

# SEN4help Sports Day

**Date:** Weekday

**Time:** Morning



## School Sports Day

Welcome to the SEN4help School Sports Day. Today will be for ..... school (Classes Red, Orange, Yellow, Green, Blue, Indigo and Violet). All events will take place on the .....

Class Red	Class Orange	Class Yellow	Class Green	Class Blue	Class Indigo	Class Violet
-----------	--------------	--------------	-------------	------------	--------------	--------------

### Schedule: (if in morning)

**10.00: Sprint Races**

**10.30: Field Events**

**11.15: Medal Ceremony (for outstanding performers)**

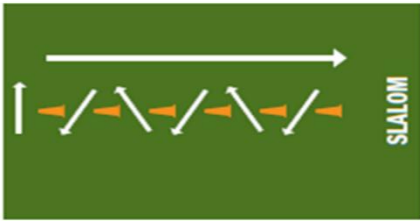






**11.30: Back to School**

### Sprint Races: 10.00am

Race Order		Pupils competing
1.	Class Red & Orange 80 Metres Race (wheelchair race):	Name of pupils
2.	Class Red & Orange 80 Metres Race (less able):	Name of pupils
3.	Class Red & Orange 80 Metres Race (more able):	Name of pupils
4.	Class Yellow & Green 80 Metres Race (wheelchair race):	Name of pupils
5.	Class Yellow & Green 80 Metres Race (less able):	Name of pupils
6.	Class Yellow & Green 80 Metres Race (more able):	Name of pupils
7.	Class Blue & Indigo 80 Metres Race (wheelchair race):	Name of pupils
8.	Class Blue & Indigo 80 Metres Race (less able):	Name of pupils
9.	Class Blue & Indigo 80 Metres Race (more able):	Name of pupils
10.	Class Violet Race (wheelchair race):	Name of pupils
11.	Class Violet Race:	Name of pupils
10.	Parents Race 80 Metres:	Open to all parents
11.	Staff Race 80 Metres:	Open to all staff
12.	Big Upper School Run 160 Metres	Open to all pupils

### Field Events: 10.30am

Each class will rotate between every field event. Follow the schedule on the reverse of this page to see which activity to start with and where to rotate to. Classes will have 5 minutes per station and a buzzer will indicate when to change. All events start at 10.30am (schedule on reverse side):

Event:		Running Order		
<b>1. Slalom Run (Timed):</b> Easy (Yellow), Medium (Blue), Hard (Green) Pupils have to run/move in an out of the cones as fast as possible		1.	Class Red	Class Red start here at 10.30am
		2.	Class Orange	
		3.	Class Yellow	
		4.	Class Green	
		5.	Class Blue	
		6.	Class Indigo	
		7.	Class Violet	
<b>2. Tug of War:</b> Class is split into two teams. The team that pulls the other over the mid-point wins. Parents encouraged to help!		1.	Class Orange	Class Orange start here at 10.30am
		2.	Class Yellow	
		3.	Class Green	
		4.	Class Blue	
		5.	Class Indigo	
		6.	Class Violet	
		7.	Class Red	
<b>3. Bowling:</b> After selecting their preferred ball pupils have to knock over as many skittles as possible. Two throws per pupil.		1.	Class Yellow	Class Yellow start here at 10.30am
		2.	Class Green	
		3.	Class Blue	
		4.	Class Indigo	
		5.	Class Violet	
		6.	Class Red	
		7.	Class Orange	
<b>4. Jumping:</b> Pupils have to do as many jumps (either side to side or front to back) in 30 seconds. Most jumps wins. <b>Wheelchair users:</b> Arm Waves		1.	Class Green	Class Green start here at 10.30am
		2.	Class Blue	
		3.	Class Indigo	
		4.	Class Violet	
		5.	Class Red	
		6.	Class Orange	
		7.	Class Yellow	
<b>5. Egg and Spoon Race:</b> Pupils balance a Tennis Ball on a Tennis Racket and have to get from one end to the other without their 'egg' falling off.		1.	Class Blue	Class Blue start here at 10.30am
		2.	Class Indigo	
		3.	Class Violet	
		4.	Class Red	
		5.	Class Orange	
		6.	Class Yellow	
		7.	Class Green	
<b>6. Assault Course:</b> Pupils are split into team and have to demonstrate their ability to move at speed by going over/under/around different objects to win.		1.	Class Indigo	Class Indigo start here at 10.30am
		2.	Class Violet	
		3.	Class Red	
		4.	Class Orange	
		5.	Class Yellow	
		6.	Class Green	
		7.	Class Blue	
<b>7. Ball Throwing:</b> Pupils have to throw from a choice of three different balls as far as they can. Whoever can throw the furthest wins. 3 throws each.		1.	Class Violet	Class Violet start here at 10.30am
		2.	Class Red	
		3.	Class Orange	
		4.	Class Yellow	
		5.	Class Green	
		6.	Class Blue	
		7.	Class Indigo	
<b>Medal Ceremony: 11.15am</b>				
This will take place on the finish line of the sprint races. Pupils who have shown an outstanding effort during the morning will be rewarded for their endeavours.				