

All About Sports Day



Sports Day

What Is Most Important?

What Else Can You Earn?

What Can Be Won?

Is It a Competition?

Are There Family Races?

What Is Sports Day?

When Is Sports Day?

Who Comes to Watch?

What Activities Are There?



What Is Sports Day?

Sports day is a day when children take part in lots of different sporting activities at school.

Some schools have a whole day and some have a morning or afternoon of sports.

Sports Day is also sometimes known as Field Day or Athletics Day.



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When Is Sports Day?

Sports day is usually held outside, on the school field or playground, if the weather is fine.

Most schools in the UK hold their Sports Day in the summer term, during May, June or July.

Often, schools pick a date and also have a standby date, in case it rains on the first date.



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Who Comes to Watch?

Most schools invite parents, carers and other family members to come to watch and cheer. They are called 'spectators'.

There are also your friends and teachers there too!



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What Activities Are There?

Share it...

Which Sports Day activities have you done or seen before?

Discuss it with a partner...

Which activity is your favourite?



What Activities Are There?

Every school chooses their own sports activities to have on Sports Day.

There are many sporting activities like, such as...



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Running Race



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Egg and Spoon Race



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Space Hopper Race



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Mini Hurdles Race



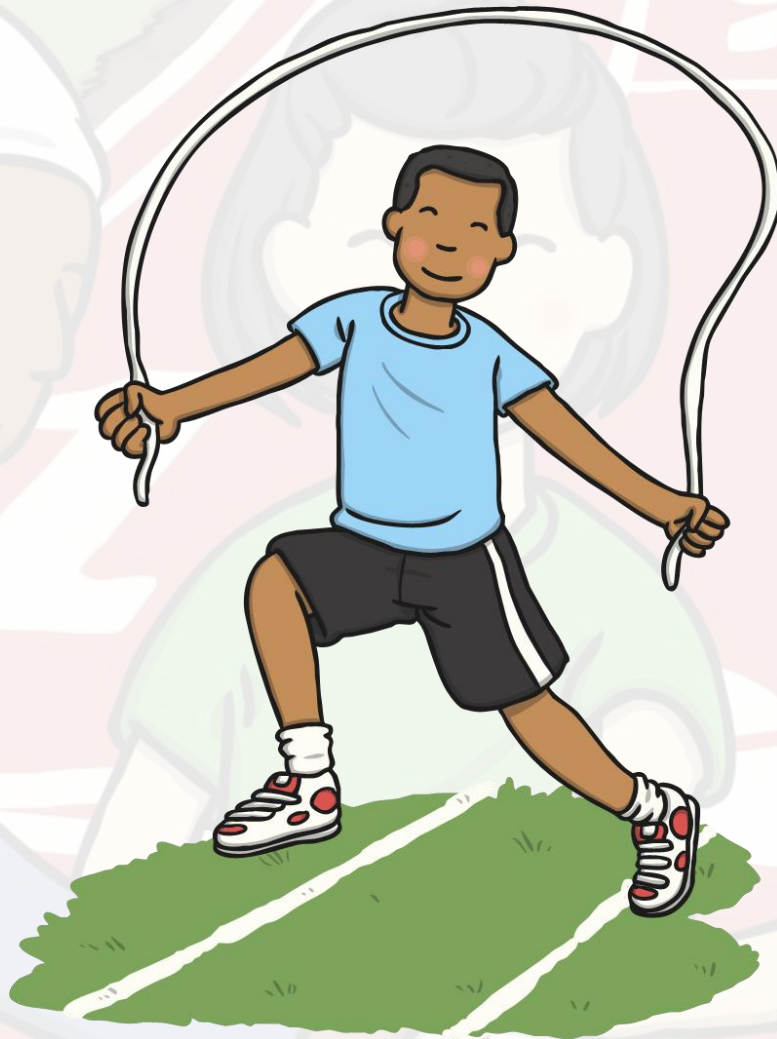
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Dressing Up Race



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Skipping Race



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Sack Race



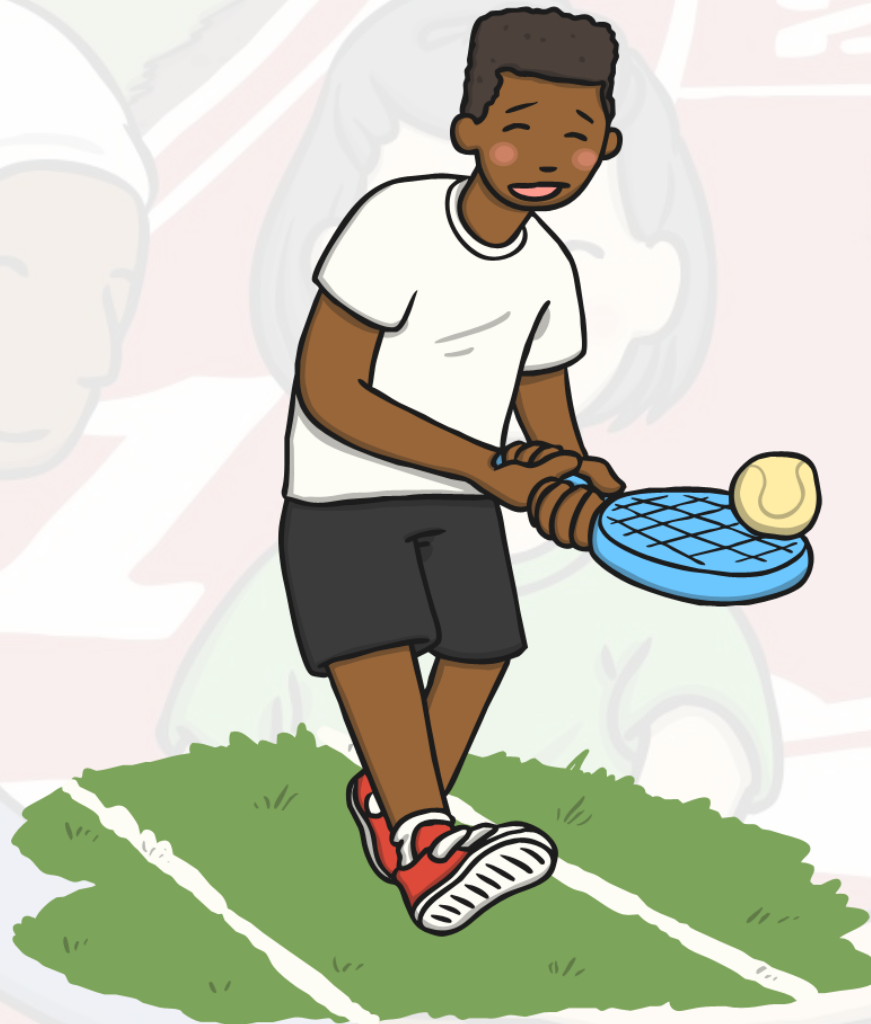
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Three-legged Race



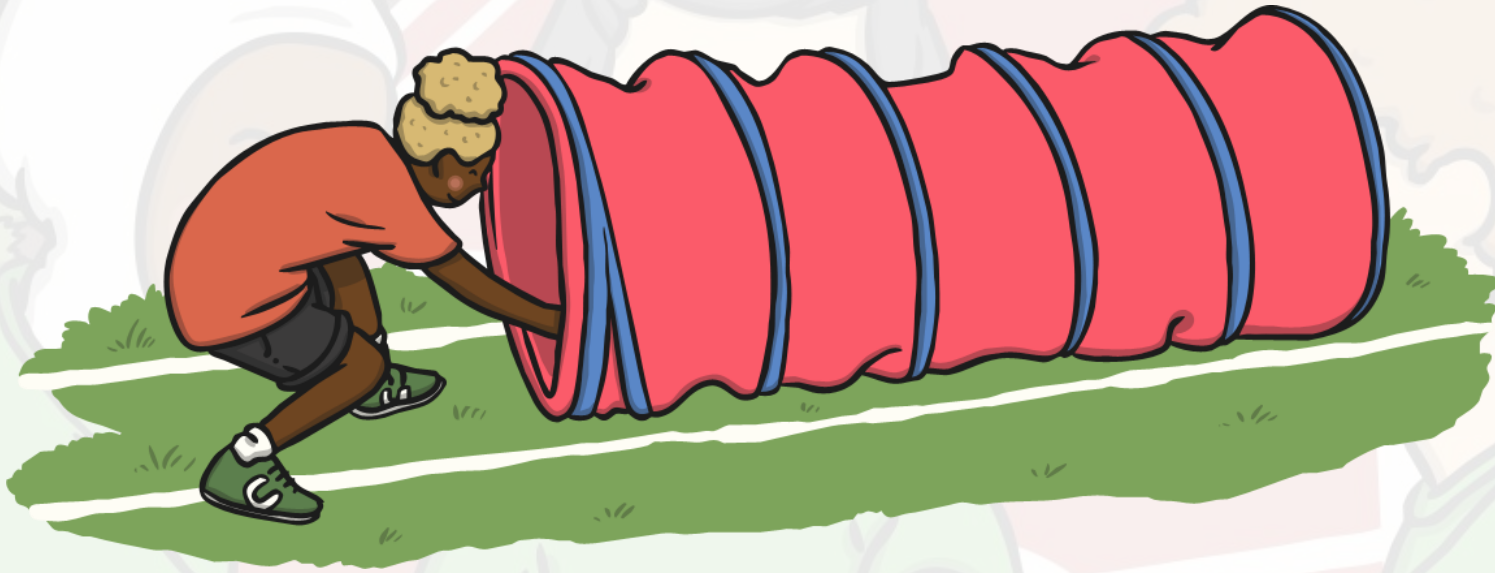
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Bat and Ball Race



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Obstacle Race



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Relay Race



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Are There Family Races?

Schools often have a toddler race for the young children to join in with.

Some schools also have a parents or adult race.

The children often find these very fun and cheer loudly!



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Is It a Competition?

Some schools have their Sports Day just for fun and some have a competitive Sports Day.



Is It a Competition?

In a competitive Sports Day, children score points for their team, school, family group or school house.

RED	GREEN
401	405
WHITE	BLUE
396	378

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What Can Be Won?

If it is a competition, the winning team might win a trophy!



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What Else Can You Earn?

Some schools have rosettes, certificates and medals that the children can earn too.



What Is Most Important?



Discuss it...

What do you think is the most important thing to remember on Sports Day?

What Is Most Important?

We think it is important to...

have fun and **feel happy!**

No matter what the activity is, how you do or who wins.



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Have a great Sports Day!



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