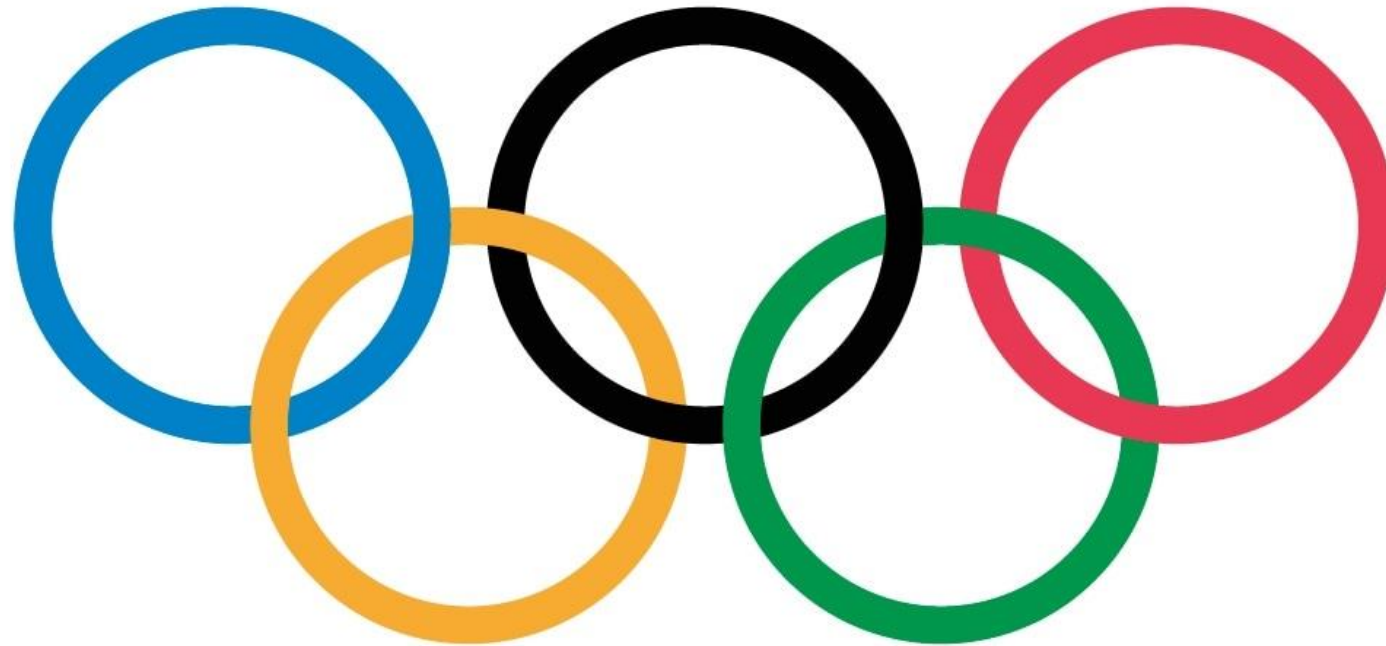
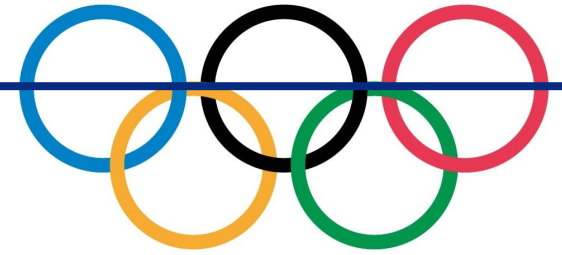

Sports Day 2024

(Olympics theme [Paris 2024])



What is an Olympics?

- The Olympics is an international sports competition with 32 sports in the summer.
- It takes place every 4 years
- The Olympics logo represents the union of the 5 continents (Africa/the Americas/Asia/Europe/Oceania)
- The Olympics began in Olympia (Greece) nearly 3000 years ago
- It was held due to a love of sport & to honour Zeus
- Before the games began, messengers were sent out to announce a sacred truce – All wars would cease to allow safe travel to Olympia for the games.
- Only men, boys and unmarried girls/women were allowed to go to the Olympic Games.
- Unmarried women had their own festival at Olympia also every four years – Heraean games to honour Hera – Zeus's wife
- All competitors were amateurs, now professional athletes take part with the exception of boxing and wrestling.



Houses:



- Your tutor will have told you the houses you have been assigned to.
- Each house will be representing a country.
- Each house has an equal number of students from each year group, so please don't be alarmed if there aren't many representatives from your assigned house in your form.



House	Country representing at Sports Day
Yellow	Jamaica
Blue	France
Red	China
Green	Nigeria



What are we competing for?

Each house will be competing for two major awards: “**Best supported House**” and “**Sports day Winners**”.

Sports day winners:

- For this trophy, each year group will compete for their house in track and field events.
- Points will be awarded for houses as follows (the house with the most points wins):

	Points
1 st place	6
2 nd place	5
3 rd place	4
4-8 th place	2

- For every student that finishes in the top 3, a gold, silver and bronze medal will be awarded directly after the event by SLT.



What are we competing for?

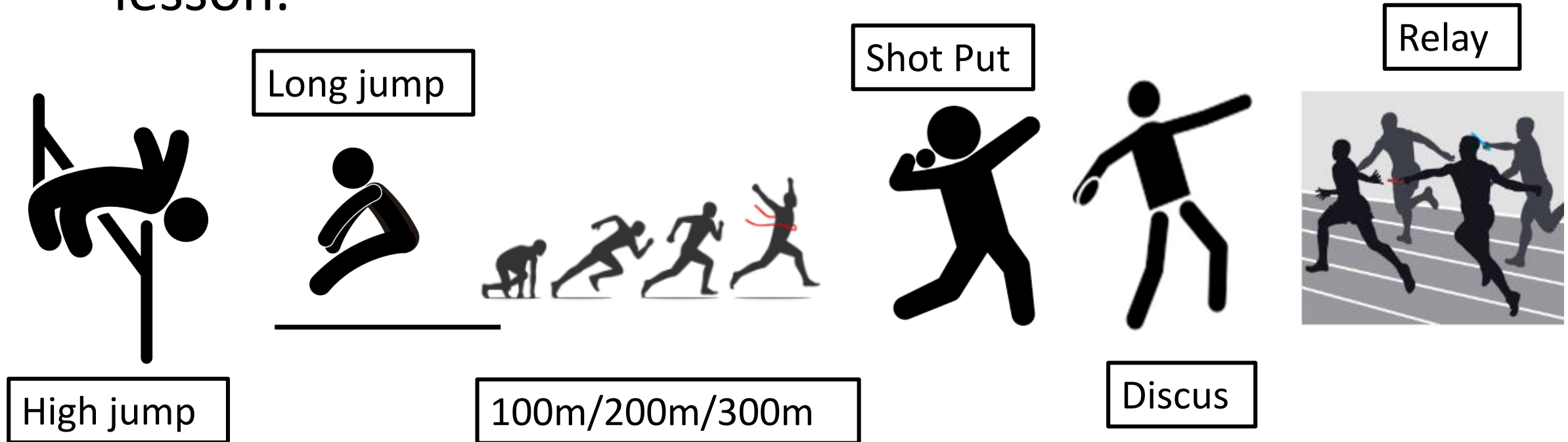
Best supported House:

- For this trophy, we will be looking for the House with the loudest voices, brightest colours and most inventive Olympic ideas.
- You are more than welcome to use banners, flags and face painting etc to represent your assigned country.
- All students should attend in their PE kit or sports attire in their country's colours.
- **Tight or revealing clothing is not permitted** e.g. leggings, cycling shorts, crop tops etc. Failure to adhere to this will mean being sent home. All students must wear trainers.



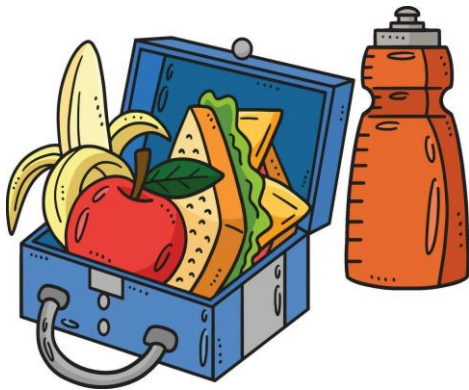
What events can I sign up for & when?

- It is important that you remember what house you are in. You will need this when signing up during your PE lesson.



What do I need to bring?

- A Packed lunch (Lunch will be provided for students on FSM)
- A bottle of water to maintain hydration (a minimum of 1litre)
- Sunscreen for protection against the sun
- A cap to protect eyes and skin from the sun
- Oyster card if travelling by bus



How & when do I get there?

Transport to and from Sutcliffe Park:

- You will make your own way to and from Sutcliffe Park Athletics Centre.
- Please ensure you arrive for the correct time for your year group:



Year group	Staggered arrival time
7	9:00am
8	9:15am
9	9:30am
10	9:45am

If you are taking a bus familiarise yourself with the route beforehand:

Bus number	Route
321	Foots Cray – New Cross
122	Plumstead – Crystal Palace
B16	Bexleyheath Bus Garage -Wingfield School
160	Thomas Lane (Catford) – Sidcup station

Valuables:

- We strongly advise you leave valuables such as phones, wallets/purses etc at home.
- We can facilitate safe keeping for those of you participating in events. If these are lost or damaged, failure to hand such items in will mean **we will take no further action.**
- As it is a sports event, no jewellery is permitted for participants for safety reasons.

