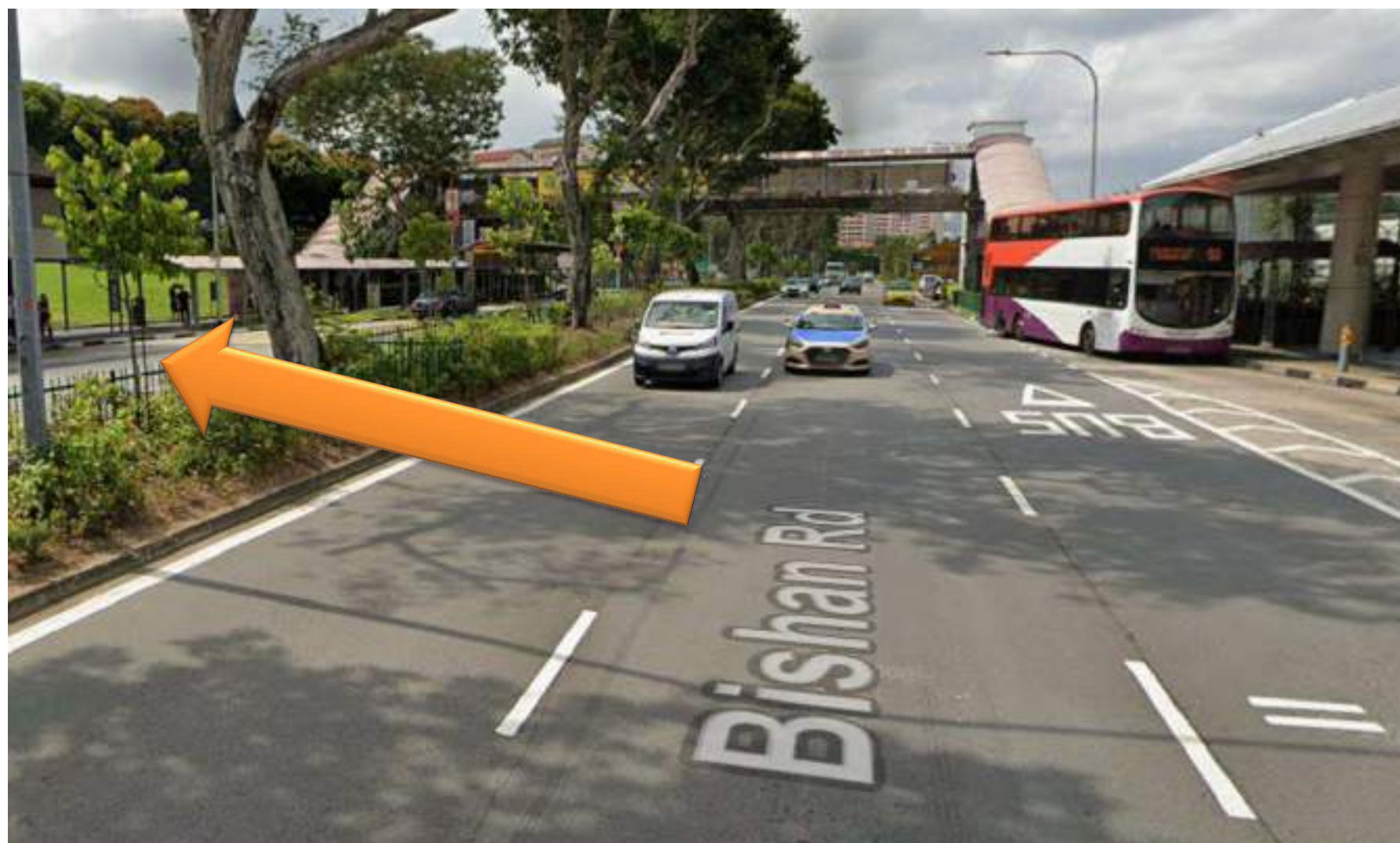
WHERE?



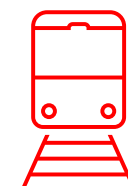
Ficus Green

Getting there

- From Bishan MRT station, walk to Assembly Area (20 min)
- Alternatively, cross the overhead bridge to the bus stop opposite Bishan MRT Station. Take bus **service 71** and alight at the fourth bus stop.

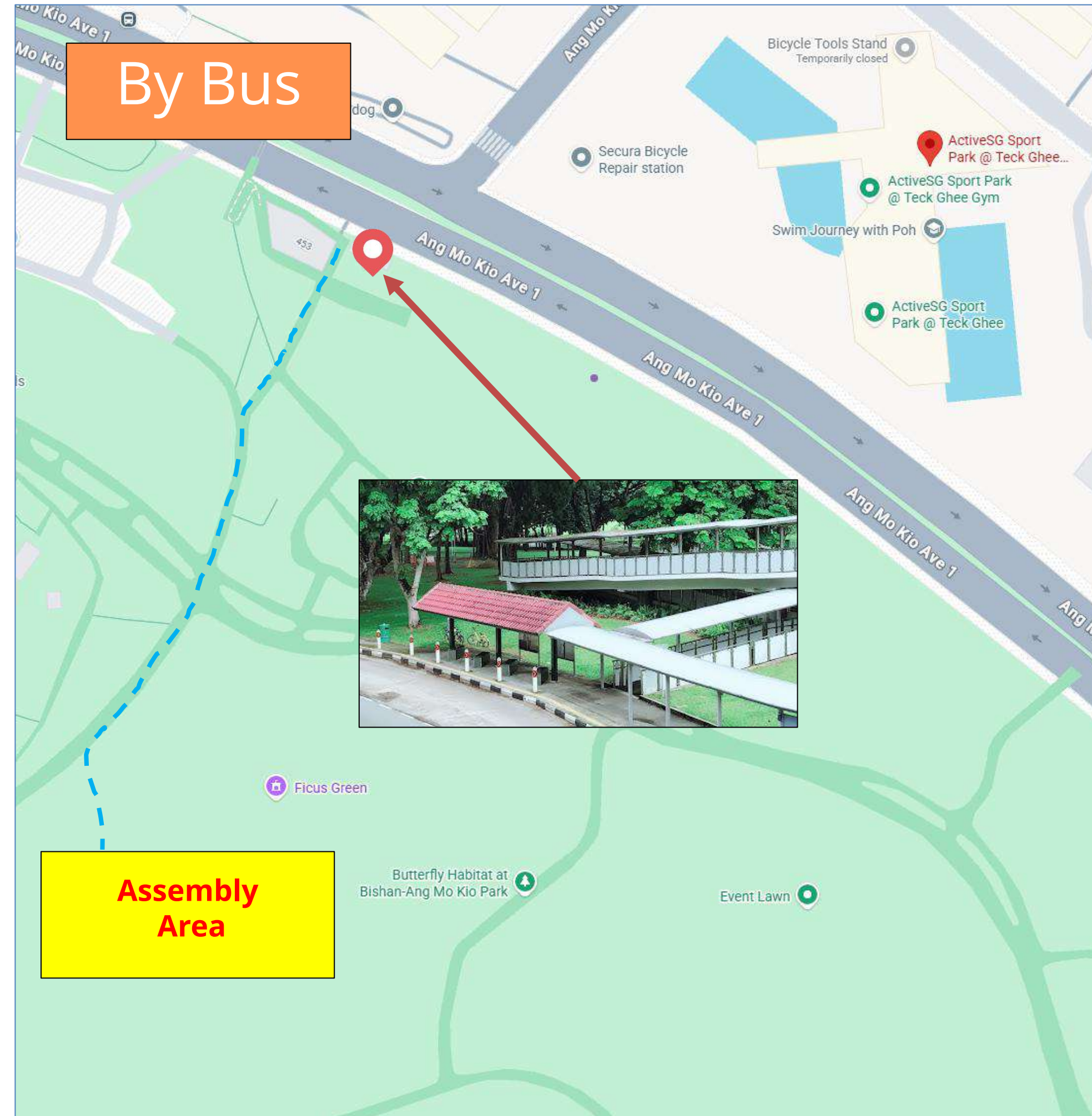


By Train to Bishan MRT Station



Getting there

- Available buses:
 - **71** from opp. Bishan MRT station
 - **133** from opp. Serangoon MRT station
 - **136** from Punggol
 - **262** from AMK Interchange
- Alight at bus stop along Ang Mo Kio Ave 1 (opposite Teck Ghee Swimming Complex)

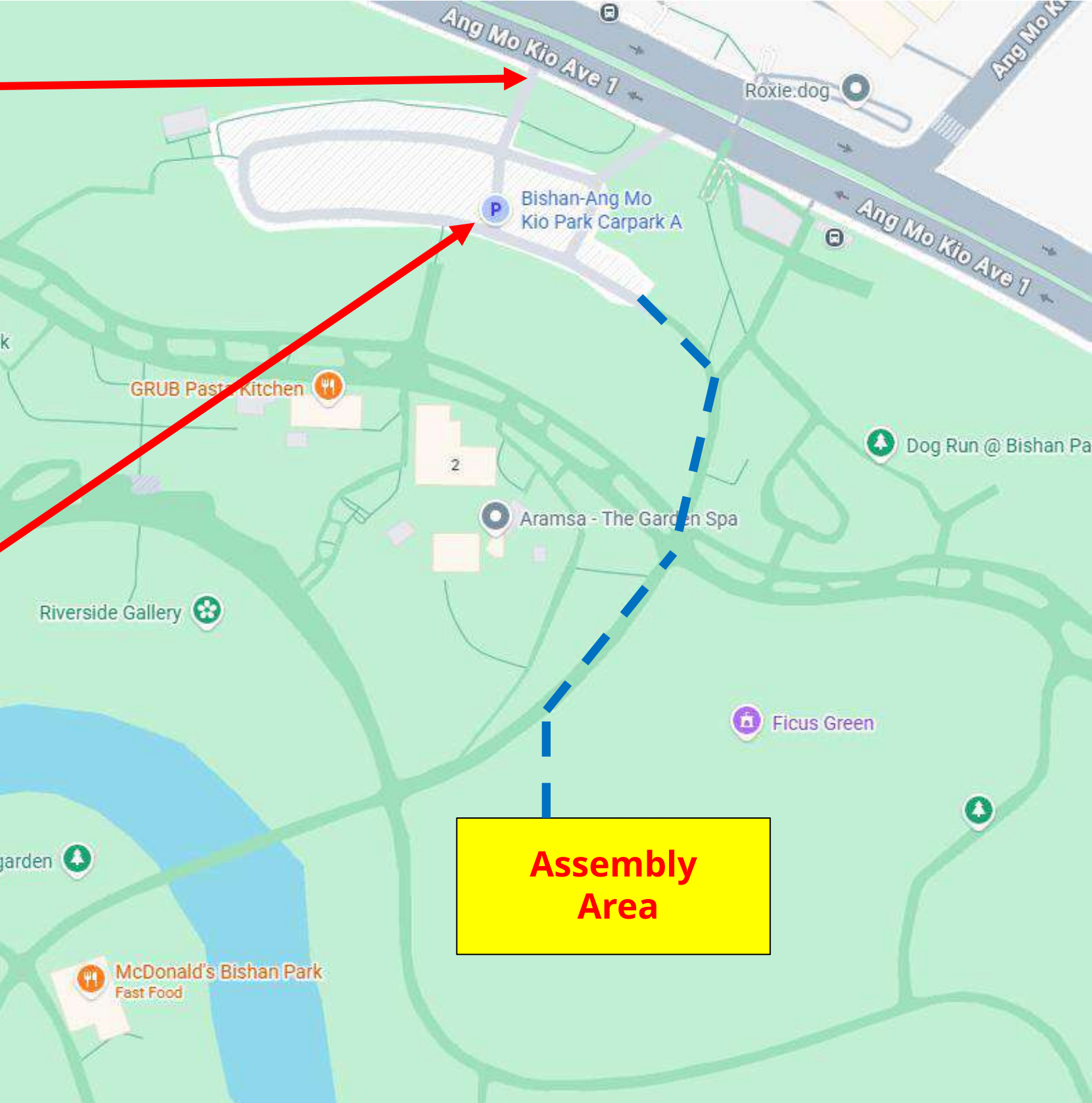


Getting there

- Drop-off at Carpark A



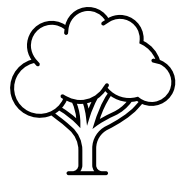
By Private Transport



Time	Sec 1	Sec 2	Sec 3	Sec 4/5	All
7:20 – 7:30 AM	Assembly & Attendance (All Levels)				
7:30 – 7:45 AM	Morning Assembly & Principal's Opening Speech				
7:45 – 8:00 AM	X-Country Safety Briefing & Warm-Up				
8:00 – 9:15 AM	Cross-Country Run (1 st Wave Start time: 8:00 AM)				
9:15 – 9:30 AM	Rest & Report on Games Venues				
9:30 – 10:00 AM	Inter-class Games (Don't Drop the Ball)	Inter-class Games (Captain's Ball)	Inter-class Games (Ultimate Frisbee)	Inter-class Games (Tchoukball)	Fringe Games
10:00 – 10:15 AM					
10:15 – 11:15 AM					
11:15 – 11:30 AM	Move to Assembly Area				
11:30 AM	Closing Assembly & Principal's Address (All Levels)				
12:00 PM	Dismissal from Venue				

PROGRAMME

Main Event Site



Assembly Area



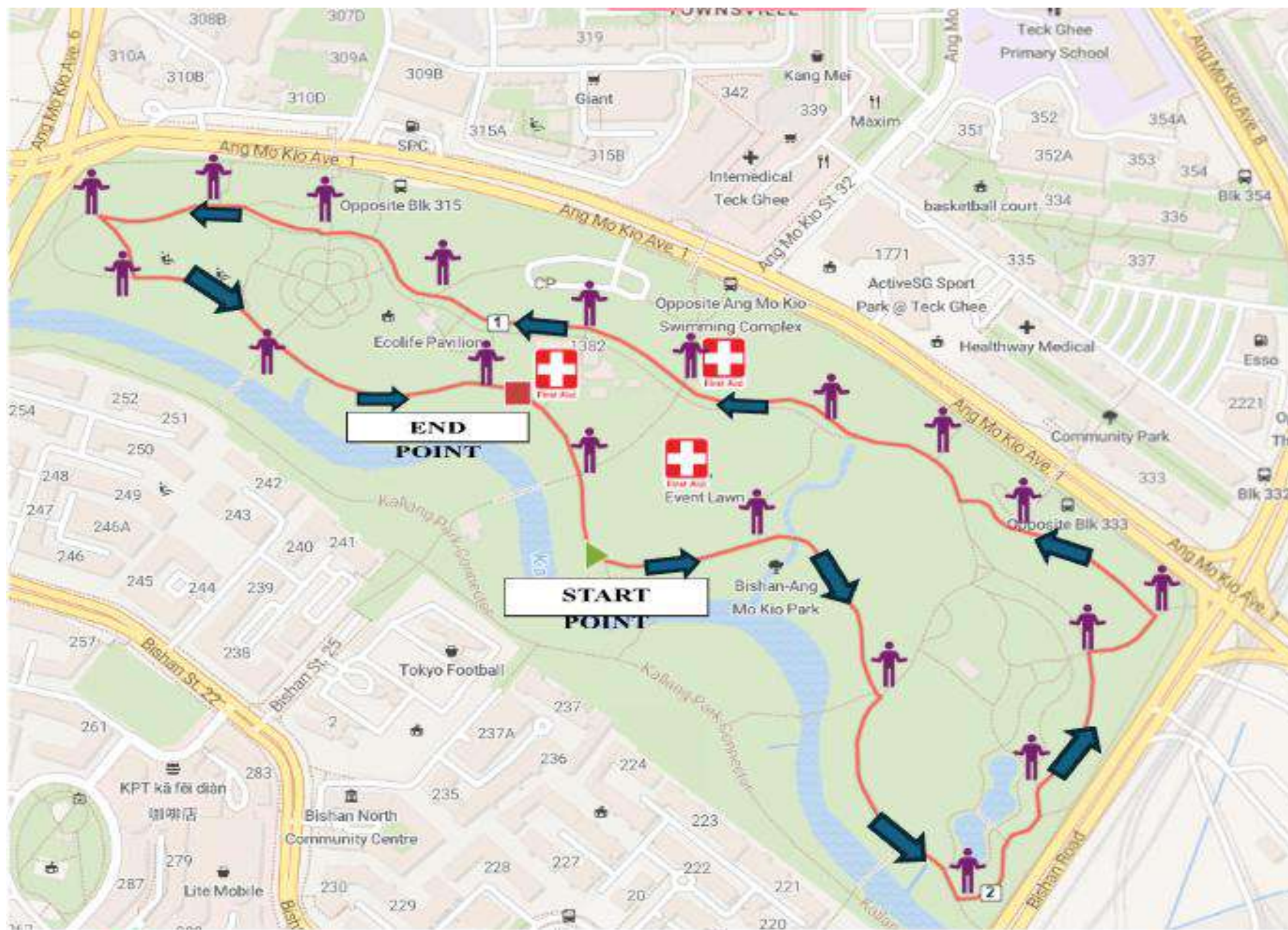


Cross-Country

Cross-Country Running Route



2.8km



First Aid Point cum water point



Marshal

Cross Country – Start Point



Cross Country – Start Point



Competitive Wave Schedule

Wave	Launch Time	Category Description	Volume
1st	8:00 am	Sec 4/5 Competitive Runners	100
2nd	8:05 am	Sec 3 Competitive Runners	90
3rd	8:10 am	Sec 2 Competitive Runners	90
4th	8:15 am	Sec 1 Competitive Runners	80

Non-Competitive: Waves 5-8

Wave	Launch Time	Class Cohorts
5th	8:20 am	Sec <u>1L1</u> - Sec 1L4
6th	8:22 am	Sec 1L5 - Sec 1L8
7th	8:24 am	Sec 2D1 - Sec 2D4
8th	8:26 am	Sec 2D5 - Sec 2D9

Non-Competitive: Waves 9-12

Wave	Launch Time	Class Cohorts
9th	8:28 am	Sec 3A1 - Sec 3A4
10th	8:30 am	Sec 3A5 - Sec 3A9
11th	8:32 am	Sec 4E1 - Sec 4E4
12th	8:34 am	Sec 4E5 - Sec 4N3

Cross Country – End Point



Cross Country – End Point

- Position tokens will be issued to the Top 50 runners per level near the pavilion
- Collar Pins will be given to the Top 50 Finishers for each race





Gathering Areas
(after the run)



Gathering Areas
(after the run)

Refreshments

- All students must bring their own water bottles
- All students will be given a bun for snack
- 3 Water points:
 - 1st will be along the running route
 - 2nd at Finishing Area
 - 3rd at Ficus Green (Games area)



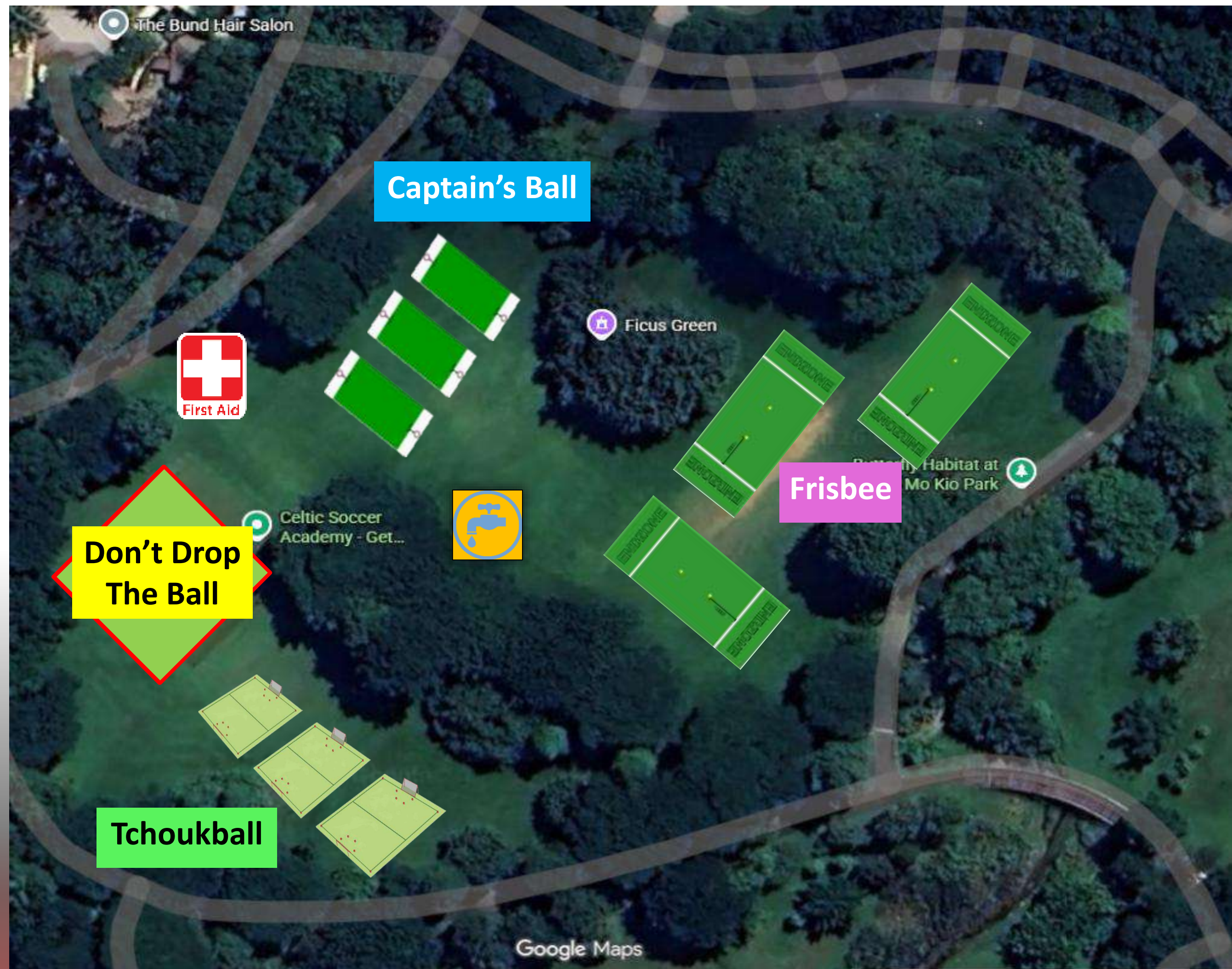
Inter-Class Games

Sec 1: Don't Drop The Ball

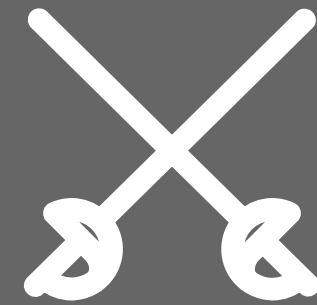
Sec 2: Captain's Ball

Sec 3: Ultimate Frisbee

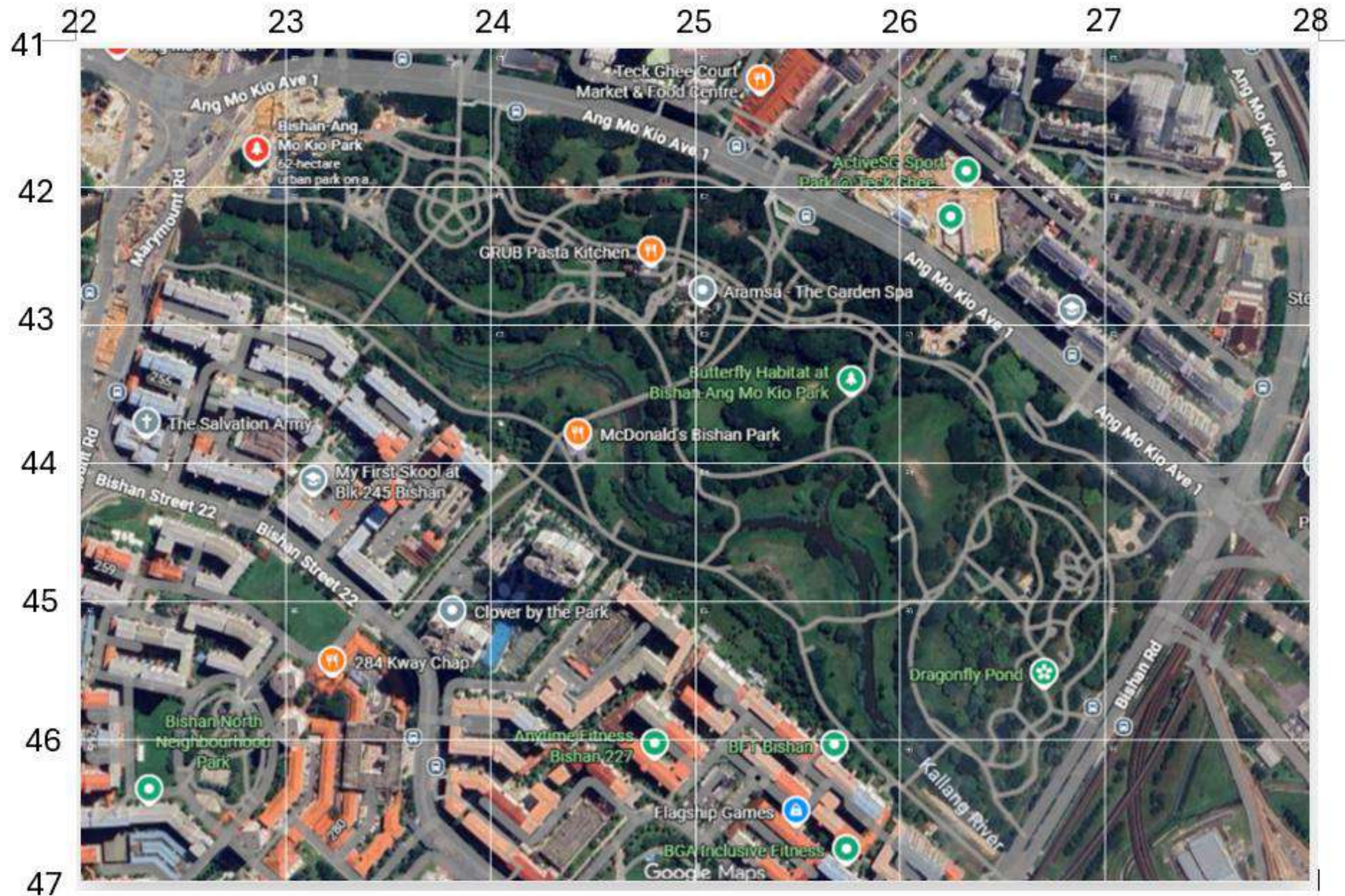
Sec 4: Tchoukball



ORIENTEERING & FRINGE GAMES 2026



MAP FOR ORIENTEERING (40 Stations)



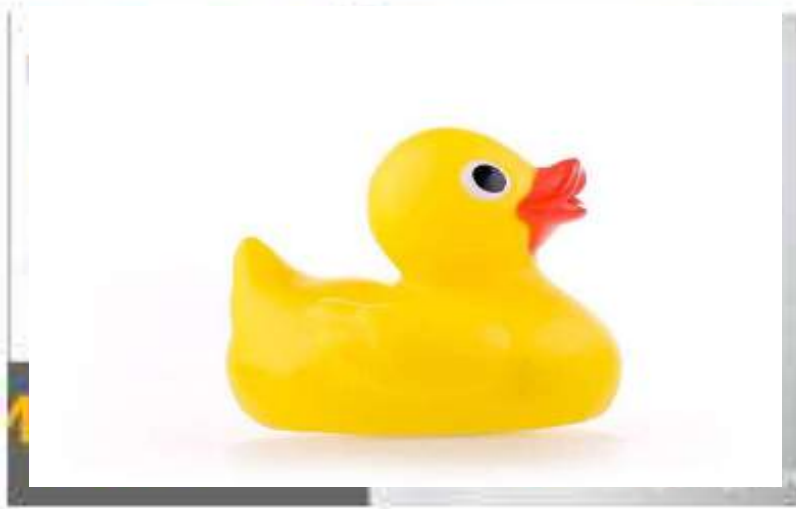


WORKSHEET FOR ORIENTEERING (28 Stations)

Sports Fiesta 2026 – Orienteering and Fringe Games @Bishan-Ang Mo kio Park

Station No.	Photo of Activity/Place	Questions/Task Descriptions [Points Allocation]	Map Grid Reading (MGR)	Scores Obtained
1		How many vending machines are there in this area? [8 points]	424244	
2		How many steps are there on this stairway? [8 points]	417238	
3		How many lampposts are there within this area? [10 points]	422438	

WORKSHEET FOR ORIENTEERING (12 Stations)

Station No.	Photo of Activity/Place	Questions/Task Descriptions [Points Allocation]	Map Grid Reading (MGR)	Scores Obtained
1		<p>Floorball Shots Station: 2 minutes</p> <p>Given a given distance, flick a floorball into a goal one at a time continuously.</p>	439234	
2		<p>Throw stick on darts on target to score point continuously</p>	436233	
3		<p>Using a rod with a hook, catch as many ducks as possible</p>	414244	

FRINGE GAMES STATIONS

STATION NO.	NAME
1	FLOORBALL SHOTS
2	THROW STICKER DARTS
3	FISHING DUCKS
4	PING PONG BOUNCE ACCURACY
5	SKIPPING AROUND A CONE
6	BACKHEEL KICK
7	BADMINTON ACCURACY SHOTS
8	HOLE IN ONE GOLF
9	PING PONG BOUNCE CONTROL
10	REVERSE THROW INTO CONE
11	FRISBEE THROWS
12	SHOOT BASKETBALL INTO GOAL



STATION 1

FLOORBALL SHOTS: 2 MINS

**FROM A GIVEN DISTANCE,
FLICK A FLOORBALL INTO A GOAL
ONE AT A TIME
CONTINUOUSLY.**

STATION 2

THROW STICKER DARTS: 2 MINS

**THROW A DART ONTO THE TARGET
CONTINUOUSLY.**





STATION 3
FISHING DUCKS: 2 MINS

**USING A ROD WITH A HOOK,
CATCH THE DUCKS CONTINUOUSLY.**



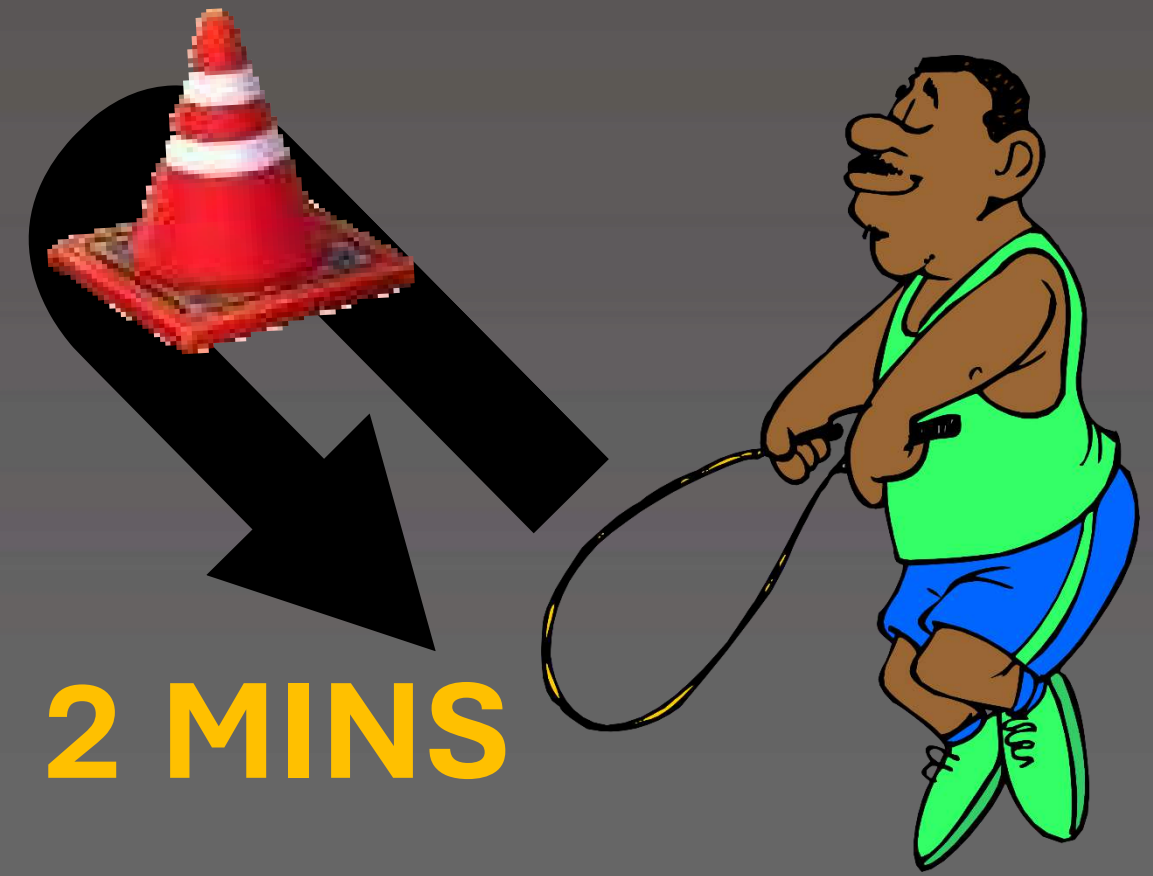
STATION 4

PING PONG BOUNCE ACCURACY : 2 MINS

**FROM A GIVEN DISTANCE,
THROW PING PONG BALLS INTO A BOX
CONTINUOUSLY.**

STATION 5

SKIPPING AROUND A CONE : 2 MINS



**FROM A GIVEN DISTANCE,
SKIP FORWARD, GO ROUND CONE,
PASS SKIPPING ROPE TO PARTNER. CONTINUE.**

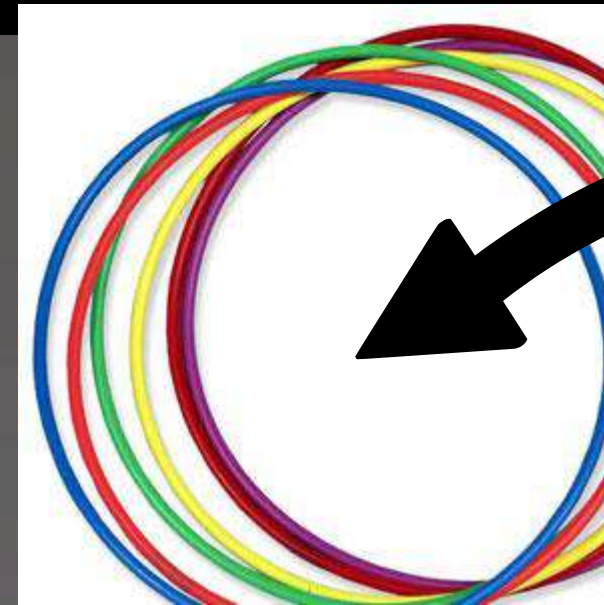
STATION 6

BACKHEEL KICK : 2 MINS



**FROM A GIVEN DISTANCE,
KICK A BALL USING YOUR BACKHEEL INTO A GOAL
CONTINUOUSLY.**

STATION 7



BADMINTON ACCURACY SHOTS : 2 MINS

**FROM A GIVEN DISTANCE,
USE A RACKET TO HIT THE BALLS INTO A BOX
CONTINUOUSLY.**

STATION 8
HOLE IN ONE GOLF : 2 MINS

**ON A MAT,
HIT A GOLF BALL INTO THE HOLE
CONTINUOUSLY.**

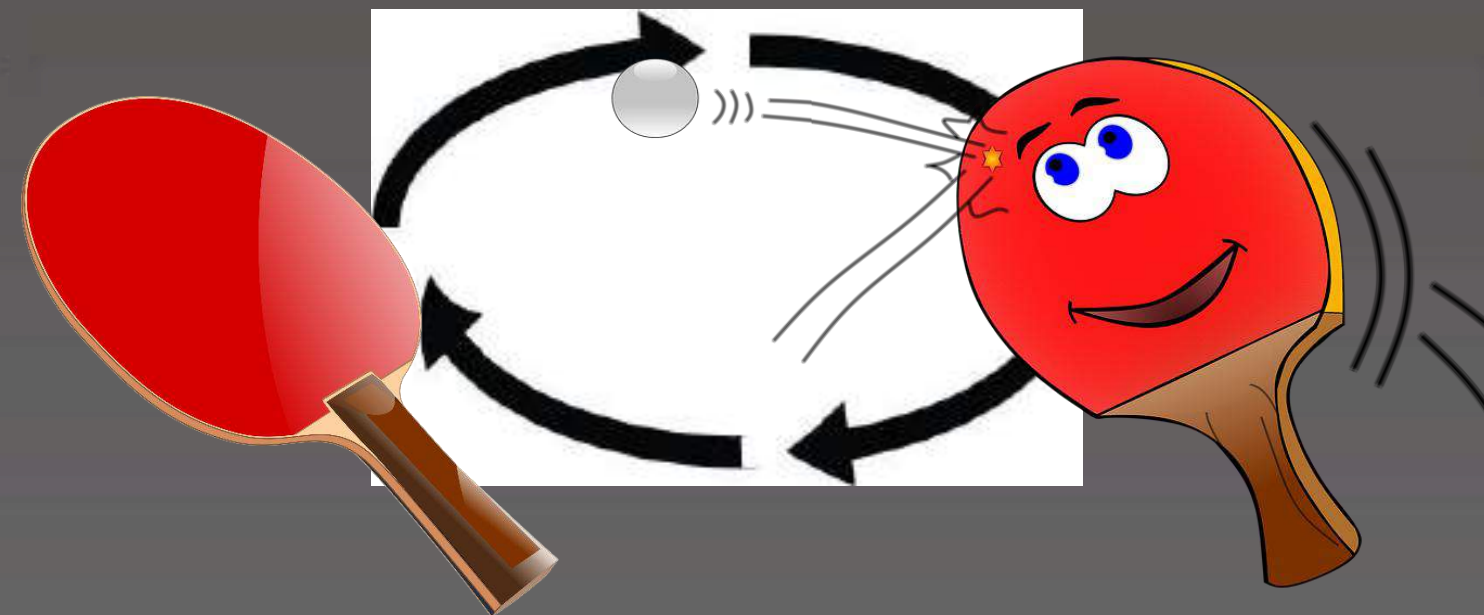


STATION 9

PING PONG RALLY: 2 MINS

STAND OUTSIDE PERIMETER,
USE A BAT TO RALLY A PING-PONG
BALL TO EACH OTHER.

IF BALL DROP, START THE COUNT AGAIN.
THE HIGHEST COUNT WILL BE RECORDED





STATION 10

REVERSE THROW INTO CONE : 2 MINS

**FROM A GIVEN DISTANCE,
THROW A BALL BACKWARDS.
PARTNER (STAND INSIDE A HULA-HOOP)
CATCHES BALL WITH A CONE.**

RETURN BALL TO THROWER CONTINUOUSLY



STATION 11

FRISBEE THROWS : 2 MINS

**FROM A GIVEN DISTANCE AT BOTH ENDS,
THROW A FRISBEE INTO A TARGET**

STATION 12

SHOOT BASKETBALL INTO HOOPS : 2 MINS

FROM A GIVEN DISTANCE,
SHOOT A SMALL BALL INTO A SMALL HOOP HELD BY
PARTNER CONTINUOUSLY.



Prizes

	Sec 1	Sec 2	Sec 3	Sec 4/5
Cross-Country	Top 20 runners	Top 20 runners	Top 20 runners	Top 20 runners
Inter-Class Games	Top 3 Classes			
Fringe Games	Top 3 classes			
Level Overall Champion	1 per Level			

What to Wear?	What to Bring?
<ul style="list-style-type: none">• Cohort T-Shirt• PE shorts• School Shoes or Sport Shoes	<p>Use a small Day pack</p> <ul style="list-style-type: none">• Water bottle (Mandatory)• Cap & Sunblock cream (Strongly Encouraged)• Poncho (Optional)• Insect Repellant (Optional)• EZ-Link Card• Cash (\$10 or less)

***Valuables
WILL NOT be
collected!***



WET WEATHER

Before event:

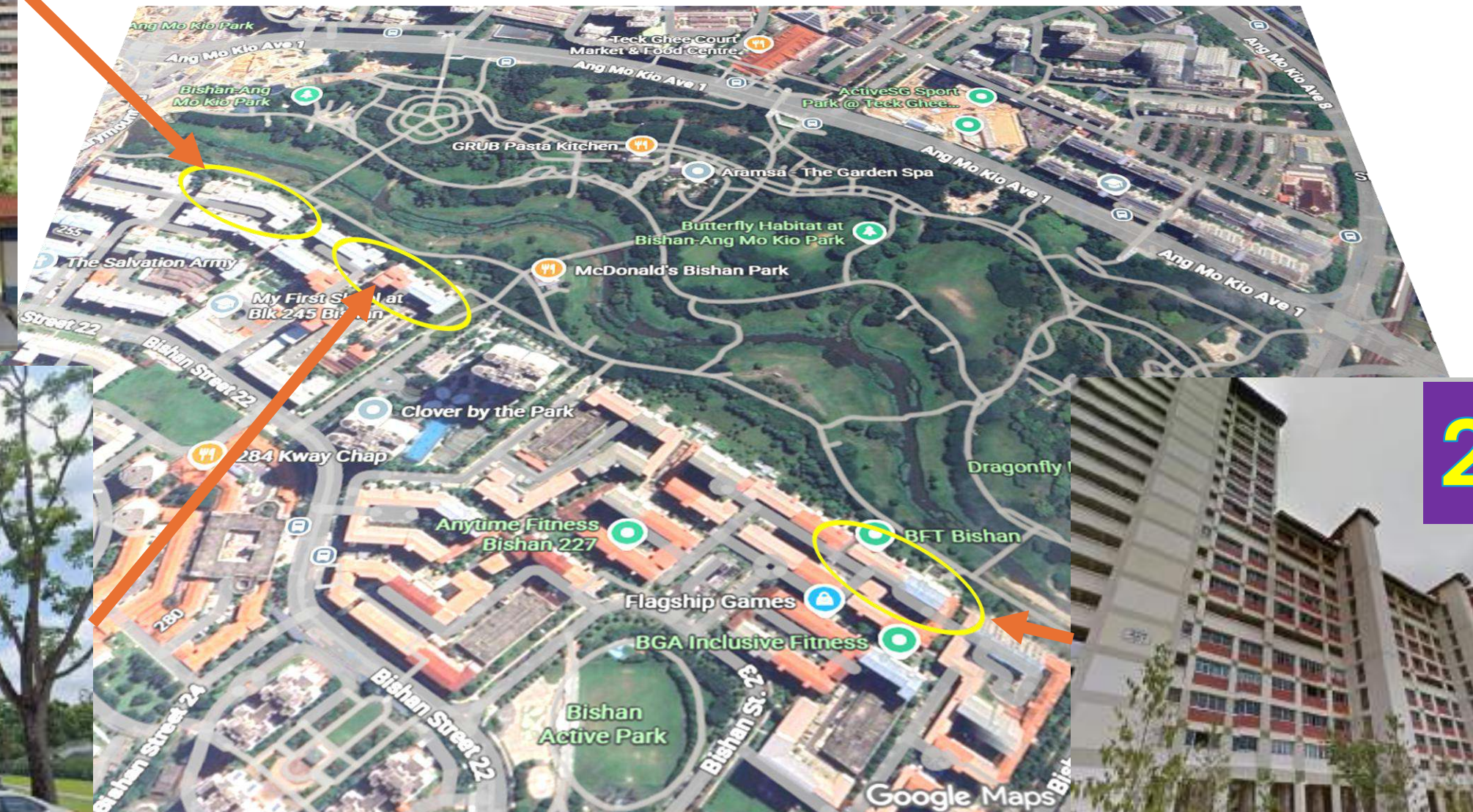
→ FTs to disseminate information to students via class **WhatsApp** by 7.00 am.

→ Year Heads to disseminate information to parents/guardians via **Parent** by 7.00 am.



During Event:

Seek shelter at the nearest shelter, gather at nearest HDB blocks **251, 241, 221** for headcount.



A magnifying glass is positioned over a stack of sticky notes on a light blue background. The top sticky note is yellow and features the text 'Thank you For your Attention' written in a black cursive font. A black pen with a silver tip is resting on the bottom right corner of the yellow note. Below the yellow note, the edges of several other sticky notes in various colors (orange, pink, green) are visible.

*Thank you
For your
Attention*