**19.2 Annual Sports Day**

* Sports days are events staged by many schools in which students participate in competitive activities often with an aim of winning trophies or prizes.
* It has been observed that physical education and sport is important for the development of children and young people.
* Sports’ day in schools is a proven fact that enhances mental and physical level as well as social skills and even improvements in academic performance.
* This is a chance for children who have a passion for outdoor sports and team games to shine.
* Many schools also divide children into different houses to add a competitive team element, giving them the chance to score points for their house as well as gaining individual kudos.
* Good for more than just child’s health.
* As well as helping children to be more competitive.
* School sport day is also a chance to enjoy a day in the sunshine, if the weather allows it, of course.
* It is good to play sport for health reasons, but there is so much more to it than that.
* Students also learn hands-on about the need to abide by the rules, team work, difference between fair and unfair play game and respect for others.
* Children also learn how to cope in a competitive environment as well as learning all about winning and losing.
* These are important life skills to assimilate in preparation for the working environment.
* On sports day they will have spectators, other students and their parents encouraging them.

***It may be a chance for pupils to earn wider recognition for their sporting process.***