

Sports Day

Sports Day is a fun morning, afternoon or full day where children take part in all sorts of sporting activities at school. It is also sometimes known as Field Day or Athletics Day. Sports Day is usually held outside, on the school field or playground, so most schools in the UK hold their Sports Day in the summer term, during May, June or July. Schools might pick a first date and also have a standby date, in case of bad weather.



Competition Time

- Some schools choose to have Sports Day just for fun and some have a competitive Sports Day where children score points for their team, school family group or school house.
- If it is a competition, the winning team might win a trophy!
- You might earn a rosette, certificate or medal too.

Which Sporting Activities Are There?

Every school chooses their own sport activities to include. There are many different races, including running, egg and spoon, space hopper, mini-hurdles, dressing up, skipping, sack, three-legged, bat and ball, obstacle and relay.



Families

Most schools invite parents, carers and families to watch and cheer on Sports Day. They are called 'spectators'. Your friends and teachers will be there too! Some schools also have an adults' race for parents and adult family members, and a toddler race for younger brothers and sisters.

Reading —Sports Day

Monday

Read the information text.

Retrieval questions.

What is Sports Day sometimes known as?

Why might a school need a standby date for Sports Day?

What three things might you win or earn on Sports Day?

Find and copy one word that means the same as 'earn'.

Tuesday

Pick out any words which interest you and you would like to find out more about. Here are few that we found:

Vocabulary

rosette

obstacle

relay

Can you write these words on post it notes and stick them round the house? You could ask an adult to help you with a definition to these words. Every time you see one, could you say the definition out loud?

Wednesday - Evaluative question.

What do you enjoy most about Sports Day?

Thursday and Friday

Use the text to have a go at answering these questions independently.

During which months do most Sports Days take place? Why?

Find and copy one word which means 'picks'?

Name three races that take place during Sports Weeks.

Find and copy a word which means 'asks'.

What does the word 'spectator' mean?