

Year 5 & 6

**SPORTS DAY
Parent Programme**

2026



“Let your light shine before others”

Matthew 5 v 16

Dear Parents/Carers

WELCOME TO SPORTS DAY 2026!

Parents and Carers are an important part of our school community so we are delighted you have been able to come and join us today.

Attached is a map and race schedule for your convenience. The map shows your track spectator area and the designated toilet.

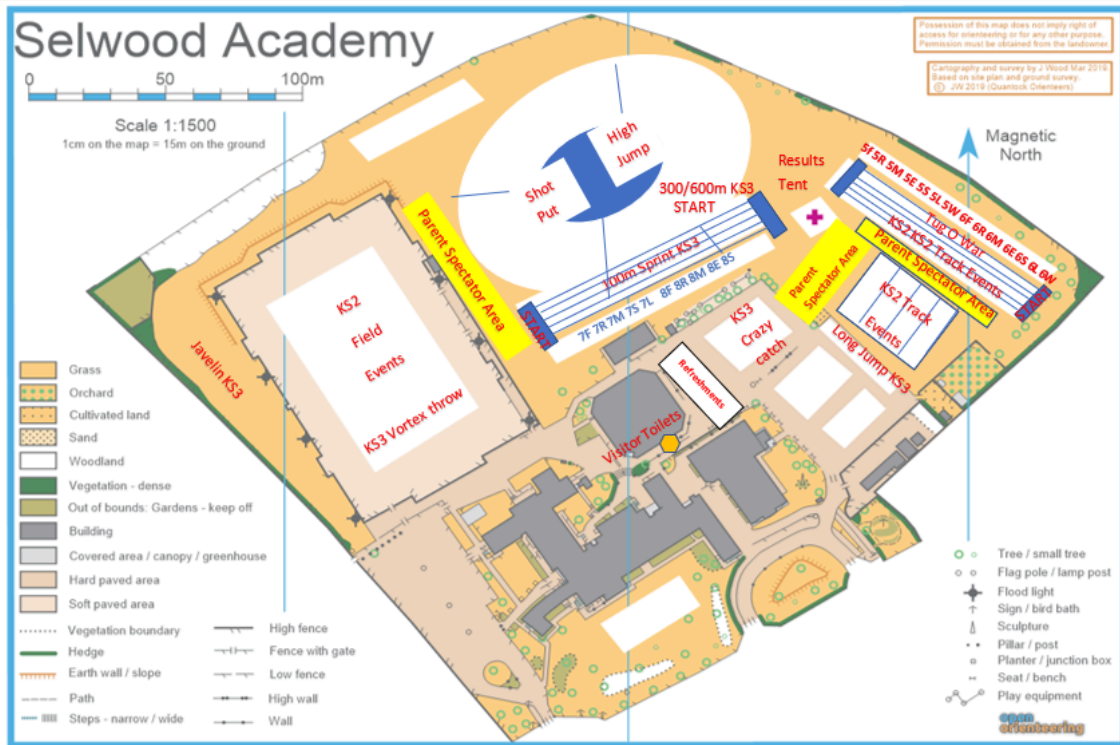
To ensure the safety of all members of our community, please follow the guidance below. Thank you in advance for your understanding and support with this.

- You are welcome to move around the school outdoor areas to view the activities, however, please do not enter the school buildings
- Please stay in the track spectator area whilst watching track events
- We ask that you only take pictures of your child and do not post pictures on social media that have other pupils in
- Please only use the toilet indicated on the map
- Refreshments can be purchased on the playground.

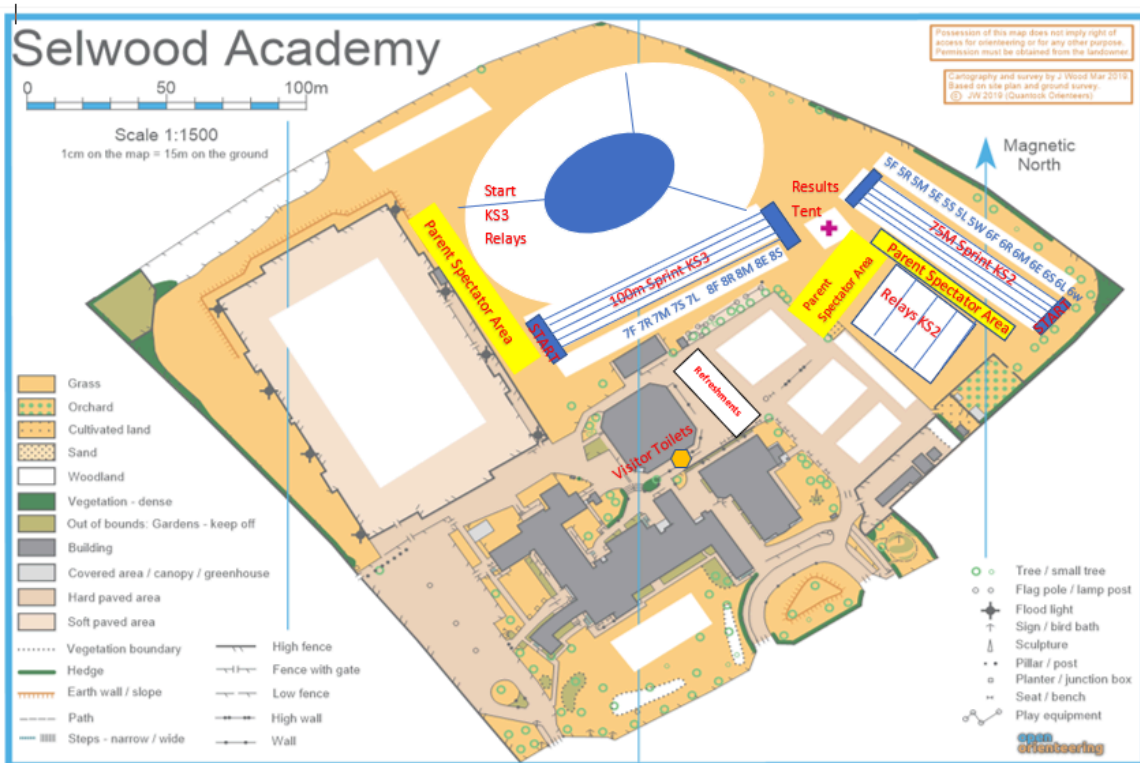
Best wishes

The PE department

Sports Day – Track & Field Map Morning 2026



Sports Day – Track & Field Map Afternoon 2026



TIMETABLE - YEAR 5 - SPORTS DAY

Time	Programme	Area
8:35-8:45	Tutor AM Registration	Tutor Rooms
8:45-9:00	KS2 Parents Arrive	Bus Loop
8:45-9:45	Field Events	3G (Boots required)
9:45-10:45	Track Events	KS2 Field
10:45-11:05	Break	Canteen open to pupils only.
11:05-11:55	Tug O War	KS2 Field
12:05-12:45	Lunch	Parents leave site
12:45-1:05	Tutor PM Registration	Tutor Rooms
12:50-1:05	KS2 Parents Arrive	Bus Loop
1:05-2:00	75m Races	KS2 Field
2:00-3:00	Relay Races	KS2 Field

TIMETABLE - YEAR 6 - SPORTS DAY

Time	Programme	Area
8:35-8:45	Tutor AM Registration	Tutor Rooms
8:45-9:00	KS2 Parents Arrive	Bus Loop
8:45-9:45	Track Events	3G (Boots required)
9:45-10:45	Field Events	KS2 Field
10:45-11:05	Break	Canteen open to pupils only.
11:05-11:55	Tug O War	KS2 Field
12:05-12:45	Lunch	Parents leave site
12:45-1:05	Tutor PM Registration	Tutor Rooms
12:50-1:05	KS2 Parents Arrive	Bus Loop
1:05-2:00	Relay Races	KS2 Field
2:00-3:00	75m Races	KS2 Field

Year 5
Sports Day
Field & Track Programme
8:45-10:45

Year 5 Field Events 8:45-9:45						
FIELD ORDER	Vortex Throw 8:45-8.55	Turbo Javelin 8.55-9.05	Obstacle Course 9.05-9:15	Rest & Water Break 9.15-9.25	Standing long jump 9.25-9.35	Shoot out 9.35-9.45
1	Red	Green	Blue	Orange	Yellow	Pink
2	Pink	Red	Green	Blue	Orange	Yellow
3	Yellow	Pink	Red	Green	Blue	Orange
4	Orange	Yellow	Pink	Red	Green	Blue
5	Blue	Orange	Yellow	Pink	Red	Green
6	Green	Blue	Orange	Yellow	Pink	Red
Year 5 Track Events 9:45-10:45						
TRACK ORDER	Egg & Spoon Race 9:45-9.55	Hoop & Hurdle Race 9.55-10.05	Bean Bag Balance Race 10.05-10.15	Skipping Race 10.15-10.25	Fancy Dress Race 10.25-10.35	Rest & Water Break 10.35-10.45
1	Red	Green	Blue	Orange	Yellow	Pink
2	Pink	Red	Green	Blue	Orange	Yellow
3	Yellow	Pink	Red	Green	Blue	Orange
4	Orange	Yellow	Pink	Red	Green	Blue
5	Blue	Orange	Yellow	Pink	Red	Green
6	Green	Blue	Orange	Yellow	Pink	Red

Year 6
Sports Day
Track & Field Programme
8:45-10:45

Year 6 Track Events 8:45-9:45						
TRACK ORDER	Egg & Spoon Race 8:45-8.55	Hoop & Hurdle Race 8.55-9.05	Bean Bag Balance Race 9.05-9.15	Skipping Race 9.15-9.25	Fancy Dress Race 9.25-9.35	Rest & Water Break 9.35-9.45
1	Red	Green	Blue	Orange	Yellow	Pink
2	Pink	Red	Green	Blue	Orange	Yellow
3	Yellow	Pink	Red	Green	Blue	Orange
4	Orange	Yellow	Pink	Red	Green	Blue
5	Blue	Orange	Yellow	Pink	Red	Green
6	Green	Blue	Orange	Yellow	Pink	Red
Year 6 Field Events 9:45-10:45						
FIELD ORDER	Vortex Throw 9:45-9.55	Turbo Javelin 9.55-10.05	Obstacle Course 10.05-10:15	Rest & Water Break 10.15-10.25	Standing long jump 10.25-10.35	Shoot out 10.35-10.45
1	Red	Green	Blue	Orange	Yellow	Pink
2	Pink	Red	Green	Blue	Orange	Yellow
3	Yellow	Pink	Red	Green	Blue	Orange
4	Orange	Yellow	Pink	Red	Green	Blue
5	Blue	Orange	Yellow	Pink	Red	Green
6	Green	Blue	Orange	Yellow	Pink	Red

Year 5 & 6

Tug O War- 11:05-11:55

Order of Play - Tug O War

Round	Rope 1	Rope 2	Rope 3	Bye
1	F vs R	M vs E	W vs L	S
2	F vs M	R vs S	E vs W	L
3	F vs E	M vs S	R vs L	W
4	F vs S	E vs L	M vs W	R
5	F vs L	S vs W	E vs R	M
6	F vs W	L vs M	S vs R	E
7	R vs W	M vs L	E vs S	F

**Year 5
75m Races
1:05-2:00pm**

Timings	Race
1:05pm	Year 5 Boys 75m sprint race 1
1:10pm	Year 5 Boys 75m sprint race 2
1:15pm	Year 5 Boys 75m sprint race 3
1:20pm	Year 5 Boys 75m sprint race 4
1:25pm	Year 5 Boys 75m sprint race 5
1:30pm	Year 5 Boys 75m sprint race 6
1:35pm	Year 5 Girls 75m sprint race 1
1:40pm	Year 5 Girls 75m sprint race 2
1:45pm	Year 5 Girls 75m sprint race 3
1:50pm	Year 5 Girls 75m sprint race 4
1:55pm	Year 5 Girls 75m sprint race 5
2:00pm	Year 5 Girls 75m sprint race 6
Reserve races if time	

**Year 5
Relay Races
2:00-3:00pm**

Timings	Race	Race
2:05pm	1	Year 5 Tigers 10 x 25m relay
2:10pm	1	Year 5 Lions 10 x 25m relay
2:15pm	1	Year 5 Panthers 10 x 25m relay
2:20pm	2	Year 5 Tigers 10 x 25m relay
2:25pm	2	Year 5 Lions 10 x 25m relay
2:30pm	2	Year 5 Panthers 10 x 25m relay
2:35pm	3	Year 5 Tigers 10 x 25m relay
2:40pm	3	Year 5 Lions 10 x 25m relay
2:45pm	3	Year 5 Panthers 10 x 25m relay

**3pm ALL TO GATHER AT MAIN TRACK FOR THE LAST
RELAY OF THE DAY:**

**Year 6
Relay Races
1:05-2:00pm**

Timings	Race	Race
1:10pm	1	Year 6 Tigers 10 x 25m relay
1:15pm	1	Year 6 Lions 10 x 25m relay
1:20pm	1	Year 6 Panthers 10 x 25m relay
1:25pm	2	Year 6 Tigers 10 x 25m relay
1:30pm	2	Year 6 Lions 10 x 25m relay
1:35pm	2	Year 6 Panthers 10 x 25m relay
1:40pm	3	Year 6 Tigers 10 x 25m relay
1:45pm	3	Year 6 Lions 10 x 25m relay
1:50pm	3	Year 6 Panthers 10 x 25m relay

**Year 6
75m Sprints
2:00-3:00pm**

Timings	Race
2:05pm	Year 6 Boys 75m sprint race 1
2:10pm	Year 6 Boys 75m sprint race 2
2:15pm	Year 6 Boys 75m sprint race 3
2:20pm	Year 6 Boys 75m sprint race 4
2:25pm	Year 6 Boys 75m sprint race 5
2:30pm	Year 6 Boys 75m sprint race 6
2:35pm	Year 6 Girls 75m sprint race 1
2:40pm	Year 6 Girls 75m sprint race 2
2:45pm	Year 6 Girls 75m sprint race 3
2:50pm	Year 6 Girls 75m sprint race 4
2:55pm	Year 6 Girls 75m sprint race 5
3:00pm	Year 6 Girls 75m sprint race 6
Reserve races if time	

**3pm ALL TO GATHER AT MAIN TRACK FOR THE LAST
RELAY OF THE DAY:**