

Summer of Fun

Schools Sports Day Resource 2026



Glasgow Commonwealth Games 2026 Edition

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Welcome & Introduction

Here is our guide to help you organise and run a great sports day. With the Glasgow Commonwealth Games taking place between 23rd July-2nd August it's time to get inspired for your own sports day! We have developed this resource to support teachers to deliver cross curricular activity celebrating the sport of Athletics and to get children excited to support our Welsh Athletes heading to the Games.

Find Your Nearest Club

If you would like to get some further information on where to find local athletics clubs for pupils in your school, head to... www.welshathletics.org/en/club

About Sports Day

There are many different sports day formats that you can use and adapt depending upon the space, equipment, people and time you have available to you. Amongst all the information that follows in this resource, we hope to provide you with plenty of ideas, hints, tips as well as links to further resources that you can use, to make your sports day even more fun and engaging, creating maximum engagement for all your pupils to participate in! It is a great chance for pupils to once again have a fun, engaging physical activity experience, in which everyone can be celebrated for both the effort and achievements.





There are many benefits to sports days, including, providing the first step into athletics and clubs, building team spirit as well as personal achievement, and it can improve pupils' physical health and mental wellbeing in an inclusive environment.

Ideas for Activities / Events

Races, Run, Jump, Throw, Relays

There are plenty of different running, jumping and throwing activities that you can incorporate into your school sports day. You can use as few or as many of these as you see fit. All these activities are easy to set up and just require small amounts of equipment including plenty of cones, a whistle, clipboards, measuring tapes, sacks, spoons & eggs, mats, tennis balls etc.

Running Activities

1  Sprints	2  Egg & Spoon
3  Endurance 600m to 800m	4  Relays

Jumping Activities

1  Standing Long Jump	2  Speed Bounce
3  Vertical Jump	4  Standing Triple Jump

Throwing Activities

1  Howler / tennis ball throw	2  Push throw / Shot
3  Target throw / roll a goal	

Setting up Your Events - Running



Sprints

50m Sprint (Reception to Year 4) or 75m Sprint (Years 5 & 6) - 1 run per pupil

Set up:

- Measure 50m / 75m out on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.

Tips:

- Children should use a standing start and stand with the opposite arm to leg forwards.
- To start, pupils should push down and back with their feet and drive their arms back hard.
- Children should pick their feet up quickly, as though they are running on hot coals.

You'll need:

- 50m / 75m track
- Cones
- Whistle
- Recording chart
- 1 teacher to start the race, 2-3 teachers to record the results



Egg-and-Spoon Race

Set up:

- Measure out the race distance on the activity area.
- Use cones to indicate the start and finish line.
- Divide children into groups of 6 – 8 and assign them a lane to race in.
- Try to group children of similar abilities.
- All children should start behind the line.
- Use a whistle or give the commands 'on your marks', 'set', 'GO' to start the race.
- Each team must carry their egg on their spoon from the starting line to a turnaround point over any course length and back again.

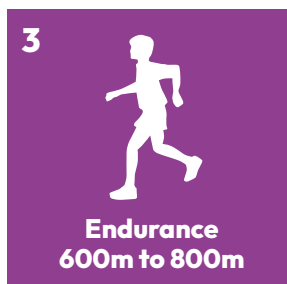
Tips:

- The egg is passed on to a teammate who then takes their turn.
- If the egg is dropped, the player must stop and retrieve it.

You'll need:

- Enough spoons and eggs (hardboiled or plastic) for the number of participants.
- You can also use a tennis bat and tennis ball.

Setting up Your Events - Running



Endurance

Set up:

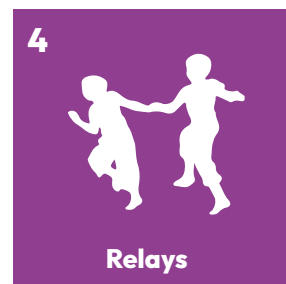
- Depending on how much space you have, the number of laps should add up to somewhere between 500m to 800m depending on what distance you feel appropriate for your pupils' ability.

Tips:

- Pupils should not set off too fast and try to run even paced to achieve times to the best of their ability. Remember to warm up and stretch afterwards!

You'll need:

- A stopwatch to time the pupils, a whistle and some cones to mark out the course laps.
- Paper to record the results.



Relays

Set up:

- Relays are great for inclusivity as they are so adaptable.
- You can have as few or as many teams as you see fit, and the team sizes don't have to be four pupils, they can be larger or smaller.
- You can do shuttle relays, obstacle relays or relays around a lapped route, or a more traditional relay, over any distance you deem appropriate within the space you have to work with.

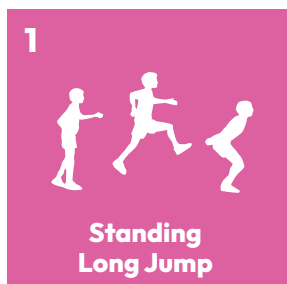
Tips:

- Don't allow anyone to cross the track once the race is underway.
- For shuttle relays, waiting team members sit down, then just before it's the next pupils turn to run they stand up to receive the baton, the pupil who just ran sits down to clear the lane.
- For relays that are one or more lap of a track, run anticlockwise, when each runner completes their lap they sit down off the course.

You'll need:

- A relay baton or beanbag or quoit for each team, a whistle and some cones to mark the course and if you want to time the races a stopwatch.

Setting up Your Events - Jumping



Standing Long Jump

Each child has a maximum of three trials.

Set up:

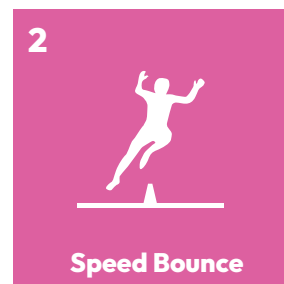
- Children stand behind the take-off line and perform a two footed take off.
- Measure the jump from the back of furthest heel back to the take-off line.
- Encourage the child to step forward after their jump, if they step back or touch the mat behind them it is a no jump.

Tips:

- Bend then extend at the knees and swing arms back then forward, for lift at take-off.
- Land with soft knees.
- Bend the knees to cushion the landing.

You'll need:

- 3-4 Standing Long Jump or Gym Mats, with a take-off marker.
- 3-4 measuring tapes (one for each mat).



Speed Bounce

Each child has 1 trial.

Set up:

- To start children stand on one side of the wedge with both feet together.
- On the whistle (or clap), complete as many bounces as possible in 20s.
- Children should land on either side of the wedge with both feet together.
- If the child lands on the wedge, that bounce is not to be recorded.
- Use the whistle (or clap) to signal the end of the 20s.

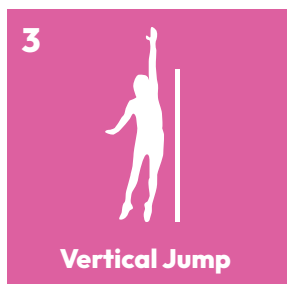
Tips:

- Use other children can help to count the score.
- Counting in increments of two, i.e. 2, 4, 6, 8, 10, is recommended.

You'll need:

- 3-4 Speed Bounce Mat (or homemade 20cms high soft wedge).
- 1 Stopwatch (or mobile phone timer).
- Whistle (or clap your hands).

Setting up Your Events - Jumping



Vertical Jump

Each child has a maximum of three trials.

Set up:

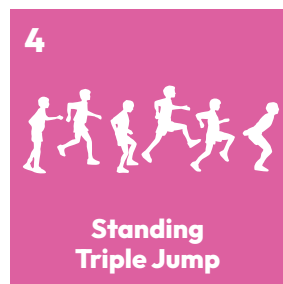
- Simply against a wall stand side on for the jump, bend at the knees and as you jump swing your arms high to touch as high up the wall as you can.

Tips:

- Jump from a standing position side on to touch as high up the wall as you can.
- Before each jump, the pupil stands with their back, head and heels touching the wall, then stretch to reach as high up the wall as they can, mark this point with chalk.
- Measure the jump distance from the point of where their arms were fully extended in the standing position, to the chalk mark left as high up the wall as the pupil could jump, to the nearest centimetre.

You'll need:

- A ruler or measuring tape.
- Chalk to dip pupil finger tips in to leave a mark on the wall to measure.
- Cloth or rag to clean off the chalk after each pupil.



Standing Triple Jump

(Years 5 & 6 only) Each child has a maximum of three trials.

Set up:

- Children stand behind the take off line and take off from one foot.
- Children then hop, step and a jump (landing on 2 feet).
- Measure the jump from the back of furthest heel back to the take-off line.
- Encourage the child to step forward after their jump, if they step back or touch the mat behind them it is a no jump.

Tips:

- To help children to learn the skill, hold your free leg for the 'hop' then let go for the 'step'
- Alternatively to help get the combination correct the pupils can say, same foot, opposite foot, both feet, as they take their attempt

You'll need:

- Standing Triple Jump Mat (or measuring tape and gym mats).

Setting up Your Events - Throwing



Howler/Tennis Ball Throw

Each child has a maximum of three trials.

Set up:

- Throw from a standing position with one foot in front of the other, behind the throwing line.
- When throwing with the right hand the left foot should be forwards and vice versa for left handed children.
- Children must NOT go into the throwing area unless requested by the teacher.
- Measure the distance thrown to the nearest completed metre.

Tips:

- Aim to throw at roughly a 40-45° angle.
- Pull the arm through from behind the body fast, to help with the speed of the throw.
- Encourage children to avoid stepping over the throwing line, as this would be a no throw.

You'll need:

- 9-12 Tennis balls / Howlers (this will allow for 3 attempts for up to 4 children, with no retrieval required).
- Measuring tape
- Safe area to throw into

Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.
- To make it harder for older children use cricket balls or vortex howlers.
- To make it easier for younger children use bean bags.



Push Throw

Each child has a maximum of three trials.

Set up:

- From a standing position, children use two hands to push throw a football/netball from their chest.
- Stand with one foot in front of the other. Preferred foot forwards.
- Children must NOT go into the throwing area unless requested by the teacher.
- Distance is measured to the nearest completed 25cm.

Tips:

- Aim to push throw at roughly a 45° angle.
- Extend at the arms and then flick at the wrists in front of the body.
- Encourage children to avoid stepping over the throwing line, as this would be a no throw.

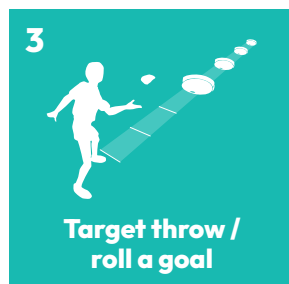
You'll need:

- 9-12 footballs / netballs this will allow for 3 attempts for up to 4 children, with no retrieval required. You can use 1kg medicine ball for year 5 & 6 pupils.
- Measuring tape
- Safe area to throw into

Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.

Setting up Your Events - Throwing



Target Throw

Each child has a maximum of three trials.

Set up:

- Standing behind the throwing line, children throw 3 bean bags into the nearest target and continues for each target.
- Points are awarded if a bean bag lands in correct target.
 - 2 points = lands in the target but bounces out.
 - 1 point = if the bean bag hits the floor and then lands in the target.
 - 1 point = if the bean bag lands partly in the target.
- Collate the scores from each throw to form the total score.

Tips:

- Place your opposite leg to the throwing arm forward to help balance.

You'll need:

- 2-3 Target Throw Sets or 12 bean bags/other suitable items and 4 targets (can use hoops) set at 3m, 5m, 7m and 9m

Safety & judging guidance:

- One teacher should control when the children throw and collect the equipment.
- One teacher / helper should measure the best throw for each child, once all attempts have been completed.
- Whilst children wait for their turn, make sure they are positioned behind a safety line.

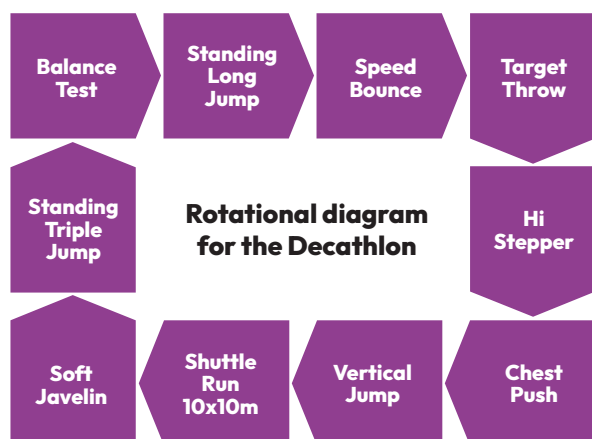
Making your Sports Day Run Smoothly

Timetable/Format:

You can structure the day in various ways, you could use a [timetable](#) with one event following another, or have a field event and a running event taking place at once, an order of events with no set times, or a rota of groups around events/stations, whichever suits your school dependant on the space, time and people you have available to help.

You will need plenty of helpers and judges to run all the activities. For running events you will need a starter, a couple of volunteers at the finish line to decide the places and someone to write and record the results. For the field events at least two helpers on each station will be adequate. It is wise to brief all helpers/judges before the events start to ensure they fully understand the event they are undertaking.

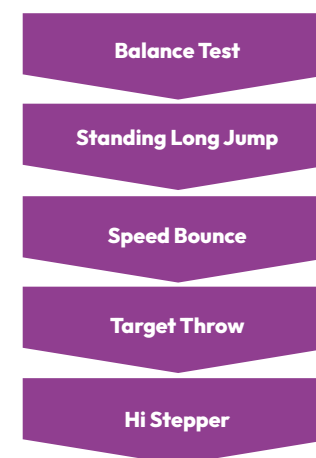
1 Example Decathlon



2 Example Short Programme

Time	Track Events	Boys or Girls	Field Events	Boys or Girls
Start	Obstacle Relay	Girls	Round 1	
	Obstacle Relay	Boys	Standing Long Jump	Girls
	1 + 1 Pairs Race	Boys	Standing Triple Jump	Girls
	2 + 2 Pairs Race	Boys	Vertical Jump	Girls
	Over/Under	Boys	Balance Test	Girls
			Standing Long Jump	Boys
	Over/Under	Girls	Standing Triple Jump	Boys
	1 + 1 Pairs Race	Girls	Vertical Jump	Boys
	2 + 2 Pairs Race	Girls	Balance Test	Boys
			Round 2	
	4 x 1 lap Relay	Boys	Sitting Throw	Girls
			Chest Push	Girls
	Soft Javelin*	Boys	Speed Bounce	Girls
	Soft Javelin*	Girls	Sitting Throw	Boys
		Chest Push	Boys	
		Speed Bounce	Boys	
Finish	4 x 1 lap Relay	Girls		

3 Example Pentathlon



Example Score Sheet

If it is decided that pupils will score points for their team/house, it's up to you how many you allocate for each event.

Perhaps the simplest is 1st = 4 points, 2nd = 3 points, 3rd = 2 points and 4th = 1point.

On the example table below you list your events in the left hand column and record accumulative scores as you progress through the sports day programme.

You can have some pupils help on the adding up to improve their numeracy skills.

Example Score Sheet:

Event	Red House Points	Red House Accumulative	Blue House Points	Blue House Accumulative	Yellow House Points	Yellow House Accumulative	Green House Points	Green House Accumulative
Speed Bounce Year 4B	4	4	3	3	2	2	1	1
Speed Bounce Year 4G	3	7	1	4	2	4	4	5
Standing Long Jump Yr6B	1	8	4	8	2	6	3	8
YR3G Sprint	2	10	3	11	4	10	1	9
YR3 Boy Sprint	1	11	2	13	4	14	3	12
YR5G Shot	3	14	2	16	4	18	1	13
Total Points =		14		16		18		13
Final Position =		3rd		2nd		1st		4th

Adapting Activities, Making your Sports Day Inclusive

At the Commonwealth Games, para athletics events are integrated into the main programme while at the Olympics and World Championships they have their own separate Games. It offers a wide range of competitions and events and is open to male and female athletes in all eligible impairment groups.

Athletes are grouped together according to their classification in each event. Some compete in wheelchairs and some with prostheses, while those who are vision impaired can receive support from a sighted guide. There are also events for athletes of short stature and for those with an intellectual impairment.

Your Sports Day competition can be flexible and inclusive to engage all pupils within a school, regardless of ability or disability. Teachers should adapt and modify activities to create an environment that caters for all individual needs, allowing everyone to participate and experience success. Your event should accommodate all pupils according to their individual level of ability and function.

The table below outlines what your pupils can do, covering a spectrum of impairment groups, to ensure all pupils are engaged in the activities.

Group	Examples of pupils and impairments in this group	Additional information	Most pupils will be able to do	Some pupils will be able to do
1 Power chair user	<ul style="list-style-type: none"> • Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe to moderate involvement in all four limbs 		Tennis ball/howler throw. Sprint slalom.	Tennis ball/howler throw.
2 Manual wheelchair user or supported ambulant	<ul style="list-style-type: none"> • Athlete with cerebral palsy • Athlete with a spinal cord injury • Quadraplegic and paraplegic athletes 	All athletes in this group CANNOT run unaided (including frames and rollators). They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair.	Sprint. Tennis ball/howler throw.	
3 Ambulant - more severe impairment	<ul style="list-style-type: none"> • Athlete with cerebral palsy – ataxic/athetoid – affected in three or four limbs. • Athlete with cerebral palsy – diplegic –functionally affected in both legs • Athlete with a double above knee amputation • Athlete with single above knee amputation or physical impairment allowing similar movement • Dwarf athletes • Blind and visually impaired athletes running with a guide • Athletes with a severe learning disability • Deaf athletes 	All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner. Deaf athletes may need communication and visual support on the start line e.g., flags, hand gestures or shoulder taps.	Sprint. Tennis ball/howler throw.	
4 Ambulant - minimal impairment	<ul style="list-style-type: none"> • Athlete with single or double arm - amputation or physical impairment allowing similar movement • Athlete with cerebral palsy – Hemiplegic –functionally affected on one side. • Athlete with single above knee amputation or physical impairment allowing similar movement • Athlete with single or double below knee amputation or physical impairment allowing similar movement • Blind or visually impaired athletes who do not run with a guide • Athlete with a moderate learning disability • Athletes on the autistic spectrum, with Asperger's or behavioural difficulties • Deaf and hard of hearing athletes 	All athletes in this group can run unaided. Deaf and hard of hearing athletes may need communication and visual support on the start line e.g., flags, hand gestures or shoulder taps.	Sprint. Tennis ball/howler throw. Standing Long Jump	

Further Information & Resources



Glasgow Commonwealth Games 2026

The Commonwealth Games 2026 will take place in Glasgow, Scotland from 23 July until 2 August. For more information on the Games, use the link below.



Official website



Sportshall

Sportshall houses lots of resources around running your own Sportshall athletics competitions along with resources on the events included and how to deliver them.



Official website



The Daily Mile

The Daily Mile is easy, free and fun to do! It is simple to implement and gets children out of the classroom for fifteen minutes every day to run, walk or wheel at their own pace. It improves not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing making them fitter, healthier, and more able to concentrate in the classroom.



Official website



Athletix

Athletix is a fun, exciting program to introduce children to the sport of athletics. Children will learn the key movement skills needed for a life in sport, in a safe and positive environment, through games that are designed to teach children the foundations of running, jumping, and throwing.



Official website



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics

Welsh Athletics is the governing body for Athletics in Wales. You can find up to date information about competitions, coach & teacher education opportunities and much more!

www.welshathletics.org/en/events/coaching-courses



Official website



parkrun

parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun is 5k and takes place every Saturday morning. junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.



Official website

Athlete Spotlight

Jeremiah Azu

FUN FACTS!

- 1 I am of Ghanaian descent. I grew up in Wales and proudly represent Wales and Great Britain on the international athletics stage.
- 2 I dreamed of becoming a footballer before focussing fully on sprinting!
- 3 I can run 100m in under 10 seconds- that's faster than the cars outside your school gates!
- 4 I bring huge energy to races and celebrations, dancing and smiling after competitions
- 5 I focus on sleep, recovery and healthy food to help my body perform at its best. My favourite post race meal is wings with mac and cheese!
- 6 I love gospel music! Before races, I don't listen to any music, it's important for me to listen to how my feet sound!
- 7 One of my favourite colours is lime green!



Competition!

- 1 Use the template to design a sock for Jeremiah
- 2 Ask a parent or guardian to send a photo of your design to....
cath.bingham@runwales.org.uk
- 3 Jeremiah will choose the winner!



Cross Curricular Resource

1. Glasgow & Scotland Quiz

The Commonwealth Games 2026 will take place in Glasgow, Scotland from 23 July until 2 August. Here's a fun quiz to explore the host nation! The answers are included at the bottom of the page.

Quiz

1. What country is Scotland part of?
2. What river runs through Glasgow?
3. In which year did Glasgow last host the Commonwealth Games?
4. Is Glasgow in the North or South of Scotland?
5. What large lake in Scotland is famous for a monster legend?
6. What 2 colours make up the Scotland flag?
7. What is the famous Scottish skirt called?
8. How many gold medals did Scotland win in 2022 Commonwealth games?
9. What biscuit is Scotland famous for?
10. What is the national animal of Scotland?















Glasgow & Scotland Quiz Answers:
1. United Kingdom 2. Clyde 3. 2014 4. South 5. Loch Ness 6. White and Blue 7. Kilt 8. 13 9. Shortbread 10. Unicorn

Cross Curricular Resource

2. Match the flag to the country

Below are the flags of some of the Commonwealth countries who will compete at The Glasgow Games. Use this list of countries to help you.

Nigeria, New Zealand, India, Wales, Pakistan, Northern Ireland, Australia, Kenya, Canada, England, Jamaica, Scotland.

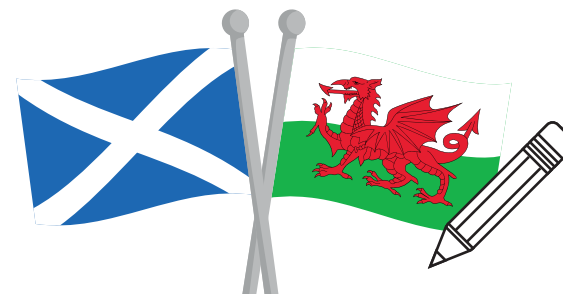
1 	2 	3 	4 
5 	6 	7 	8 
9 	10 	11 	12 

Answers: 1. Wales, 2. Scotland, 3. England, 4. Northern Ireland, 5. Australia, 6. New Zealand, 7. Canada, 8. Jamaica, 9. India, 10. Pakistan, 11. Kenya, 12. Nigeria

Cross Curricular Resource

3. Flag design

Research facts about the host country, Scotland or our own country, Wales and design a new flag!



Cross Curricular Resource

4. Welsh Athletes





Use the clues to work out the name of the athlete and which track and field event these Welsh athletes compete in.

Here is a list of the events to help you...

Track events: 100m, 200m, 400m, 800m, 1500m, 3000m Steeplechase, 5000m, 10,000m, 110/100m hurdles, 400m hurdles.

Field events: Long Jump, High Jump, Triple Jump, Pole Vault, Discus, Shot Put, Javelin, Hammer Throw, Club Throw.

Multi events: Decathlon, Heptathlon.

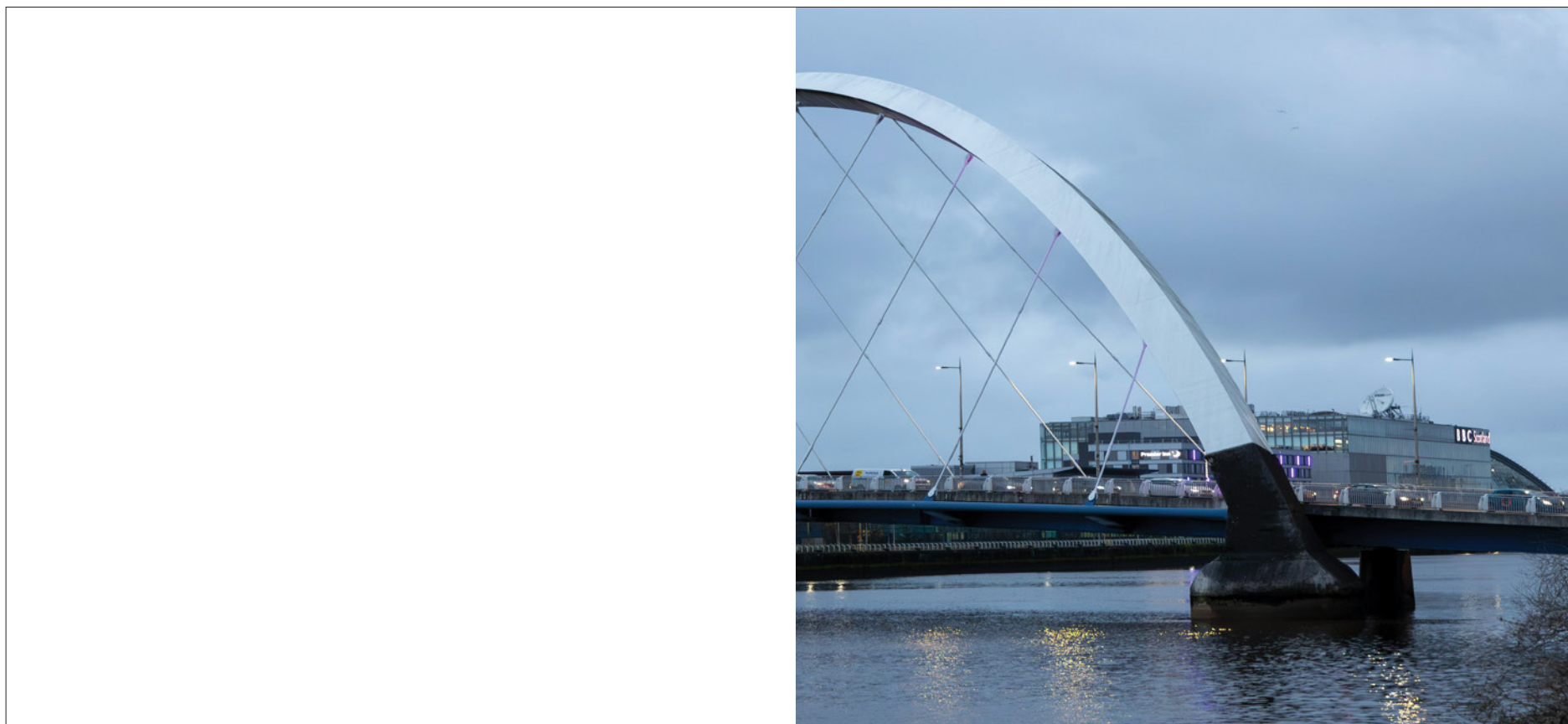
<p>1</p>  <p>He won a silver paralympic medal for his event in Paris. He competes in the F63 category. The implement he throws weighs 6kg- that's equal to roughly 6 pineapples! Who is the mystery athlete and what is their event?</p> <input data-bbox="537 837 1097 901" type="text"/>	<p>2</p>  <p>She is a former international basketball player who represented Wales as a junior. At Paris 2024, she finished 5th in shot put and eight in her other throwing event. Who is the mystery athlete and what is their event?</p> <input data-bbox="1478 837 2038 901" type="text"/>
<p>3</p>  <p>He took 6.49 seconds to run his personal best and win gold at the World Athletics Indoor Championships 2025. Who is the mystery athlete and what is their event?</p> <input data-bbox="537 1173 1097 1236" type="text"/>	<p>4</p>  <p>This athlete earns points for her performance in 7 disciplines in track and field across 2 days! Who is the mystery athlete and what is their event?</p> <input data-bbox="1478 1173 2038 1236" type="text"/>

Answers: 1. Aled Davies / F63 shotput 2. Fummi Oduwaiye / F64 Discus 3. Jeremiah Azu / 60m 4. Abigail Pawlett / Heptathlon

Cross Curricular Resource

5. Finish the image

Half of the Clyde Arc Bridge is missing! Complete the picture. Keep it real or be creative!



Cross Curricular Resource

6. Country Profile

British athletes will compete as home nations in Glasgow: Wales, Scotland, England and Northern Ireland.

At the games, athletes will represent countries from around the world. Choose Commonwealth countries to research and complete a fact file (example below).

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact
India	1.4 billion	New Delhi	Rupee	Neeraj Chopra	India will host the 2030 Commonwealth Games

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

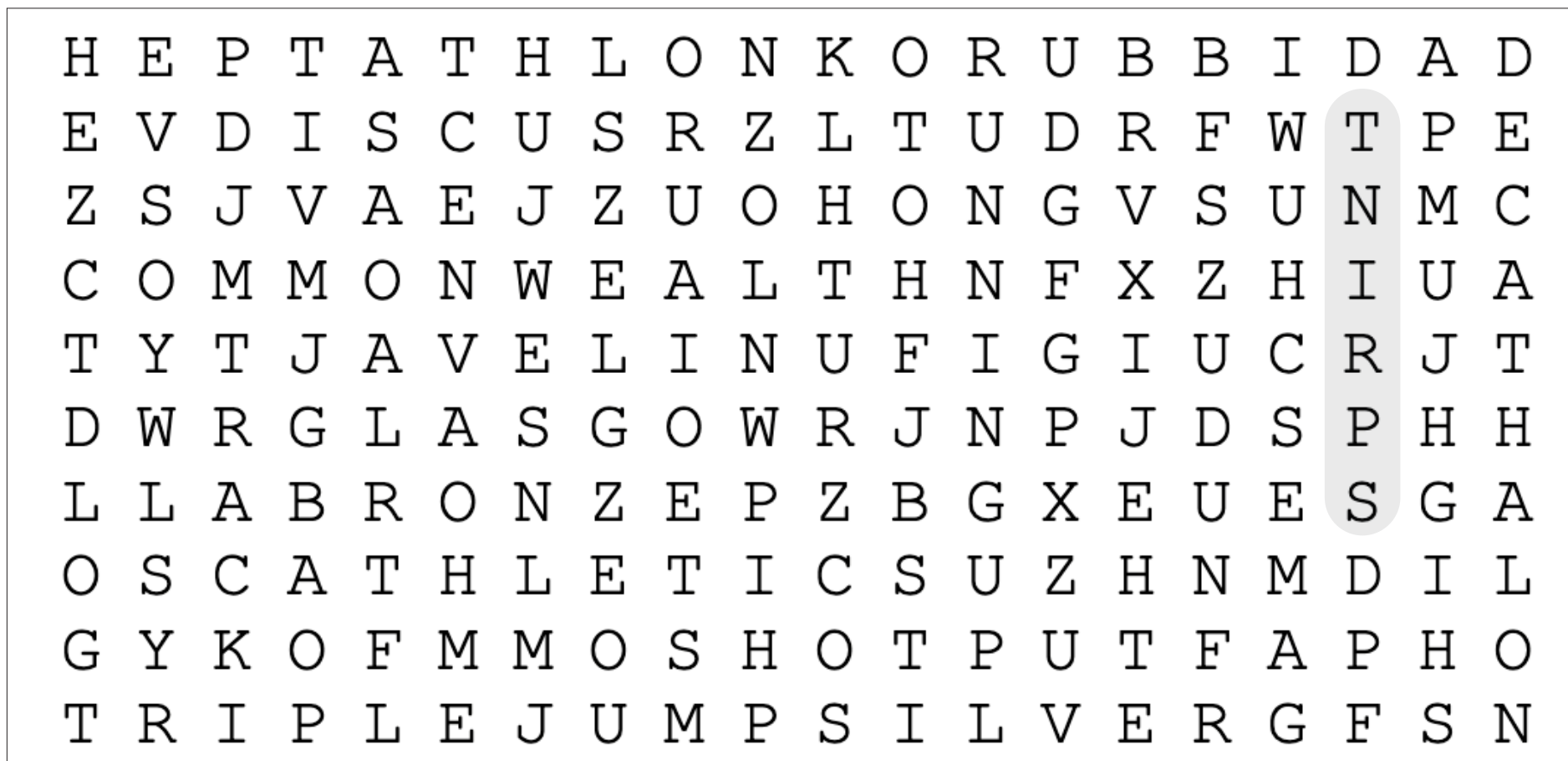
Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Country	Population	Capital City	Currency	Famous Sports People	Interesting Fact

Cross Curricular Resource

7. Giant Word Search

Can you find all the Commonwealth themed hidden words in the giant jumble of letters below?



~~Sprint~~ Track Javelin Shotput discus running athletics glasgow commonwealth
games longjump highjump triplejump decathalon heptathlon gold silver bronze

Summer of Fun

Schools Sports Day Resource 2026



Glasgow Commonwealth Games 2026 Edition