

Sports day

Date: July 23, 2026

Timeline

07:00 – 08:00 Field Setup and Equipment Prep

Event staff set up banners, finish lines, sound equipment, and water stations across the stadium grounds.

Location: Main Sports Field

08:00 – 08:30 Arrival and House Assembly

Students, parents, and teachers arrive at the grounds and gather in designated color-coded house seating areas.

Location: Grandstands

08:30 – 09:00 Opening Ceremony

The principal delivers the opening address, followed by the torch relay and student athlete oath.

Location: Main Stage

09:00 – 09:15 Mass Warm-Up Session

Physical education instructors lead all students through a fun, high-energy group stretching routine to upbeat music.

Location: Main Sports Field

09:15 – 10:15 Kindergarten and Grade 1 Races

Younger students participate in 50m dashes, beanbag relays, and gentle obstacle courses.

Location: Running Track

10:15 – 10:45 Morning Snack Break

Participants head to the refreshment tents to enjoy fresh fruit, light snacks, and hydration stations.

Location: Refreshment Tent

10:45 – 11:45 Grade 2 and Grade 3 Races

Students compete in 100m sprints, three-legged races, and house shuttle relays.

Location: Running Track

11:45 – 12:45 Lunch Break

Families and staff take a break to enjoy boxed lunches together on the lawn.

Location: Picnic Lawn

12:45 – 14:00 Grade 4 and Grade 5 Competitions

Upper grade students test their skills in 200m track events, long jump, and tug-of-war house

matches.

Location: Athletic Field

14:00 – 15:00 Grand Relays and Parent-Teacher Race

High-stakes inter-house relay finals take place, followed by the fun annual parent versus teacher dash.

Location: Running Track

15:00 – 15:45 Awards Ceremony

Medals, ribbons, and the championship trophy are awarded to individual winners and the overall winning house.

Location: Podium Stage

15:45 – 16:15 Closing Remarks and Group Photo

The head organizer offers concluding thoughts and houses line up around the podium for commemorative photos.

Location: Podium Stage

16:15 – 17:00 Cleanup and Wrap-Up

Volunteers and staff pack away equipment, take down banners, and ensure the grounds are spotless.

Location: Main Sports Field