

24th June 2025

Dear Parent/Carer,

We are pleased to inform you that The Appleton School will be holding its annual Sports Day on **Friday 4th July 2025**. This exciting event provides students with the opportunity to represent their houses and demonstrate their athletic talents in a range of track and field events.

Year Group Timings:

- **Year 9 Field events – Period 2**
- **Year 7 Field events – Period 3**
- **Year 8 Field events – Period 4**
- **Years 7-9 Track events period 5**

Each year group will take part in a dedicated session during the school day, giving them the opportunity to compete and contribute to their house's overall points total and the Sports Day cup.

Available Events:

Track Events:

- Hurdles
- 100m
- 200m
- 300m
- 800m
- Relay (team event)

Field Events:

- Javelin
- Shot Put
- Discus
- Hammer (Year 8 and 9 only)
- High Jump
- Long Jump
- Triple Jump (Year 8&9 Boys and Year 9 Girls only)

Headteacher: Sarah Cox, BA (Hons)

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Each student may participate in **one track event, one field event, and one relay event**. Sign-ups for events will begin on **Monday 30th June** and will take place during registration with form tutors. Due to the number of students involved throughout the day, it is essential that your child arrives in their Appleton PE kit and remains in this all day. They will also require plenty of fluids for their session.

All students are required to wear the approved Appleton School PE kit. Please note cycling shorts or alternative shorts e.g. Nike shorts, are not permitted as an alternative.

We look forward to a fantastic day of athletic achievement and house spirit.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'S. Rowe', written in a cursive style.

Mr S Rowe
Head of Physical Education