

# Planning the Perfect Sports Day





## Hello Awesome Sports Day Planners!

We're super thrilled to present you with a day brimming with pure kinetic joy - the imoves All- Inclusive Sports Day Spectacular! This plan is your ticket to a day that's chock-a-block with fitness, fun and some fantastic memories. We know just how important it is to celebrate both traditional and innovative activities on this special day. That's why we've divided your Sports Day into two delightfully different halves - each equally important in promoting active, healthy lifestyles and fostering team spirit amongst the children.

**In the morning**, we've got a range of traditional races ready to roll. It's all about the adrenaline rush here as children participate in the heart-thumping Flat Sprint, the ever- popular Egg & Spoon Race, the bouncy Sack Race, the team-focussed Relay Race, and other awesome events! These races are all about speed, coordination and the joy of healthy competition. But don't worry, we've also included inclusive field events running concurrently, ensuring that every child gets to participate and shine.

**As the afternoon sun (hopefully) smiles down**, we transition into a carousel of innovative, rotational activities. Here, it's not just about winning, but the journey of discovery and participation. With a diverse range of up to 20 different events to explore - each one lasting no longer than 10 minutes - children will get a taste of sports and games they may not usually experience. Activities range from dancing along with imoves Active Blasts challenges to a whole host of inclusive and accessible events (Boccia anyone?). It's all about embracing the School Games Values and celebrating effort as much as achievement. This modern twist to the Sports Day assures that there's something for everyone to enjoy and excel at.

With this plan, we're combining the charm of tradition with the freshness of innovation. We believe that this balance is key to a successful, modern Sports Day - one that caters to the diverse interests and abilities of our children, creating an inclusive and exciting atmosphere for all!

Get ready to cheer, challenge and champion the joys of being active!

Your friends at imoves.



## Why this approach?

In today's varied classrooms, it's essential that our Sports Day not only respects tradition but also kindles a love for health, fun and total participation. Traditional contests offer that historical link, bolstering our school spirit while focusing on physical skills. They tie together generations and allow students to feel the buzz of friendly competition in a sporty environment.

**But let's be realistic**, not all our students might end up standing on the winners' podium in these traditional games. That's where our exciting, new-fangled activities step in. They're not just about being the best; they're about taking part and discovering the joy of physical activity. They add a dash of variety to the mix, making sure every student, regardless of their athletic ability, can find an area where they can excel. These activities allow students to explore, to push their boundaries and help foster a culture of inclusive physical education.

Our goal here isn't to churn out a bunch of future Olympic stars. Instead, **we're aiming for a much bigger prize**. We want to spark a love of being active that stays with our students long after they've left the school gates. We're not just here to host a day of races and games; we're here to create a lifelong legacy of enjoying physical activity.

**By offering both traditional and fresh sports activities, we get maximum engagement.** Every student can find something that piques their interest and caters to their abilities. It creates an atmosphere where everyone feels they have a role and a chance to shine. This balance helps to shape a modern Sports Day that not only boosts physical health but also nurtures teamwork, personal growth and above all, a love for staying active.

So, in orchestrating Sports Day with this dual approach, we're giving a big cheer for tradition, a nod to innovation and most importantly, a roaring applause for our students and their journey towards a healthier, more active life!

**Our comprehensive plan starts** with a well-structured To-Do List to guide you through the organisation process, followed by a detailed breakdown of both the morning and afternoon events, including timings, team placements and activity details.

We've also incorporated sections discussing vital considerations such as inclusivity, space utilisation, staffing and even financial viability. To make things easier, we've added helpful tables for team groupings and staff placements for each activity.

Also, there are scorecards for both the morning and afternoon sessions that you can magpie. And we haven't forgotten the essential equipment list, ensuring you have everything you need for a successful, action-packed Sports Day.

This plan is your roadmap to a day full of fun, fitness and unforgettable moments!

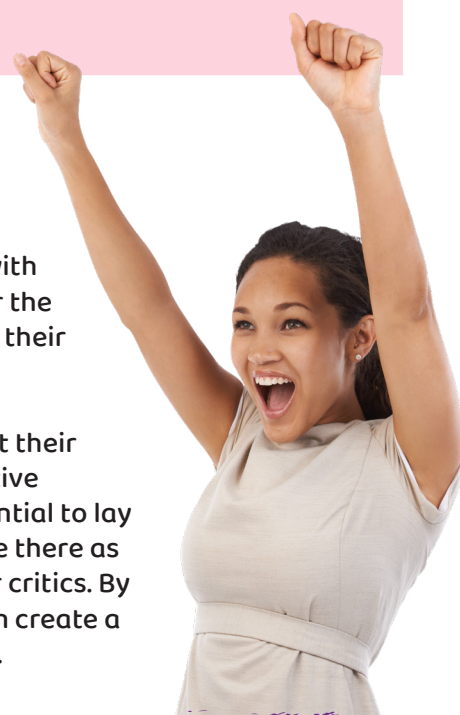


Completed	Task
	Evaluate the available indoor and outdoor space to create the sports day.
	Identify the number of children participating.
	Split the children into teams.
	Plan the events for the morning and afternoon sessions.
	Determine the number of staff members/volunteers needed to run the event smoothly.
	Plan for food and drink stalls, and other potential shops.
	Develop a budget plan for the day, considering costs and potential profits.
	Organise equipment required for each event.
	Plan the rotation schedule for the afternoon session.
	Organise medals, prizes or certificates for participation and winners.
	Create and distribute parent consent forms and invitations.
	Communicate the plan with all staff involved.
	Set up the venue prior to / on the day of the event.

## Parents: The Good, the Bad, the Sporty

Having parents involved can truly elevate the atmosphere, filling the day with additional cheer and support. We recommend inviting them particularly for the afternoon sessions, where their participation could unlock extra points for their children.

However, it's vital to get the balance right with parental involvement. Whilst their presence can augment the day's spirit, we need to ensure it remains a positive influence. To prevent any inadvertent overstepping of boundaries, it's essential to lay down specific ground rules. These rules should underscore that parents are there as encouraging spectators or supportive participants, not sideline referees or critics. By fostering an environment that champions all forms of participation, we can create a Sports Day that's truly memorable, inclusive and balanced in every respect.







It's important to remember that the groupings in this example are set up to work on a running track with 8 lanes (to mirror traditional events). If you're limited by space and can only accommodate fewer lanes, then your groups might look like this:

Group 1 / Lane 1	Group 2	Group 3	Group 4	Group 5	Group 6 / Lane 6
RED	BLUE	GREEN	PURPLE	RED	BLUE
Amy	Bradley	Anush	Chloe	Terrance	Kieran
Group 7 / Lane 7	Group 8	Group 9	Group 10	Group 11	Group 12 / Lane 6
GREEN	PURPLE	RED	BLUE	GREEN	PURPLE
Mo	Daria	Daniel	Luke	Farah	Charlie

Here's how we recommend you set up your morning races list, continuing for however many groups you have:

	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	
	RED	BLUE	GREEN	PURPLE	RED	BLUE	GREEN	PURPLE	
Flat Race 1, Egg & Spoon 1, Sack Race 1	Amy	Bradley	Anush	Chloe	Terrance	Kieran	Mo	Daria	Y1
	1st , 2nd	2nd	3rd , 3rd			2nd , 1st	3rd	1st	
Flat Race 2 Egg & Spoon 2, Sack Race 2									Y1
Flat Race 3, Egg & Spoon 3, Sack Race 3									Y2
Flat Race 4 Egg & Spoon 4, Sack Rack 4									Y2
Flat Race 5 Egg & Spoon 5, Sack Race 5									Y3
Flat Race 6 Egg & Spoon 6, Sack Race 6									Y3
Flat Race 7, Egg & Spoon 7, Sack Race 7									etc

For the relay races, you want to get the whole team back together, then spread them out around different starting positions along your track. If your track isn't very large, you can split the relay into a KS1 race and a KS2 race, or pair a KS1 child with a KS2 child and have them run together.

Remember to run all the same genre of races first before moving on to the next type. I.e., Run all of the flat races with each team before returning to the top and then running the Egg & Spoon races.

**In conclusion**, the Morning Session plan offers an exciting array of races and challenges that will ignite the spirit of healthy competition and teamwork among the participants.

With well-structured timing and careful coordination, the morning will be filled with exhilarating moments as the children sprint, balance, throw and race their way to victory. The Morning Session sets the energetic tone for the day, laying the foundation for an unforgettable Sports Day experience.

## Afternoon Session Plan:

The afternoon session will run rotational activities, each lasting up to 10 minutes with a 2-minute transition period between stations. Each team will begin at a different station and move through in a clockwise direction (moving in a logical sequence throughout the school grounds).

The rotation ensures all groups get a chance to participate in each event, but you will have to adjust the times/stations in use to match your school size. The teams are the same as the morning, so the members of Group 1 will rotate around the stations with each other.

To manage this, assign a team to each station to start. When time is up, blow a whistle or use a loudspeaker announcement to signify it's time to rotate. All teams then move to the next station in their rotation. Adjust the amount of stations / time at each station to suit your need.

Please see the example table for event stations. We'll need to ensure that there are enough staff or volunteers at each station.

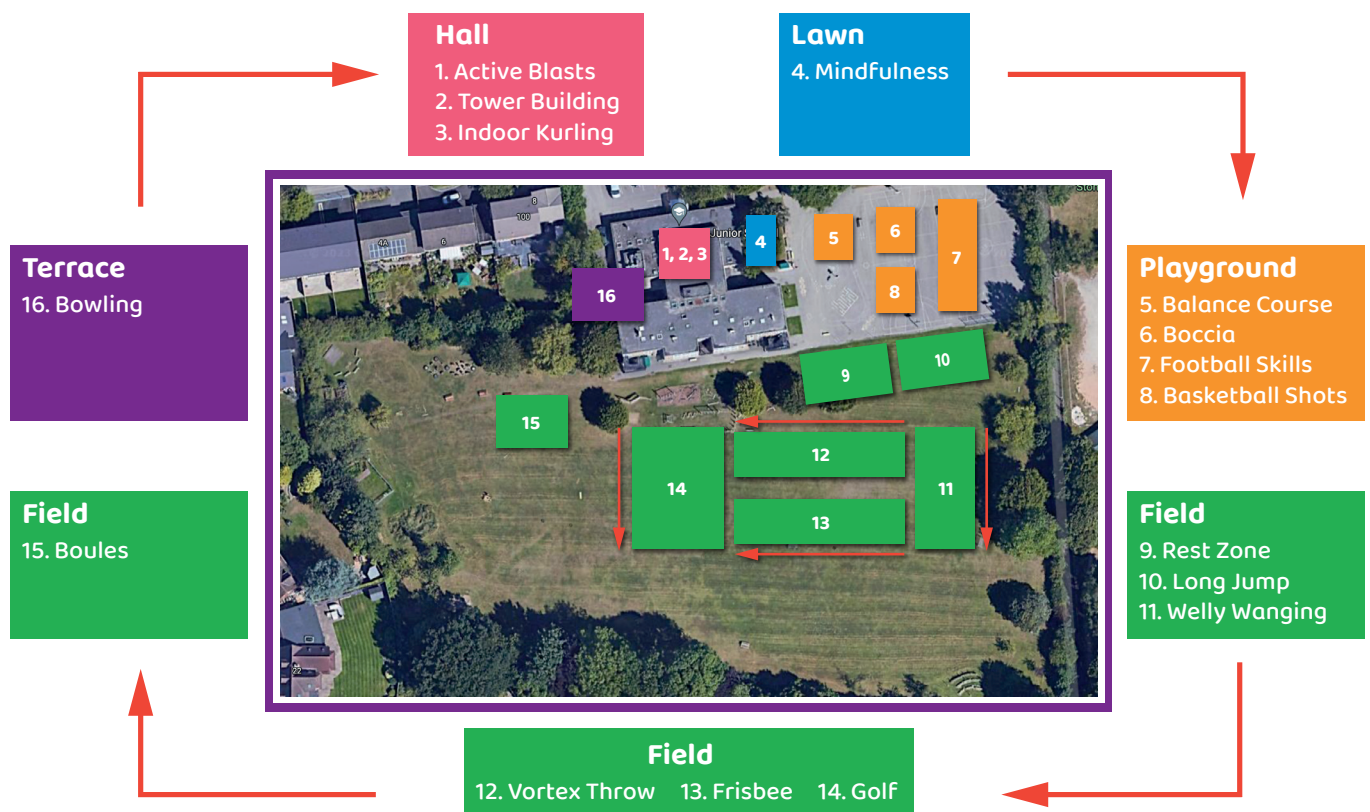
Station No.	Activity	Location	Staff Members
1	Skipping Rope	Playground	Mr Smith
2	Bean Bag Toss	Hall	Mrs Jones
3	Hula Hoop		
4	imoves Active Blasts		
5	Boccia		
6	Indoor Kurling		
7	Balloon Pop		
8	Frisbee Golf		
9	Obstacle Course		
10	REST STATION		
11	Cricket		
12	Archery		
13	Long Jump		
14	High Jump		
15	Shot Put		
16	Discus Throw		
17	Football Dribble		
18	Javelin Throw		
19	Penalty Shootout		
20	Netball Shots		

## Map it Out

To create a map showcasing the locations of all the events, we can use a screengrab of the school's ground from Google Maps as a base. Begin by taking a screenshot of the desired area on Google Maps, ensuring it captures the entire school ground.

Next, using image editing software or a simple drawing tool, annotate the image by adding icons or symbols to represent each event's location. You can use different shapes or colours to differentiate between indoor and outdoor activities.

Don't forget to include a legend or key to explain the symbols used. This annotated map will provide a visual guide for participants and attendees, making it easy to navigate and find each event throughout the Sports Day. Here's an example:



To ensure profitability, food and drink stalls can be set up, and a small entrance fee can be asked from the parents. Consider having local businesses set up stalls and ask for a small percentage of their sales. Look for sponsorship opportunities with local businesses to help offset some costs.

Finally, remember that for a successful event, proper planning, timely communication and coordination among all parties involved are crucial.

**And that's a wrap on our Afternoon Session extravaganza!** We've curated a whirlwind of inclusive and thrilling activities that will keep the excitement soaring till the very end. From the mesmerising frisbee golf to the dancing along with imoves Active Blasts; each activity fosters teamwork, encourages effort, and embodies the School Games Values. With this dynamic rotation schedule, every team will have the opportunity to conquer each station, ensuring an afternoon brimming with joy, camaraderie, and unforgettable moments.

**Get ready to celebrate the true spirit of sportsmanship and adventure!**



## Morning Session Score Card Example

	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8
	RED	BLUE	GREEN	PURPLE	RED	BLUE	GREEN	PURPLE
Flat Race 1, Egg & Spoon 1, Sack Race 1	Amy	Bradley	Anush	Chloe	Terrance	Kieran	Mo	Daria
	1st, 2nd	2nd	3rd, 3rd			2nd, 1st	3rd	1st
Flat Race 2 Egg & Spoon 2, Sack Race 2								
Flat Race 3, Egg & Spoon 3, Sack Race 3								
Flat Race 4 Egg & Spoon 4, Sack Rack 4								
Flat Race 5 Egg & Spoon 5, Sack Race 5								
Flat Race 6 Egg & Spoon 6, Sack Race 6								
Flat Race 7, Egg & Spoon 7, Sack Race 7								
Total								

**Scoring Key:** 1st place = 3 points    2nd place = 2 points    3rd place = 1 point



## Afternoon Session Score Card Example

In this version, each team can receive either 1 or 2 points based on their overall effort and demonstration of the School Games Values (Passion, Self-Belief, Respect, Honesty, Determination, Teamwork) during each activity.

		Activities																Total	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		
Name		Active Blasts	Tower Building	Indoor Kurling	Mindfulness	Balance Course	Boccia	Football	Basketball	Rest Zone	Long Jump	Welly Wanging	Vortex	Frisbee	Golf	Boules	Bowling		
																	<b>Grand Total</b>		

### Scoring Key (Based on School Games Values):

- 2 points: Good/Excellent demonstration of the values
- 1 point: Basic/Fair demonstration of the values

Similar scorecards should be made for each group/ team. In this simple format, the teams can quickly earn points based on their collective demonstration of the School Games Values during each activity.

This makes it easier and less time consuming for the supervising adults to score each team.



## Potential Afternoon Activities (with equipment list)

No.	Activity	Description	Equipment Needed	Indoor/Outdoor
1	Hula Hoop Contest	Children compete to keep their hula hoop up the longest.	Hula Hoops	Outdoor
2	Bean Bag Toss	A simple throw and catch game with bean bags to targets.	Bean Bags, Buckets	Outdoor
3	Softball Throw	Children take turns throwing a softball for distance.	Softballs, Measure tape	Outdoor
4	imoves Cheerleading	Learn cheerleading routines, focusing on coordination and rhythm.	Pom poms, Music system	Indoor
5	Skipping Rope	Children take turns skipping as many times as they can.	Skipping Ropes	Outdoor
6	Welly Wanging	Traditional British game of throwing a welly boot as far as possible.	Wellington boots	Outdoor
7	Wheelchair Basketball	Basketball game adapted for wheelchair users. (External providers may be required)	Basketballs, Wheelchairs	Indoor/Outdoor
8	Boccia	A Paralympic sport, similar to bowls, that can be played seated.	Boccia Balls	Indoor/Outdoor
9	imoves Active Blasts	Energetic dance routines designed for active engagement.	Screen/projector, Internet, imoves	Indoor
10	imoves Bootcamp	A range of fun fitness activities in a circuit training format.	Exercise mats, Various props, imoves	Indoor
11	Indoor Curling	A form of the original curling game but adapted for indoor play.	Curling Stones, Targets	Indoor
12	Frisbee Golf	A game where children try to throw frisbees into targets in as few throws as possible.	Frisbees, Targets	Outdoor
13	Yoga for Kids	Simple yoga poses and sequences suitable for children.	Yoga mats	Indoor/Outdoor
14	Orienteering	Teams must use a map and compass to navigate from point to point in diverse and usually unfamiliar terrain.	Maps, Compasses	Outdoor
15	Basketball Shots	Children take turns to shoot baskets set up at varying heights.	Basketballs, Basketball hoop	Outdoor
16	Parachute Games	Variety of games played with a large parachute.	Large parachute	Outdoor
17	Dance-Off	Children dance to music, freestyle or choreographed.	Music system	Indoor
18	Blindfolded Walk	Participants are blindfolded and must navigate a marked path.	Blindfolds, Cones	Outdoor
19	Hoopla	Throwing rings over targets.	Hoopla rings, Targets	Outdoor
20	Quoits	Traditional ring tossing game.	Quoits rings, Pegs	Outdoor



No.	Activity	Description	Equipment Needed	Indoor/Outdoor
21	Standing Long Jump	A jump from a standing position, measured for distance.	Measure tape	Outdoor
22	Javelin (Foam)	Throwing a foam javelin / howler for distance.	Foam Javelins, Measure tape	Outdoor
23	Archery (Soft Tip)	Participants take turns shooting soft-tip arrows at a target.	Soft-tip arrows, Targets	Outdoor
24	Balance Beam	Walk across a low balance beam course.	Balance beam	Indoor/Outdoor
25	Darts (Soft Tip)	A classic game of darts using a board and soft tip darts.	Soft tip darts, Dart board	Indoor
26	Dodgeball (Soft Ball)	Throwing game where players aim to hit others with a soft ball.	Soft balls	Indoor/Outdoor
27	Croquet	Game where players hit plastic or wooden balls with a mallet.	Croquet set	Outdoor
28	Netball Shooting	A shooting practice activity at netball rings.	Netballs, Netball ring	Outdoor
29	Tin Can Alley	Throw bean bags or soft balls to knock over tin cans.	Tin cans, Bean bags or soft balls	Outdoor
30	Garden Bowling	A simple bowling game using plastic pins and a ball.	Plastic bowling pins and ball	Outdoor
31	Sensory Walk	A walk where children can explore different sensory experiences.	Various sensory items	Indoor/Outdoor
32	imoves Cheerleading	Various cheer dance routines for children to learn and perform.	Screen/projector, Internet, imoves	Indoor
33	Giant Connect Four	A giant version of the classic strategy game. (Or Active Noughts & Crosses)	Giant Connect Four game	Indoor/Outdoor
34	Petanque	French boules game where the goal is to toss or roll hollow steel balls close to a small wooden ball.	Petanque balls	Outdoor
35	Scooter Race	A relay race where children navigate a course on scooters.	Scooters, Cones	Outdoor
36	Obstacle Course	A course with a series of challenging physical obstacles.	Various objects for obstacles	Outdoor
37	Football Dribbling	A course where children have to dribble a football.	Footballs, Cones	Outdoor
38	Tennis Ball Catch	Children have to catch a tennis ball in a bucket. Tennis ball launchers are brilliant for this.	Tennis balls, Buckets	Outdoor
39	Badminton Targets	A friendly badminton game where shuttlecocks are aimed at targets	Badminton rackets, Shuttlecocks	Indoor
40	Chalk Art	A creative activity where children can draw and colour with chunky chalk on the playground.	Chalk	Outdoor



