



ST. STEPHEN'S JUNIOR SCHOOL

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# Sports Day 2018

Tuesday 17th July

Welcome to this year's sports day!

It is a slightly longer competition this year. As our school continues to expand, we find ourselves with a greater number of children to try and place into competitions. One possibility would have been to place the children into a selection of events. However, I feel strongly that the children should get the opportunity to compete in as many different events as possible, to give themselves the best chance of finding an event that matches their skill set. As well as having to find the time to get all the children competing, we are also aware of the importance of regular breaks so as to keep fatigue to a minimum. We have an increased number of rest stops this year, which has also added to the time needed for the whole competition.

During term 6, the children have had plenty of opportunities to practise the events and we hope that this shines through in their performances. As well as practice sessions, the children have been taking part in 40 metre sprint heats to find the fastest boy and girl in each class. These children will race each other at the end of sports day in order to find the fastest boy and girl in each year group and in the school. Please follow the children around the events (there is a map on the next page) but try not to walk across any of the competition areas. Please also bear in mind when giving any food to your child that they may be taking part in an event very soon after, so although drinks are advisable, it may be better to just have an energy packed lunch and leave treats until after 3pm.

We very much hope that you and your child enjoy the day.

Mr S Mclean

### Timetable

10:30 - Children come onto field and take their places at various activities.

11:00 - events begin

11:45 (or after six events) = children come back into positions for leader board and lunchtime instruction.

12:00 = picnic lunch with parents and football final.

12:45 - children back into classes and find next activity.

13:00 - rotation begins again.

14:00 - rotation finishes and children move into positions.

14:10 - year group races to find fastest boy/girl in year

14:30 - announce winners and close day

### Rotation activities (class starting point)

See map for location

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|-------------------------|---------------------------------|
| 1. Hurdles (Ash)        | 9. Target throw (Apple)         |
| 2. Discus (Bay)         | 10. Egg and spoon race (Beech)  |
| 3. Skipping race (Elm)  | 11. Sack race (Cedar)           |
| 4. Rest (Oak)           | 12. Rest (Holly)                |
| 5. Obstacle race (Palm) | 13. Javelin (Cherry)            |
| 6. Shot put (Pear)      | 14. Standing long jump (Spruce) |
| 7. 50m sprint (Pine)    | 15. Space hopper race (Walnut)  |
| 8. Rest (Plum)          | 16. Rest (Willow)               |

