

**Year 7&8**

**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.

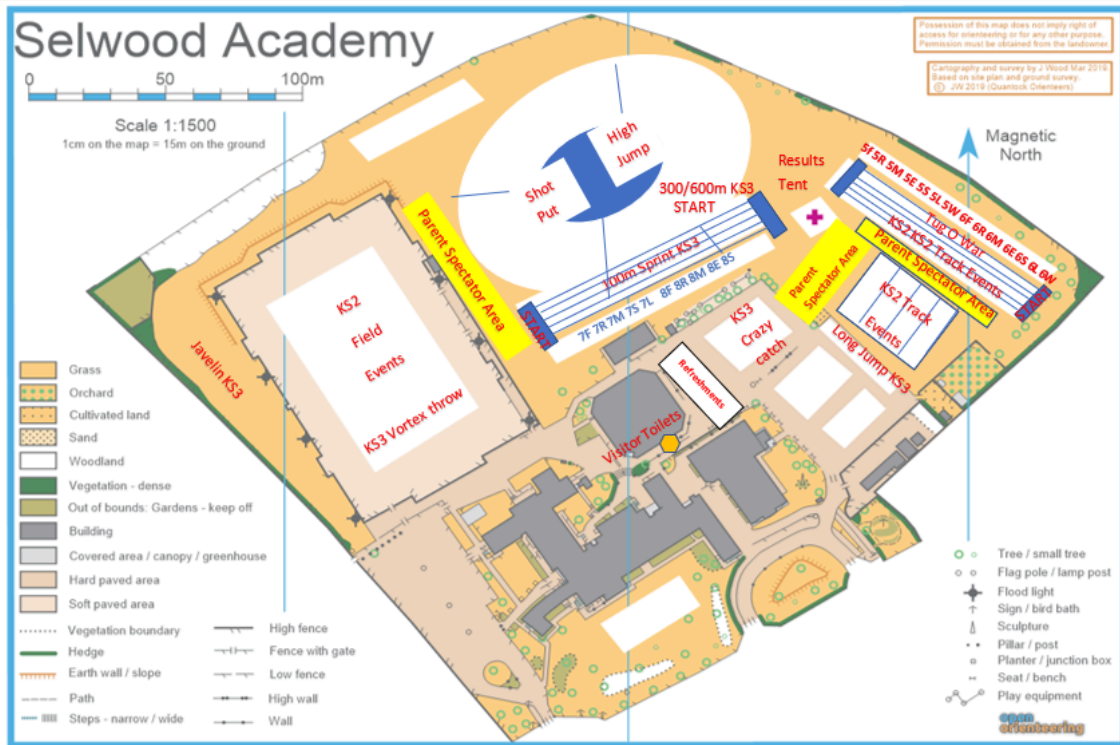
To ensure the safety of all members of our community, please follow the guidance below. Thank you in advance for your understanding and support with this.

- 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.

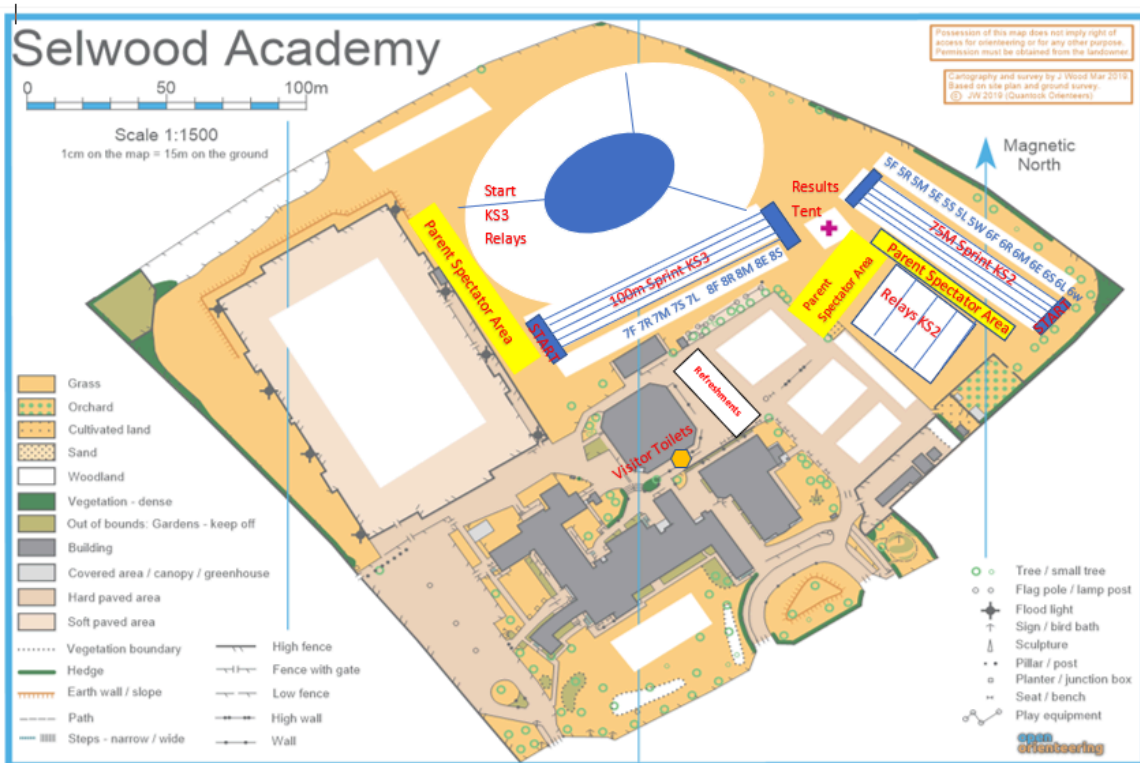
Best wishes

The PE department

# Sports Day – Track & Field Map Morning 2026



# Sports Day – Track & Field Map Afternoon 2026



## Timetable for sports day

### Year 7

Time	Programme	Area
8.35-8-45	Tutor registration	Tutor room
8:45-9:00	KS3 Parents arrive	Cheese show gate
8:45-9:45	Field Events	See Map
9:45-10:45	Track (300m/600m) and whole tutor E&S relay	Main track
10:45-11:00	Break	Tutor Rooms
11:05-11:55	Tug O War (all involved)	Main track
12:05-12:25	Lunch (parents leave site)	Tutor rooms/field/3G
12:25-12:45	Lunch	Canteen
12:45-1:05	Tutor Registration	Tutor rooms
12:50-1:05	KS3 parents arrive	Cheese show gate
1:05-2pm	100m heats and finals	Main track
2:00-3pm	Relays	Main track
3pm	Staff Relay	Main track
3:10pm	End of day	Back to tutor rooms

## Year 8

<b>Time</b>	<b>Programme</b>	<b>Area</b>
8.35-8-45	Tutor registration	Tutor room
8:45-9:00	KS3 Parents arrive	Cheese show gate
8:45-9:45	Track (300m/600m) and whole tutor E&S relay	Main track
9:45-10:45	Field Events	See Map
10:45-11:00	Break	Tutor Rooms
11:05-11:55	Tug O War (all involved)	Main track
12:05-12:25	Lunch (parents leave site)	Tutor rooms/field/3G
12:25-12:45	Lunch	Canteen
12:45-1:05	Tutor Registration	Tutor rooms
12:50-1:05	KS3 parents arrive	Cheese show gate
1:05-2pm	100m heats and finals	Main track
2:00-3pm	Relays	Main track
3pm	Staff Relay	Main track
3:10pm	End of day	Back to tutor rooms

## **Year 7 Field schedule**

**All pupils to make their way to their field events at 8:45am**

**When not competing, you watch the other field events taking place.**

**Every pupil should have at least 1 event maximum of 3.**

<b>Time</b>	<b>Event</b>	<b>Area</b>
8:45am	Boys Vortex Throw	3G (need boots)
8:45am	Boys Shot put	Middle of track
8:45am	Boys Javelin	Beside the 3G (far side)
8:45am	Boys Long Jump	Long jump pit
8:45am	Boys Crazy Catch	Play ground
8:45am	Boys High Jump	Middle of track
9:15am	Girls Vortex Throw	3G (need boots)
9:15am	Girls Shot put	Middle of track
9:15am	Girls Javelin	Beside the 3G (far side)
9:15am	Girls Long Jump	Long jump pit
9:15am	Girls Crazy Catch	Play ground
9:15am	Girls High Jump	Middle of track

## **Year 7 Track and Tutor egg and spoon relay schedule**

**9:45am-10:45am**

**All pupils make their way to their specific track events before their race times.**

**When not competing on the track pupils watch their tutees in 300/600m and then participate in the egg and spoon challenge.**

### **600m Races (2 Laps)**

Time	Event	Distance	Race number
9:50am	Girls	600m	1
9:55am	Boys	600m	1
10:00am	Girls	600m	2
10:05am	Boys	600m	2

### **300m Races (1 Lap)**

Time	Event	Distance	Race number
10:10am	Girls	300m	1
10:15am	Boys	300m	1
10:20am	Girls	300m	2
10:25am	Boys	300m	2

### **Whole tutor egg and spoon relay (1 lap)**

Each tutor group will be allocated a lane. All pupils will be spread out the track in their lane. The egg and spoon need to be passed from pupil to pupil making it's way around the track. Points go to the first team to complete one lap and also the team who drops the egg the least number of times.

## **Year 8 Track and tutor egg and spoon relay schedule**

**8:45am-9:45am**

**All pupils make their way to their specific track events before their race times.**

**When not competing on the track pupils watch their tutees in 300/600m and then participate in the egg and spoon challenge.**

### **600m Races (2 Laps)**

Time	Event	Distance	Race number
8:50am	Girls	600m	1
8:55am	Boys	600m	1
9am	Girls	600m	2
9:05am	Boys	600m	2

### **300m Races (1 Lap)**

Time	Event	Distance	Race number
9:10am	Girls	300m	1
9:15am	Boys	300m	1
9:20am	Girls	300m	2
9:25am	Boys	300m	2

### **Whole tutor egg and spoon relay (1 lap)**

Each tutor group will be allocated a lane. All pupils will be spread out the track in their lane. The egg and spoon need to be passed from pupil to pupil making it's way around the track. Points go to the first team to complete one lap and also the team who drops the egg the least number of times.

## Year 8 Field schedule

**All pupils to make their way to their field events at 9:45am**

**When not competing, you watch the other field event taking place.**

**Every pupil should have at least 1 event maximum of 3.**

<b>Time</b>	<b>Event</b>	<b>Area</b>
9:45am	Boys Vortex Throw	3G (need boots)
9:45am	Boys Shot put	Middle of track
9:45am	Boys Javelin	Beside the 3G (far side)
9:45am	Boys Long Jump	Long jump pit
9:45am	Boys Crazy Catch	Play ground
9:45am	Boys High Jump	Middle of track
10:15am	Girls Vortex Throw	3G (need boots)
10:15am	Girls Shot put	Middle of track
10:15am	Girls Javelin	Beside the 3G (far side)
10:15am	Girls Long Jump	Long jump pit
10:15am	Girls Crazy Catch	Play ground
10:15am	Girls High Jump	Middle of track

## Year 7 Tug "O" War

11:05am – 11:55am

**All students go back to their tutor 'pens' on the track.**

**Heads of Year to lead and tutors to organise teams.**

**Rules of Tug O War: Team 1 (First pull, team 2 second pull team 3 3rd pull).**

- Pull the opposition team 3m from a central point
- Each 'match' is best of 3 pulls.
- There are a maximum of 8 (year 7) pullers.
- There must be an equal number of pupils on each team.
- There must be the same number of boys and girls in each team.
- No knots or loops can be tied in the rope.
- The rope cannot be tied, looped or wrapped around any part of the body.
- Teams must not suddenly let go of the rope- this can cause serious injury.
- Teams are not allowed to sit on the floor.

### **Order of play**

<b>Time</b>	<b>Round</b>			
<b>11:05</b>	<b>1</b>	<b>7F</b>	<b>v</b>	<b>7E</b>
<b>11:10</b>	<b>1</b>	<b>7R</b>	<b>v</b>	<b>7M</b>
<b>11:15</b>	<b>2</b>	<b>7M</b>	<b>v</b>	<b>7F</b>
<b>11:20</b>	<b>2</b>	<b>7E</b>	<b>v</b>	<b>7S</b>
<b>11:25</b>	<b>3</b>	<b>7S</b>	<b>v</b>	<b>7M</b>
<b>11:30</b>	<b>3</b>	<b>7F</b>	<b>v</b>	<b>7R</b>
<b>11:35</b>	<b>4</b>	<b>7R</b>	<b>v</b>	<b>7S</b>
<b>11:40</b>	<b>4</b>	<b>7M</b>	<b>v</b>	<b>7E</b>
<b>11:45</b>	<b>5</b>	<b>7E</b>	<b>v</b>	<b>7R</b>
<b>11:50</b>	<b>5</b>	<b>7S</b>	<b>v</b>	<b>7F</b>

## Year 8 Tug "O" War

11:05am – 11:55am

**All students go back to their tutor 'pens' on the track.**

**Heads of Year to lead and tutors to organise teams.**

**Rules of Tug O War: Team 1 (First pull, team 2 second pull team 3 3rd pull).**

- Pull the opposition team 3m from a central point
- Each 'match' is best of 3 pulls.
- There are a maximum of 8 (year 7) pullers.
- There must be an equal number of pupils on each team.
- There must be the same number of boys and girls in each team.
- No knots or loops can be tied in the rope.
- The rope cannot be tied, looped or wrapped around any part of the body.
- Teams must not suddenly let go of the rope- this can cause serious injury.
- Teams are not allowed to sit on the floor.

### **Order of play**

<b>Time</b>	<b>Round</b>			
<b>11:05</b>	<b>1</b>	<b>8F</b>	<b>v</b>	<b>8E</b>
<b>11:10</b>	<b>1</b>	<b>8R</b>	<b>v</b>	<b>8M</b>
<b>11:15</b>	<b>2</b>	<b>8M</b>	<b>v</b>	<b>8F</b>
<b>11:20</b>	<b>2</b>	<b>8E</b>	<b>v</b>	<b>8S</b>
<b>11:25</b>	<b>3</b>	<b>8S</b>	<b>v</b>	<b>8M</b>
<b>11:30</b>	<b>3</b>	<b>8F</b>	<b>v</b>	<b>8R</b>
<b>11:35</b>	<b>4</b>	<b>8R</b>	<b>v</b>	<b>8S</b>
<b>11:40</b>	<b>4</b>	<b>8M</b>	<b>v</b>	<b>8E</b>
<b>11:45</b>	<b>5</b>	<b>8E</b>	<b>v</b>	<b>8R</b>
<b>11:50</b>	<b>5</b>	<b>8S</b>	<b>v</b>	<b>8F</b>

## Afternoon Track Schedule

### 1:05pm Start

<u>1:05-2pm</u>	<u>2-3pm</u>
<b>100m Races</b> 1:10pm Year 7 Girls 100m race 1 1:13pm Year 7 Girls 100m race 2 1:16pm Year 7 Girls 100m race 3 1:19pm Year 7 Girls 100m race 4 1:22pm Year 7 Boys 100m race 1 1:25pm Year 7 Boys 100m race 2 1:28pm Year 7 Boys 100m race 3 1:31pm Year 7 Boys 100m race 4 1:34pm Year 8 Girls 100m race 1 1:37pm Year 8 Girls 100m race 2 1:40pm Year 8 Girls 100m race 3 1:43pm Year 8 Girls 100m race 4 1:46pm Year 8 Boys 100m race 1 1:49pm Year 8 Boys 100m race 2 1:52pm Year 8 Boys 100m race 3 1:55pm Year 8 Boys 100m race 4	<b>Relay Races</b> 2:00pm Year 7 Girls Relay 1 2:05pm Year 7 Boys Relay 1 2:10pm Year 7 Girls Relay 2 2:15pm Year 7 Boys Relay 2  2:20pm Year 8 Girls Relay 1 2:25pm Year 8 Boys Relay 1 2:30pm Year 8 Girls Relay 2 2:35pm Year 8 Boys Relay 2  2:40pm Year 7 Mixed Relay 2:45pm Year 8 Mixed Relay  3pm: Year group staff/best year 8 mixed team race

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