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.

visit twinkl.com

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.

visit twinkl.com

Questions

1. **Tick two:** What is Sports Day also sometimes known as?
   - ☐ Field Day
   - ☐ Christmas Day
   - ☐ Athletics Day
   - ☐ Bank Holiday
2. Why might a school need a standby Sports Day date?

3. **Tick three:** Things you might win or earn on Sports Day are...
   - ☐ a pen
   - ☐ a trophy
   - ☐ a rosette
   - ☐ a test
   - ☐ a medal
4. Find and copy one word which means 'earn'.

5. Complete the sentence.
   Some schools also have an adults' race for parents and adult family members, and a toddler race for

visit twinkl.com

Questions

6. Which activity is (or would be) your favourite on Sports Day and why?

visit twinkl.com