

On the morning of Key Stage 2 Sports Day (Session 1), pupils will take part in field events, alongside a number of fun sprint races and year group relay races. During this session, the sprint semi-finals will also take place, determining which children will progress to compete in the sprint finals later in the day.

The afternoon session (Session 2) will conclude with the sprint finals and the house relay races, providing an exciting and celebratory finish to the day's events.

		Session 1			Session 2			
		9.15 – 10.50	10.50 – 11.00	11.00 – 12.35	12.35 – 1.35	1.35 – 2.45	2.45 – 3.00	
Yr 6	Field Events	Transition / Rest	Track events & Sprint Semi Finals		Lunch *	House Relays & Sprint Finals	Announcements & Presentations	
Yr 5			Field Events					
Yr 4	Track events & Sprint Semi Finals							
Yr 3	Sprint Semi Finals							

* Parents are allowed on site during session 1 and session 2, but must leave the school site during lunchtime.

During the morning session (session 1) all children will participate in a variety of inclusive activities designed to provide them with appropriately challenging, yet enjoyable competitive opportunities.

The types of events include:

Field		Track
3 x Jumping events, from:	3 x Throwing events, from:	• Minimum of 1 x sprint race (50m in Years 3 & 4 / 60m in Years 5 & 6)
• Standing long jump	• Vortex (Years 3 & 4)	• Minimum of 1 x sprint relay race (4 x 50m)
• Standing triple jump	• Javelin (Years 5 & 6)	
• Speed bounce	• Chest push (Years 3 & 4)	
• Standing vertical jump	• Shot (Years 5 & 6)	
	• Underarm target throw	

* All timings are indicative