



**RISEDALE**  
A family of learners

## RISEDALE SCHOOL

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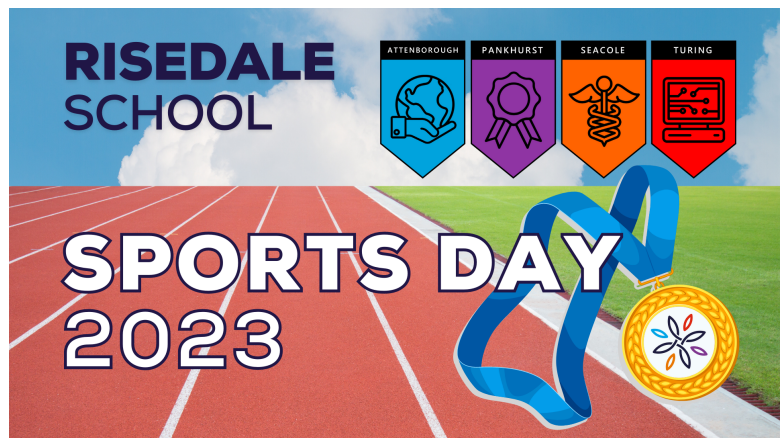
**UPDATED:** Monday 19th June 2023

Dear Parents/Carers and Pupils,

**IMPORTANT UPDATE:** The date for our Sports Day has now changed to **Thursday 6th July** (this event was previously advertised as Wednesday 5th July).

### **SUBJECT: Sports Day 2023**

Risedale's Sports Day will be taking place on **Thursday 6th July** and will be held at **Catterick Athletics Stadium, Leyburn Road DL9 3QD** (next to Catterick Garrison Golf Club), **starting at 8:25am and finishing at 3pm**. All pupils must attend Sports Day and arrive prepared for the day. Any pupil excused from partaking in the sporting events must report to the PE staff whereupon they will be allocated a job for the day as a helper. Family spectators are welcome.



**Travel:** Pupils who live in the Garrison will be expected to make their own way to the stadium, so please allow plenty of time if walking (up to 20 minutes extra). If your child normally catches the school bus they will be picked up at their usual stop, taken directly to the stadium and returned just like a normal school day.

**Food and Drink:** Please provide your child with a packed lunch and plenty to drink. Remind them to keep hydrated throughout the day. The Risedale catering staff will be at the stadium from approximately 10:30am to 1:30pm selling a selection of sandwiches, snacks and drinks. Any child that usually receives a Free School Meal will be catered for.

**Clothing:** All competitors are expected to wear Risedale PE kit. No vest tops or non-Risedale sports kit allowed.

**Sun Protection:** If a warm and sunny day is forecast, please remember to provide your child with a high-factor sun cream/block that they can apply throughout the day. A hat and sunglasses may also be helpful.

### **Pupil Expectations for the Day:**

1. Listen and carry out instructions from staff the first time.
2. Do not go off-site at any time.
3. Do not drop litter. We are very privileged to be using the stadium so please respect the facilities provided as we would like to be invited back next year!
4. Be considerate to others during the day. High standards of behaviour and sportsmanship are expected at all times whether pupils are competing, spectating or helping.





### Information for Competitors:

Events will take place throughout the day; one for girls and one for boys in each of the 4 year groups on the track, plus other field events. A gold medal will be awarded to the finalists in each track and field event.

Listen carefully for your event to be called. Arrive promptly. Strive to do your best. Accept victory with modesty and defeat with grace.

### Points will be awarded to each House as follows:

- 1st = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1pt
- In the heats and the finals every competitor will receive a point.

**Track events take priority:** If two of your events are called at the same time, check in with your field event, go and compete in your track event and then come back to complete your field event.

**High Jump:** The starting height for the high jump will be age-appropriate and the bar will be raised in 5cm increments. The bar cannot be lowered. Anybody who dives headfirst over the bar will be immediately disqualified from the competition. Each competitor has a maximum of 8 jumps and each competitor decides at what height they would like to enter.

**Long Jump:** 3 jumps per person.

**Health and Safety:** No one should enter the centre of the track unless they are competing in an event at that time. Between events, competitors should return to their allocated area of the stands. For safety, no spectators will be allowed near the jumping events.

Competitors are not allowed to eat food or wear jewellery whilst competing. Trainers must be tied securely. Failure to comply with any instruction will lead to disqualification.

**Food and Drink:** Sports Day starts at 8:25am and finishes at 3pm so competitors will need to plan the best time to eat their lunch around their events. Remember to keep well hydrated throughout the day. Do not bring glass bottles or cans onto the field. Bins will be situated in the spectator area, so please use them.

Lastly, we want everybody to enjoy their day, so please behave appropriately, represent your House and the Risedale Family with pride and do your very best. Support your House and friends by cheering and not booing! Shake hands with other competitors in your event and congratulate others on their performance. **Have a fantastic day!**

Yours sincerely,

**Miss S Brierley** Head of PE

