

SPORTS &amp; GAMES · GRADES 1–5

# Sports Day — Event Plans

Six classic events, ready to run

## Six events

<p><b>1 — 50m sprint</b></p> <p>Set up a 50m straight course. Mark start and finish lines. Heats of 4-6 children. Time each run with a stopwatch. Top 6 times across the year group go to a final.</p>	<p><b>2 — Long jump</b></p> <p>Sand pit OR mat with chalk lines every 10cm. Standing or running start — pick one. Best of 3 attempts each. Measure from the takeoff line to the back of the heel that lands closest to the line.</p>
<p><b>3 — Egg-and-spoon race</b></p> <p>Plastic egg/ball on a plastic spoon. 25m course. Drop it = go back to start. NOT a serious race — it's the chaos that makes it fun. Time-based or first-past-the-post.</p>	<p><b>4 — Sack race</b></p> <p>Stand inside a hessian sack, hold the top, hop or jump along a 25m course. Adult line judges to make sure no one falls awkwardly. Pillowcases are an okay substitute.</p>
<p><b>5 — Three-legged race</b></p> <p>Pairs tie inside legs together with a soft fabric tie. Practice walking together first. 30m course.</p>	<p><b>6 — Relay (4x50m)</b></p> <p>Teams of 4. Each runs 50m, passes a baton (a stick or rolled-up newspaper) to the next runner. Big finale event of the day.</p>

## Setting up sports day — checklist

- Risk assessment completed (school's standard form)
- Volunteer staff briefed on safety + scoring
- Water station available
- Rain plan / contingency
- Equipment checked the day before — count cones, batons, etc.
- First aid kit on the field
- Sun cream / shade if outdoor
- Parent invitations + timing posted in advance



■ Music speaker tested

■ Prizes / certificates printed

