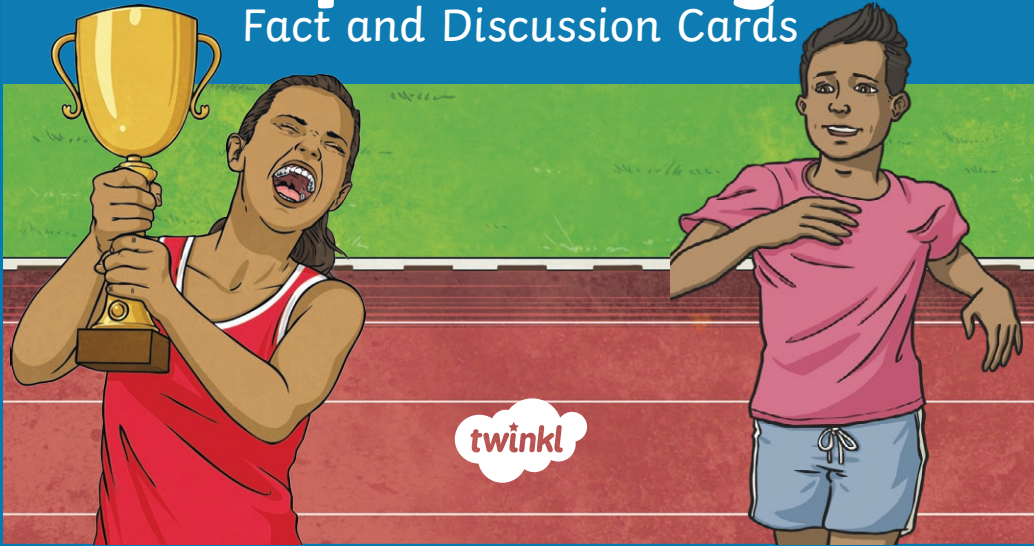


Sports Day

Fact and Discussion Cards



Sports Day Fact and Discussion Cards

1. Although it may have been around much longer, the first written evidence of the egg and spoon race was September 1894. Egg and spoon races were part of Queen Victoria's diamond jubilee celebrations in 1897.

Discuss: Which tactic works best for the egg and spoon race? Walking quite quickly and being steady or running with a high chance of dropping the egg?



Sports Day Fact and Discussion Cards

2. Two British men, Mark Howlett and Rab Lee, hold the record for the farthest distance run three-legged in 24 hours. Tied together at the ankle, they managed to run 68.23 miles as part of a trail race in 2013.

Discuss: What skills would you need to run a three-legged (or even four or five-legged) race? What skills would your partner need to have?



Sports Day Fact and Discussion Cards

3. The sack race was first recorded in the 1880s. In 2014, Mo Farah set the world record for the 100m sack race at 39.9 seconds but it was smashed in 2017 to 26.22 seconds by 36-year-old Stephen Wildish, who talked of being undefeated at the sack race since school!

Discuss: Is it cheating to put your feet in the corners of the sack and run? Should there be sack race rules? If so, what would they be?



Sports Day Fact and Discussion Cards

4. The wheelbarrow race, where one person walks on their hands while their partner holds their legs, used to be a sports day staple but is not always seen now for health and safety reasons.

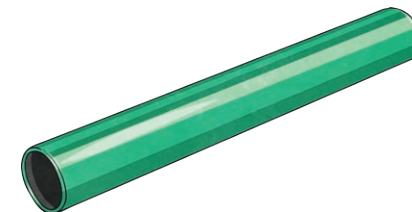
Discuss: Can you think of what the health and safety risks are for the wheelbarrow and three-legged races for children during Sports Day?



Sports Day Fact and Discussion Cards

5. The relay race, now part of the Olympics, became popular as a race in the 1800s and is said to have originated from the need to pass messages or news between people in ancient times.

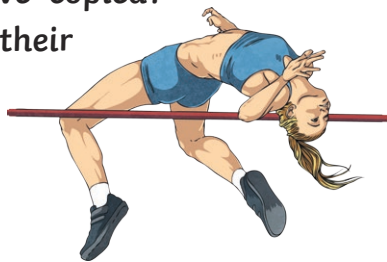
Discuss: Can you think of some things that we do now for a reason that could become a race in the future?



Sports Day Fact and Discussion Cards

6. In 1968, an American man named Richard Douglas Fosbury won a gold medal for the high jump at the Olympic Games. He used a brand new technique and style called the Fosbury Flop which is used today.

Discuss: Can you think of other athletes or sports stars who have their own style that people have copied? Mo Farah and Usain Bolt both have their signature moves for example.



Sports Day Fact and Discussion Cards

7. The shot-put is said to originate from competitions between soldiers to see how far they could throw a cannonball. However, there is evidence of stone-throwing competitions dating back to the first century (a long time before cannonballs were invented).

Discuss: What different ways of throwing can you think of? When would you use these different methods?



Sports Day Fact and Discussion Cards

8. In around 700 BC, the ancient Greeks had throwing and jumping competitions similar to today's Sports Days. They even included long jump, javelin and discus.

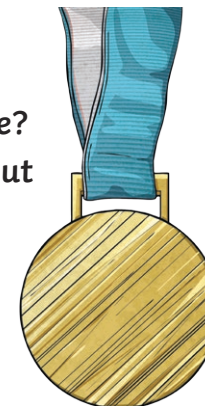
Discuss: What do you imagine the ancient Greek events would have been like?



Sports Day Fact and Discussion Cards

9. There are different types of school sports days. They can range from competitive running, jumping and throwing to working in teams and working your way round different, fun activities.

Discuss: Should Sports Day be competitive? Why? What are the good and bad points about having a competitive Sports Day?



Sports Day Fact and Discussion Cards

10. Did you know India, Malaysia, Iran, Qatar and Japan have a National Sports Day? They are on different days of the year and most are also national holidays. India's day is on 29th August, which is the birthday of one of their famous hockey players. Japan's is on 10th October, the anniversary of their Tokyo Olympics in 1964.

Discuss: On what date would you create a national Sports Day and what would it look like?



Sports Day Fact and Discussion Cards

11. It is important to be at your best and stay safe for Sports Day: have a good breakfast; drink plenty of water; wear sun cream and a hat if it's a hot day and make sure you stretch your muscles ready for using them!

Finally, remember Mo Farah's top tip about being successful, 'Believe in yourself.'

Discuss: How does a positive mental attitude help you achieve?

