

Sports Day at School

Soon, it will be Sports Day at school.

Sports Day is a special day where children take part in different sporty activities together.



Before Sports Day, teachers will explain and practise the activities with us. This helps children know what to expect and feel prepared.

There may be running races, team games, throwing activities, jumping activities and other fun challenges.

Junior children will also take part in athletics events.



Some activities may feel easy. Some activities may feel tricky. Some children enjoy competition and some children just enjoy taking part. Everyone can try their best in their own way.

On Sports Day, there may be lots of people outside watching. Some parents and carers may come to watch. Not all parents are able to come, and that is okay. If my parent or carer cannot come, there will still be adults at school to support and encourage me.



Parents who come may watch children doing sporty things. They may clap, smile and cheer. This is because they are proud of the children for trying, joining in and showing resilience.

Sometimes children feel excited on Sports Day. Sometimes children feel nervous, worried or overwhelmed. All feelings are okay.

If I feel unsure, I can listen to my teacher, ask questions, take a break if needed, remember that I do not have to be perfect and focus on trying my best

Sports Day is about joining in, learning new skills, encouraging others, having fun and being part of a team.



I can feel proud of myself for taking part.