



# Sports Day

Wednesday 17<sup>th</sup> July 2023



# Order of Events

	Period 1 (9:05 – 10:05)	Period 2 (10:20 – 11:20)	Period 3 (11:20 – 12:20)	Period 4 (1:00 – 2:00)	Period 5 (2:00 – 3:15)
Y7	Field events (back field)	Kwik cricket (courts)	Track events (back field)	Rounders (front field)	100m finals / relays (back field)
Y8	Rounders (front field)	Field events (back field)	Kwik cricket (courts)	Track events (back field)	100m finals / relays (back field)
Y9	Track events (back field)	Rounders (front field)	Field events (back field)	Kwik cricket (courts)	100m finals / relays (back field)
Y10	Kwik cricket (courts)	Track events (back field)	Rounders (front field)	Field events (back field)	100m finals / relays (back field)

# Practical information

- Come to school in your PE kit and if required bring your school Blazer or a coat for warmth.
- Hoodies are not permitted.
- Make sure you are prepared for your event(s)
- Each individual can only compete in **a maximum of 2 track events and 2 field events and the relay**
- All students to participate in rounders and kwick cricket (unless they are injured)
- NO arguing with umpires – Any arguing = 10 point deduction and banned for 1 game
- Lots of cheering and encouraging others
- NO booing or nasty comments

# Important Information

- The forecast is for a dry day but we need to prepare for sun.
- Please wear/bring sun cream
- Please bring 1 or 2 bottles of water
- Water can be filled up at any of the water fountains or in the canteen in between lessons
- No students will be allowed out of their activity area for any reason (toilet, fill up water) during a lesson
- Shade is available when not participating
- First aid will be based in Science – access through Lab 3
- Please bring some change to buy an ice lolly

# Track and Field Rules

- Each student can enter a maximum of 2 track, 2 field and the relay. If they enter more than this, their highest score will be deducted
- Students who walk or stop in any track race will be disqualified

# Rounders' Rules

- 12 good balls
- A good ball is between head and knee
- 2 no balls in a row = 1/2 rounder
- Obstruction of the batter = 1/2 rounder
- Hit the ball behind, wait at first post. Once the ball has passed the forward line they can run
- If the bowler has the ball in their hand in the bowling box the batter may not leave their post or go past the post they are running to (if in between posts)
- Hit the ball and get to second or third post = 1/2 rounder
- Hit the ball and get to fourth post = 1 rounder
- You don't hit the ball and get to fourth post = 1/2 rounder
- If the ball is mis-fielded by the fielding team the batter can run on to a post that has already be stumped and they can score.
- Get out by:
  - Caught (unless no ball)
  - Stump the post the batter is running to
  - Drop the bat
  - Running on the inside of the post
  - Hitting the ball into the tennis/netball courts
- A teams play each other, B teams play each other, C teams play each other in the following order:
  - **D vs L**      **M vs V**      **T vs D**      **L vs M**      **T vs V**
- 10 points for a win

# Kwick Cricket Rules

- 1 batting team, 1 bowling team
- Central timing, 4 minute innings
- Under arm bowling – aiming for 1 bounce before the batter
- Batter must run each time the ball is bowled, even if they don't hit the ball
- Runs scored by running around either cone at the side of the wickets
- Batter can be out by:
  - **Caught**
  - **Bowled**
  - **Hit wickets**
  - **Not going around the cone**
  - **Hitting the ball over the fence**
- A teams play each other, B teams play each other, C teams play each other in the following order:
  - **D vs L      M vs V    T vs D**
  - **L vs M      T vs V**
- 10 points for a win

# General Conduct

- ABSOLUTELY NO ARGUING / DISSENT TOWARDS THE OFFICIALS
- Students who don't show good sportsmanship will:
  - Lose 10 points for their house
  - Not allowed to play for that game
  - If it continues - go with a member of staff to spend the rest of the day in behaviour recovery