

SPORTS DAY PACK



Sports Day

Resource Pack

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This pack contains...

1. Example Risk Assessment
2. Suggested Timetables
3. Parent/Carer Letter Template
4. Parent/Carer Letter Template: COVID-19 Adaptation
5. Example Spectator Guide
6. Value Based Certificates
7. Suggested Sports Day Stations
8. Station Signs
9. Pupil Review Questionnaire

Example Risk Assessment

<u>Identified Hazard</u>	<u>Persons at Risk</u>	<u>Identified Risks</u>	<u>Severity of Outcome & Likelihood</u>	<u>Existing Controls and Precautions</u>
Running in a space with hazards (e.g. climbing frame, grass mounds, tyres etc...).	Children Parents	Risk of injury from tripping or banging into hazards when moving. Risk of injury from falling on the ground - grazed knees.	Low	Children are made aware of hazards prior to session starting, with large hazards specifically identified. Children are shown how to move safely around the space. Parents are given clear areas to spectate safely.
Clothing/jewellery/footwear	Children	Risk of injury due to unsafe personal items.	Low	Children wear prescribed PE kit (e.g. tracksuit bottoms,t-shirt) as well as PE specific shoes (e.g. trainers or pumps). Jewellery to be removed and long hair to be tied up when possible. Headscarves changed for PE appropriate headwear where possible. If children do not have the correct PE kit or footwear, then spares to be provided.
Non-permanent resources (e.g. balls, cones etc...)	Children	Risk of injury due to unsafe movements or behaviour with the equipment.	Low	Children taught how to handle equipment safely prior to the day. Equipment clearly laid out, with hazards identified at the start of the event. If used unsafely, then behaviour policy protocols to be followed.
Inclement weather	Children Parents	Risk of injury from wet or slippery surfaces and equipment.	Medium	When severe inclement weather occurs, the event is to be postponed to a later date. Where weather is fine enough to continue, safety measures to be put in place (e.g. large cones identifying wet areas, towels provided for equipment).

Suggested Timetable

<u>Suggested Timetable A</u>		
Time	Classes	Starting Station
<i>E.g. 9:15am</i> <i>(three year groups taking part simultaneously)</i>	<i>Year 1</i>	<i>Javelin</i>
	<i>Year 2</i>	<i>Running Race</i>
	<i>Year 3</i>	<i>Tennis Ball Balance</i>

<u>Suggested Timetable B</u>		
Time	Classes	Starting Station
<i>E.g. 9:15am</i> <i>(classes taking part separately, split into smaller groups)</i>	<i>Year 1A</i>	<i>Javelin</i>
<i>10:30am</i>	<i>Year 1B</i>	<i>Javelin</i>
<i>11:45am</i>	<i>Year 1C</i>	<i>Javelin</i>

Letter to Parents/Carers

Dear Parents/Carers,

We are pleased to announce the date/s for this year's sports day/s.

INSERT DATE/TIME

As always, we would love for you to attend this event to support your child/ren. It is bound to be a fun-filled day, with great times had by all!

Your child can arrive at school wearing their PE kit. Please ensure they are wearing the correct clothing and footwear as per the school uniform policy.

Insert Health and safety protocols specific to your setting:
e.g. where to enter the playground/field, where to stand etc...

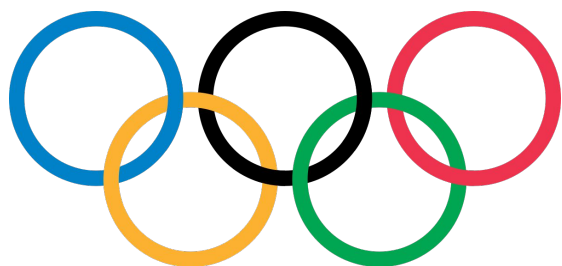
We hope you can make it!

Spectators Guide

Thank you for attending our Sports Day!

1. Please arrive no earlier than the specified allocated time.
2. Stand in designated areas only.
3. Verbal support and applause are encouraged, but please refrain from shouting or making negative comments.
4. Respect the decisions made by school staff members.
5. Wear appropriate clothing for the weather.
6. Please refrain from taking images or videos of children, a designated member of staff from our school will be responsible for this.
7. Enjoy the day!

Olympic and Paralympic Values



This Sports Day, we will be focusing on the:
Olympic Values - Excellence, Friendship and Respect.
Paralympic Values - Determination, Courage, Equality
and Inspiration.

7 certificates based on these values can be found in Appendix 1.

Stations (Page 1)

Javelin	Each child has a foam javelin. Child stands holding the javelin with their dominant hand and the opposite leg in front. Javelin to be released when throwing hand moves past their ear.
	<p><u>Differentiation:</u></p> <ul style="list-style-type: none"> - Use alternative equipment such as a ball/beanbag. - Move the starting point closer to the aimed area.
Tennis Ball Balance	Each child has a tennis racket and a tennis ball to balance (holding the racket with one hand or two but only on the handle). They must get to the furthest cone and back again. If they drop the ball, they are just to pick it up, place it back on the racket and continue.
	<p><u>Differentiation:</u></p> <ul style="list-style-type: none"> - Larger ball or racket can be used. - Flatter alternative to ball, e.g. beanbag. - Child can hold the racket in a different position (e.g. on the frame).
Standing Long Jump	Each child carries out a two-footed forward jump from a standing position (no run up). These jumps can either be individually measured, or a group of children can jump simultaneously to see who jumps the farthest. Children should land on two feet.
	<p><u>Differentiation:</u></p> <ul style="list-style-type: none"> - Include a run-up. - Child doesn't have to land on two feet. - Wheelchair users complete one double handed push - measure the length travelled.
Running Race	Each child runs as fast as they can to the end of the track/towards the designated finish line.
	<p><u>Differentiation:</u></p> <ul style="list-style-type: none"> - Adapt the distance length. - Work in pairs/teams to split the distance (relay). - Travel by alternative means if necessary (e.g. double handed push for wheelchair users).

Stations (Page 2)

Problem Solving	Working in pairs/teams to get the ball from one side to the other without touching it. A variety of equipment given to use, e.g. rackets, hoops, noodles, bibs etc...
	<p><u>Differentiation:</u></p> <ul style="list-style-type: none"> - Provide equipment suitable to child's handling needs provided, e.g. litter pickers.
Football Dribbling	Each child works with a football, dribbling the ball using either the inside of their foot/feet or by rolling the sole of their foot over the top of the ball. Dribble the ball towards the furthest cone and back again.
	<p><u>Differentiation:</u></p> <ul style="list-style-type: none"> - Can dribble with hands instead. - Shorten distance. - Kick and chase instead of controlled dribble.
Target Throw	Hoops or cone zones laid out, each with a different score allocated to them. The furthest hoop is worth 5 points, the nearest is worth 1. Each child has 3 beanbags to throw, aiming at the hoops.
	<p><u>Differentiation:</u></p> <ul style="list-style-type: none"> - Roll a ball instead of throwing a beanbag. - Shorten starting distance. - Change throwing equipment to suit a child's needs, e.g. a larger or smaller ball/beanbag.

See Appendix for station labels.

Post-Sports Day Pupil Questionnaire

Name:	Yes	Unsure	No
I enjoyed sports day.			
I felt safe during sports day.			
I liked the different events I took part in.			
I felt like part of a team.			
I enjoyed having people come to watch me.			
I knew what I was doing at every station.			
My teacher knew what to do.			
Everyone participated fairly.			
The same people won every race.			
Would you like to say anything else about this year's sport day?			

Values Certificates



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CONGRATULATIONS TO

You have been awarded this certificate at Sports Day for showing the value of:

Excellence

SIGNED BY

CONGRATULATIONS TO

You have been awarded this certificate at Sports Day for showing the value of:

Friendship

SIGNED BY

CONGRATULATIONS TO

You have been awarded this certificate at Sports Day for showing the value of:

Respect

SIGNED BY

CONGRATULATIONS TO

You have been awarded this certificate at Sports Day for showing the value of:

Determination

SIGNED BY

CONGRATULATIONS TO

You have been awarded this certificate at Sports Day for showing the value of:

Courage

SIGNED BY

CONGRATULATIONS TO

You have been awarded this certificate at Sports Day for showing the value of:

Equality

SIGNED BY

CONGRATULATIONS TO

You have been awarded this certificate at Sports Day for showing the value of:

Inspiration

SIGNED BY

Station Labels



**Active
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Javelin

Tennis Ball Balance

Standing Long Jump

Running Race

Problem Solving

Football Dribble

Target Throw



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