



*'Our Best at all Times'*

Headteacher: Mrs Mitzi Nichol

16 April 2026

Dear Parents and Carers

I am writing to give you information about Sports Day which will be on the days as stated below.

Monday, 18 May 2026 – Y3/Y4

Tuesday, 19 May 2026 – Y5/Y6

Sports Day is a fabulous chance to bring all the Community together. As the date nears, I wanted to provide some key information and an initial outline of the day. Firstly, while we never know what the weather will be like, historically it has always been very hot. The event takes place at King's Ground, where there is virtually no shade. As such, please, please, please ensure your child comes to school covered in sunscreen, with a hat and a full water bottle and obviously in their PE kit. As mentioned before, if your child would like to wear their house colour t-shirt they can. I would also advise that if you are coming to watch, which we very much hope you will, you also apply lots of sunscreen and bring water if hot!

This year, we will ask you to drop the children to school as normal. We will register the children, as normal, and then walk them down and get them ready. The attached timetable gives you a good idea of the itinerary for the day. Please bear in mind, these are estimated times and things will either go quicker than we expect or slower. The itinerary attached is very much for general guidance and things will change. You will be able to walk around the different stations to watch your child but we ask that you stand on the outside of the activity. Please note, if you need to use the toilet, you will need to leave the grounds and make your way back to school.

On each day, once the children's races are completed, there will be a parent race, a teacher's egg and spoon race and we will then host the closing ceremony. The event is planned to finish by lunchtime.

It is fantastic to be in a position to host a Sports Day and be able to invite parents/carers and family member. I very much hope you are looking forward to the event, as much as we are!

Yours sincerely

Miss A Curtis  
PE Lead





## Stillness Junior School – Sports Day Itinerary

### Monday – Y3 & Y4

**9am:** Parents can start to arrive at Kings

**09.05am:** Children Walk to Kings

**9.15-9.30am:** Classes down and rules explained

**9.30-11.00am:** 6 carousel activities (15 min)

**6 carousel activities:**

- ✓ 50m Sprint
- ✓ Standing Long Jump
- ✓ Javelin
- ✓ Bean Bag in Hoop
- ✓ Egg & Spoon
- ✓ Tug of War

**11.00 -11.30am:** 50m winners sprint girls' race and boys' race, parent race & teacher egg and spoon race

**11.30-11.45:** Break

**11.45-12.15:** Closing Ceremony. Teachers will give out awards for 50m Sprint Finale, Winning House announced & Achievement Awards

**12.20pm:** Everyone leaves King's Ground

### Tuesday – Y5 & Y6

**9am:** Parents can start to arrive at Kings

**09.05am:** Children Walk to Kings

**9.15-9.30am:** Classes down and rules explained

**9.30-11.00am:** 6 carousel activities (15 min)

**6 carousel activities:**

- ✓ 80m Sprint
- ✓ Standing Long Jump
- ✓ Discus
- ✓ Hurdles
- ✓ 3-Legged-Race
- ✓ Tug of War

**11.00 -11.30am:** 80m winners sprint girls' race and boys' race, parent race & teacher egg and spoon race

**11.30-11.45am:** Break

**11.45-12.15am:** Closing Ceremony. Teachers will give out awards for 80m Sprint Finale, Winning House announced & Achievement Awards

**12.20pm:** Everyone leaves King's Ground