

July 2017

Headteacher: Mr S Woods

Upper Shirley High School  
Bellemoor Road  
Shirley  
Southampton  
SO15 7QU

Dear Parent,

On Wednesday July 12<sup>th</sup> Upper Shirley High will be holding its Sports Day. Your daughter/son is asked to attend school dressed in full PE kit. They should come prepared for the weather with a hat, sun cream and plenty to drink if the forecast is hot and a waterproof if a shower is likely. Please provide a packed lunch for them to take to the Sports Centre. Any student who has free school meals will have a packed lunch provided. An ice cream van will be attending, so students may wish to bring a small amount of money. Please emphasise to your daughter/son that if they bring a mobile phone, it is their responsibility to take care of it.

Those students participating in the field events will walk up to the sports Centre escorted by teachers at 8.50am, and those doing track events at 11.05am. The day will conclude after the presentations at 2.40pm. Students can then have a lift back to school on the mini buses, be picked up by parents or walk home.

You are most welcome to come and join us in the seated area in the stand as this will be for sole use by visitors. I am attaching the timetable for the day if you want to see when your child is performing. Please note that timings may differ slightly from the set running order. Timings are on the reverse.

Sports Day is always a popular event in the calendar at USH and once again we are looking forward to some healthy competition and pleasing performances.

If your son/daughter is asthmatic please ensure that they have their inhaler with them. If the pollen count is high students should also have taken their required medication.

If you have any questions, don't hesitate to contact the PE department.

Regards



Miss H. Wright-Davies  
Subject Lead PE

[Hannah.wright-davies@ushschool.org](mailto:Hannah.wright-davies@ushschool.org)

## Programme of Events

**TIME** **EVENT**  
**FIELD EVENTS including: shot, javelin, discus, high jump, long jump, triple jump**

<b>9.15am</b>	<b>Year 8 boys field events</b>
<b>9.45 am</b>	<b>Year 8 girls field events</b>
<b>10.15am</b>	<b>Year 9 boys field events</b>
<b>10.45 am</b>	<b>Year 9 girls field events</b>
<b>11.15am</b>	<b>Year 7 boys field events</b>
<b>11.45 pm</b>	<b>Year 7 girls field events</b>
	<b>Track Events</b>
<b>12.15pm</b>	Year 8 - 1500m /Year 7 Tug of War
<b>12.30pm</b>	Year 9 - 1500m / + Any staff
<b>12.45 pm</b>	Year 7 - 1000m
<b>1 pm</b>	Year 9 - 300m / Year 8 Tug of war
	Year 8 - 300m
	year 7 - 250m
<b>1.15pm</b>	Year 8 - 200m
	Year 9 - 200m
	Year 7 - 150m
<b>1.30pm</b>	Year 8 - 100m
	Year 9 - 100m
	Year 7 - 80m / Year 9 Tug of War
<b>2pm</b>	Year 8 - 4x200m relay
	Year 9 - 4x200m relay
	Year 7 - 4x200m relay
<b>2.15 pm</b>	Year 8 - 4x100m relay
	Year 9 - 4x100m relay
	Year 7 - 4x100m relay
<b>2.30pm</b>	<u>Winner v Staff – 4x100m relay (if time!!)</u> Presentations