



Sports Day Overview

Introduction

This Sports Day guide is designed to support the organisation and delivery of a school sports day.

The guide includes:

- Information on how to structure the day
- Activity resource cards detailing all the events
- Scorecards to record all event results

Sports Day Structure

To give all pupils the opportunity to participate in a range of events the day is split into morning and afternoon sessions as outlined below:

Session	Year Group	Activity
AM	Foundation	Foundation Competition
	Year 1	KS1 Competition
	Year 2	KS1 Competition
	Year 3	Lower KS2 Competition
	Year 4	Lower KS2 Competition
	Year 5	Upper KS2 Competition
	Year 6	Upper KS2 Competition
PM	All Year Groups together	Races

The events have been designed to be easy to organise and run, taking into consideration equipment and facilities most primary schools have available. The range of activities gives all pupils the opportunity to participate in running, jumping and throwing events. The activities in the guide are suggestions and can be substituted as a school sees fit to meet their requirements.

As this is a guide to organising and delivering a school sports day, schools are advised to follow their PE and Health & Safety policies, conducting their own risk assessments as appropriate for the event.

Team Selection:

To encourage whole school involvement and interaction the sports day splits the whole school into five teams. To create the teams, pupils from each class are divided into one of the five teams. The 'Team Declaration Form' at the end of this document can be used by each class teacher to arrange this.

The pupils compete in each event to score points for their team, giving the sports day a competitive element. It is up to the school to decide the teams/themes for the teams; examples include colours, countries, and sporting teams.

Resources:

Event Resource Cards – there is a resource card for each event. These detail how to organise, run and score each of the events that make up the sports day. Teachers will require copies of the appropriate cards to run their class events.

Scorecards – All scorecards are available on the 'Scorecards' document, that is available for download, and also includes guidance on how to use them.

**Prizes:**

The awarding of prizes for sports day is a decision for school to make. Below are suggestions of prizes that could be awarded:

- Certificates
 - Participation – presented to everyone to acknowledge their involvement
 - Winning team – presented to each member of the winning team
 - Class specific performance – awarded to the highest points earners from each class, these could be event specific or overall
 - Special awards – certificates awarded for sportsmanship, effort or teamwork
- Trophy
 - Create an annual trophy that can be presented to the winning team and displayed in school
- Medals
 - These could be awarded alongside or in place of some of the certificates

The next two sections outline the morning (Class Events) and afternoon (Races) sessions of sports day and the events that make them up.



Class Events

The class event programme has been designed to be completed in a morning. Resource cards provide teachers with all the information they need to organise and run these events with their class.

General Overview of the Class Events

All classes will take part in the events as outlined below with the pupils competing to score points for their team.

Foundation Competition

Activity	Supporting Resource Card
Skittles	Skittles (Foundation, KS1)
Speed Jump	Speed Jump (Foundation, KS1)
Beanbag Target	Beanbag Target Throw (Foundation)

KS1 Competition

Activity	Supporting Resource Card
Standing Long Jump	Standing Long Jump (KS1, Lower KS2)
Speed Jump	Speed Jump (Foundation, KS1)
Target Throw	Target Throw (KS1, Lower and Upper KS2)
Seated Overhead Throw	Seated Overhead Throw (KS1)

Lower KS2 Competition

Activity	Supporting Resource Card
Standing Long Jump	Standing Long Jump (KS1, Lower KS2)
Speed Bounce	Speed Bounce (Lower and Upper KS2)
Target Throw	Target Throw (KS1, Lower and Upper KS2)
Javelin	Javelin (Lower and Upper KS2)

Upper KS2 Competition

Activity	Supporting Resource Card
Standing Triple Jump	Standing Triple Jump (Upper KS2)
Speed Bounce	Speed Bounce (Lower and Upper KS2)
Javelin	Javelin (Lower and Upper KS2)
Target Throw	Target Throw (KS1, Lower and Upper KS2)

*Class teachers will require copies of the appropriate cards to run their class events. Each resource card identifies the equipment that is required for each event

Timetabling these events:

The timetabling of these events will depend on:

- ❖ The size of your school
- ❖ The space available
- ❖ The equipment available



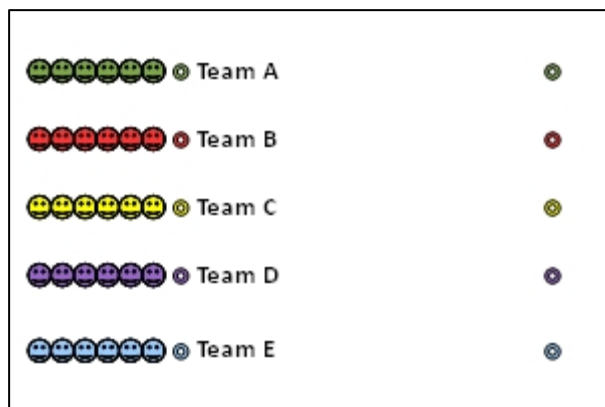
A timetable template is available at the end of this document to assist in the planning of sports day. It is advised that once this is complete a copy is given to each teacher so they are aware of the plans for the day.

Races Outline

The race programme has been designed to be completed in an afternoon. It is an opportunity for the whole school to come together, compete and celebrate. Each class will take part in three year group races and one whole school race.

General Overview of the Races

The races are all structured to run in the same way to make the event as easy to manage as possible. The basic set-up is shown below:



So pupils know where to stand at the start of each race, we suggest you set out a large cone for each team with the team name on it.

If space allows, whole year groups can race at the same time in multiple form entry schools. If space does not allow, each race will have to be run separately.

- ✓ The year group races will be run in classes as per the Race Timetable (see below). They are all relay races with the pupils competing in their teams
- ✓ In each race pupils run out around their marker cone and back to their team. Each pupil will complete one leg (unless stated differently in the race description below)
- ✓ Each race must start with a signal e.g. whistle / "Go"
- ✓ The distance of each race varies depending on the year group – see Race Timetable for details
- ✓ Points for races are awarded as follows:
 - 1st place = 5 points
 - 2nd place = 4 points
 - 3rd place = 3 points
 - 4th place = 2 points
 - 5th place = 1 point
 - Adjust accordingly for multiple form entry schools
- ✓ On completion of their leg pupils should join the back of their line and once all pupils in a team have run they must sit down to show they have finished the race
- ✓ It is important that all teams have the same number of pupils to ensure fair races. It may therefore be necessary to arrange for some pupils to run a second leg where necessary

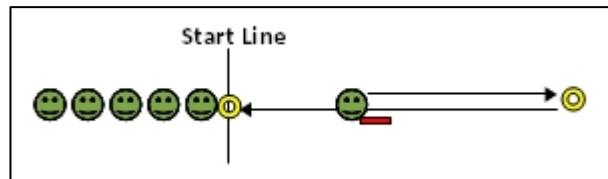


All race details, such as distances and equipment, are suggestions and can be adapted to suit your requirements.

The year group races should run as follows:

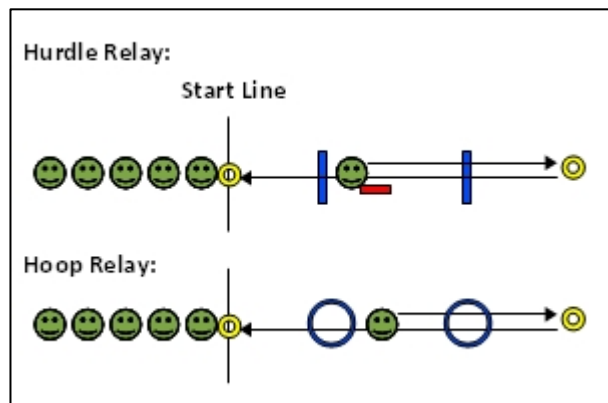
1. Sprint Relay

- ✓ The first pupil in each team requires the relay baton
- ✓ The baton must be passed to the next pupil at the end of their leg so they can begin running
- ✓ If a relay baton is dropped it must be picked up by the pupil before continuing their leg



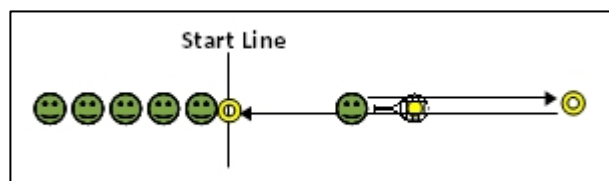
2. Hurdle / Hoop Relay

- ✓ Set up the appropriate activity for the year group as shown in the diagrams
- ✓ Each team member must run out:
 - Hurdles Relay – pupils should jump over the hurdles
 - Hoop Relay – pupils must stand in the hoop, lift it up over their head and place it back on the ground
- ✓ On the way back pupils must run back over the hurdles / through the hoops
- ✓ The baton is only used in the hurdle relays and must be passed to the next pupil at the end of their leg so they can begin running
- ✓ If a relay baton is dropped it must be picked up by the pupil before continuing their leg



3. Egg and Spoon Race

- ✓ Foundation and KS1 pupils will use a tennis racket and beanbag
- ✓ KS2 pupils will use a tennis racket and tennis ball
- ✓ The first pupil in the team will balance their beanbag or ball on the tennis racket
- ✓ On the "Go" signal, run out around the cone keeping the beanbag/ball balanced on the racket
- ✓ Pupils must pass the racket and ball/beanbag to the next person to complete their leg
- ✓ If a beanbag or ball is dropped it must be picked up by the pupil before continuing

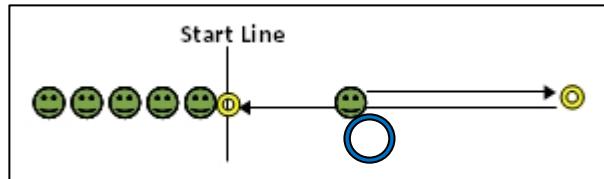




The whole school race should run as follows:

Team Hoop

- ✓ Class Teachers should have given pupils in each team a number from 1 to 6 (*Team Hoop Team Sheet on the Team Declaration Form*) for this race
 - If more than 6 pupils per team in a year group – 2 pupils will run together
 - If less than 6 pupils per team in a year group – Pupils will be given 2 numbers
- ✓ All number 1's from each year will line up in order behind their team's starting line (year 6 to Foundation)
- ✓ All year 6 pupils will be given a hoop
- ✓ The pupil from year 6 will run out, around the end cone and back carrying the hoop
- ✓ When they get back, the pupil from year 5 will join them holding onto the hoop, running to the cone and back at the same time
- ✓ Pupils will continue running back and forth collecting the next pupil in year group order until all the team have ran
- ✓ Pupils must always be holding the team hoop, if a pupil lets go the team must wait for them to rejoin before continuing the leg
- ✓ Once finished the team must sit down behind the start line





Race Timetable

Race Number	Year Group	Race
1	Foundation	Sprint (approx. 10 Metres)
2	1	Sprint (approx. 10 Metres)
3	2	Sprint (approx. 10 Metres)
4	3	Sprint (approx. 20 Metres)
5	4	Sprint (approx. 20 Metres)
6	5	Sprint (approx. 30 Metres)
7	6	Sprint (approx. 30 Metres)
8	Foundation	Hoop (approx. 10 Metres)
9	1	Hoop (approx. 10 Metres)
10	2	Hoop (approx. 10 Metres)
11	3	Hurdle (approx. 20 Metres)
12	4	Hurdle (approx. 20 Metres)
13	5	Hurdle (approx. 30 Metres)
14	6	Hurdle (approx. 30 Metres)
15	Foundation	Egg and Spoon (approx. 10 Metres)
16	1	Egg and Spoon (approx. 10 Metres)
17	2	Egg and Spoon (approx. 10 Metres)
18	3	Egg and Spoon (approx. 20 Metres)
19	4	Egg and Spoon (approx. 20 Metres)
20	5	Egg and Spoon (approx. 30 Metres)
21	6	Egg and Spoon (approx. 30 Metres)
22	Foundation to Year 6 – Number 1's	Team Hoop
23	Foundation to Year 6 – Number 2's	Team Hoop
24	Foundation to Year 6 – Number 3's	Team Hoop
25	Foundation to Year 6 – Number 4's	Team Hoop
26	Foundation to Year 6 – Number 5's	Team Hoop
27	Foundation to Year 6 – Number 6's	Team Hoop

The equipment required to run these races is shown on the corresponding resource cards



Team Declaration Form

This form needs to be completed by each class to organise the teams for sports day.

Class: _____

Team A	Team B	Team C	Team D	Team E
Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
Pupil name	Pupil name	Pupil name	Pupil name	Pupil name

- If you have more than 30 pupils or less than 30 pupils, please split the pupils as evenly as possible
- You will need to be aware of this when it comes to some of the sporting events and make the necessary adjustments to ensure fair competition

Team Hoop Team Sheet

This table is for the Class Teacher to organise the Team Hoop race

Number	Teams				
	Team A	Team B	Team C	Team D	Team E
1	Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
2	Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
3	Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
4	Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
5	Pupil name	Pupil name	Pupil name	Pupil name	Pupil name
6	Pupil name	Pupil name	Pupil name	Pupil name	Pupil name



Sports Day Timetable Template

Event	Class	Time	Location
Beanbag Target			
Skittles			
Speed Jump			
Standing Long Jump			
Speed Jump			
Target Throw			
Seated Overhead Throw			
Target Throw			
Javelin			
Standing Long Jump			
Speed Bounce			
Standing Triple Jump			
Speed Bounce			
Javelin			
Target Throw			
Races	All classes		

* The timetable has additional space for multiple form entry school