



Inspire, Believe, Achieve

Respect, Resilience and Responsibility

Our Sports Days aim to provide an opportunity for all of our pupils to experience a fun way to showcase the skills they are learning in PE lessons, as well as to get a taste of the competitive element of sports. This may be through aiming to improve ones own 'personal best' or through excelling amongst their peers.

As well as physical development, sport offers a way for pupils to develop their personal and social skills, such as being resilient in the face of disappointment and showing respect to their teammates and competitors throughout the event. Often, pupils can take on some responsibility for leading and organising activities too— especially older pupils.

Please support us in this endeavour by encouraging good sporting behaviour, praising effort and resilience as much as celebrating success.

Buildwas

Wenlock

Haughmond

Shrewsbury



Sports Day in Reception

Aims

- ◇ We aim for pupils to be physically active; children will participate in a range of activities, rather than just doing one or two events.
- ◇ By playing simple games, pupils develop their core strength, stability, balance, spatial awareness, agility and co-ordination.
- ◇ We aim for pupils to develop a positive attitude to exercise, focussing on fun and personal success.

Activities

- Penalty shoot-out
- Football dribbling
- Foam javelin
- Bean bag aiming game
- Tennis racket skills
- Cricket skills: Volcanoes and Craters
- Climbing Equipment
- Egg and spoon race





Sports Day in KS1

Aims

- ◇ We aim for pupils to develop fundamental movement skills, become increasingly competent and confident to extend their agility, balance and coordination.
- ◇ They engage in competitive activities (both against self and against others) in a range of increasingly challenging situations.

Activities

- Penalty shoot-out and football dribbling
- Foam javelin
- Bean bag target
- Hockey slalom
- Balance beam
- Netball shooting
- Standing long jump
- Egg and spoon race
- Speed bounce
- Hurdle jumps



Sports Day in KS2

Aims

- ◇ We aim for pupils to apply and develop a broader range of skills, learning how to use them in different ways. They should enjoy communicating, collaborating and competing with each other.
- ◇ Children develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success, as well as representing their house team.

Activities

- Sprint races
- Middle-distance races
- Turbo javelin
- Bean bag race
- Boccia
- Hoopla
- Long Jump
- Relays
- Egg and spoon race

