

The Gilbert School

Part of the Alpha Trust



CPH/sma
July 2025

Dear Parent/Carer

RE: Sports Day – Friday 11th July 2025

We are pleased to announce that we will be holding The Gilbert School Sports Day on Friday 11th July. Our students will have the opportunity to compete in a variety of athletic events and we will be able to come together as a school community.

Sports Day is the accumulation of all the Inter House competitions that have been held over the last academic year. Trophies will be awarded to the winning House from each year group, as well as the overall winners' trophy.

All field events (Javelin, Discus, Shot Put,) will run throughout the morning, with track events running throughout the afternoon on Friday 11th July. Please note, 800m is scheduled on Thursday 10th July (all years) during P5.

Lunch for all year groups will be early start and finish.

Period	School Day Timings	Sports Day Timings	Participants	Spectators
P1	8.50-9.50	8.50-9.20	Year 8 boys field events	Normal lessons
		9.20 – 9.50	Year 8 girls field events	
P2	9.50 – 10.50	9.50-10.20	Year 10 boys field events	
		10.20-10.40	Year 10 girls field events	
	10.50 – 11.10	Break		
P3	11.10 – 12.10	11.10 – 11:40	Year 7 boys field events	Normal lessons
		11:40 – 12.10	Year 7 girls field events	
P4	12.10 – 13.10	12.10 – 12:40	Year 9 boys field events	
		12:25 – 12.55	Year 9 girls field events	
		12.45 – 13.15	Lunch	
LT1	13.10 – 13.45	13.15 – 13.20	Students to report to Tutor bases for Registration	
		13.20 – 13.30	Students to sit in House Zone Area on School Playing Field	
LT2	13.45 – 14.20	13.45 – 15.20	Main Sports Day Events	
P5	14.20 – 15.20			

Headteacher: Mr J Mitchell
Brinkley Lane, Colchester, Essex CO4 9PU
Tel: 01206 842211 Email: admin@gilberd.com Website: www.gilberd.com

Alpha Trust

Registered in England and Wales Company No 07755713

Registered office: Norman Way, Colchester, Essex CO3 3US



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Uniform expectations:

All students are required to wear their full Gilbert PE kit on this day:

- The Gilbert School Short Sleeve T-shirt
- Plain Black Sport Shorts or The Gilbert School Skort **(should girls opt for this attire; they are required to wear a Gilbert School Kilt or plain black jogging bottoms over this for the journey to school and during the morning's lessons.)**
- House socks in the appropriate colour
- Appropriate sports footwear suitable for the activity (not fashion trainers).

Spare PE kit will be made available during morning standards check for any student who requires it.

We are expecting a warm day and would advise students to apply suncream in advance of the afternoon's events as well as bringing in a refillable water bottle. We will have additional water stations available on the day. A plain baseball cap / sunhat is advisable.

Should the weather become cooler, students may choose instead to wear:

- The Gilbert School 1/4 zip Unisex Sports Top.
- The Gilbert leggings or Plain black tracksuit bottoms.

Unfortunately, external spectators are not permitted to attend, but we will provide a summary for parents/carers.

We look forward to a wonderful event.

Yours faithfully

Mrs C Pharaoh
Curriculum Leader for PE

Headteacher: Mr J Mitchell

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Sports Day
Friday 11th July 2025



Dress Code

- Spectators ... **come to school** in your perfect, fantastic, exemplary PE KIT..... WITH HOUSE SOCKS!!!
- It is due to be fantastic weather – **it is VITAL that you have a water bottle.**
- **As is the case for your PE lessons; Sun cream and caps are recommended**



Sports Day

- **Engage:** *This is key and should be encouraged; students are awarded points for all positions—the only way a house scores “nil points” is if they do not have a competitor in an event. SO GET INVOLVED!!!*
- **Excel:** *Sports Day is a whole school event; one of the very few times that the entire school is all together at the one time.*
- **Endeavour:** *Sports Day is the accumulation of all of the Inter House competitions that have been held over the last academic year. Attend an event, finish that race and accumulate points for your house.*
- *Trophies will be awarded to the winning house from each year group, as well as the overall winners trophy – this includes the interhouse results.*

“The important thing in PE at The Gilberd is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well”

(Adapted from The Olympic Creed, Baron Pierre de Coubertin)



The Events

RESERVES – you must be prepared to step in to **ANY** event that is not filled!!

EVENT	Girl 1 (X)	Girl 2 (Y)	RESERVES	BOY 1 (X)	BOY 2 (Y)	RESERVES
100m PM						
200m PM						
800M Day before						
Long Jump AM						
Shot AM						
Discus AM						
Javelin AM						
4x100m Relay GIRLS PM	G1(X) G2(X)	G3(Y) G4(Y)				
4x100m Relay GIRLS PM	G1(X) G2(X)	G3(Y) G4(Y)				
4x100m Relay BOYS PM				B1(X) B2(X)	B3(Y) B4(Y)	
4x100m Relay BOYS PM				B1(X) B2(X)	B3(Y) B4(Y)	
TUG OF WAR PM	Finalists from PE Lesson heats Best of 3!					



Morning Events (AM)

- All field events (Javelin, Discus, Shot Put,) will run in the morning .
- **8.50 – 9.20 Year 8 boys field events**
- **9.20 – 9.50 Year 8 girls field events**
- **9.50-10.20 Year 10 boys field events**
- **10.20-10.40 Year 10 girls field events**
- **11.10 – 11:40 Year 7 boys field events**
- **11:40 – 12.10 Year 7 girls field events**
- **12.10 – 12:40 - Year 9 boys Gilbert**
- **12:40-13:10 Year 9 girls Gilbert**
- 800m will run on Thursday 10th July FOR ALL YEAR GROUPS during PERIOD 5. All runners should report to the MUGA. We will register you for P5.

You will need to come to your event 10 minutes before the times above and gather on the MUGA.
You will take your things to your event – changing rooms will be being used by other students and
WILL NOT be locked!

CPH, AHU, Sports Captains and House Captains will be there to meet you.



Lunch

- Lunch will run from 12.45pm to 13.15pm

FIELD OUT OF BOUNDS

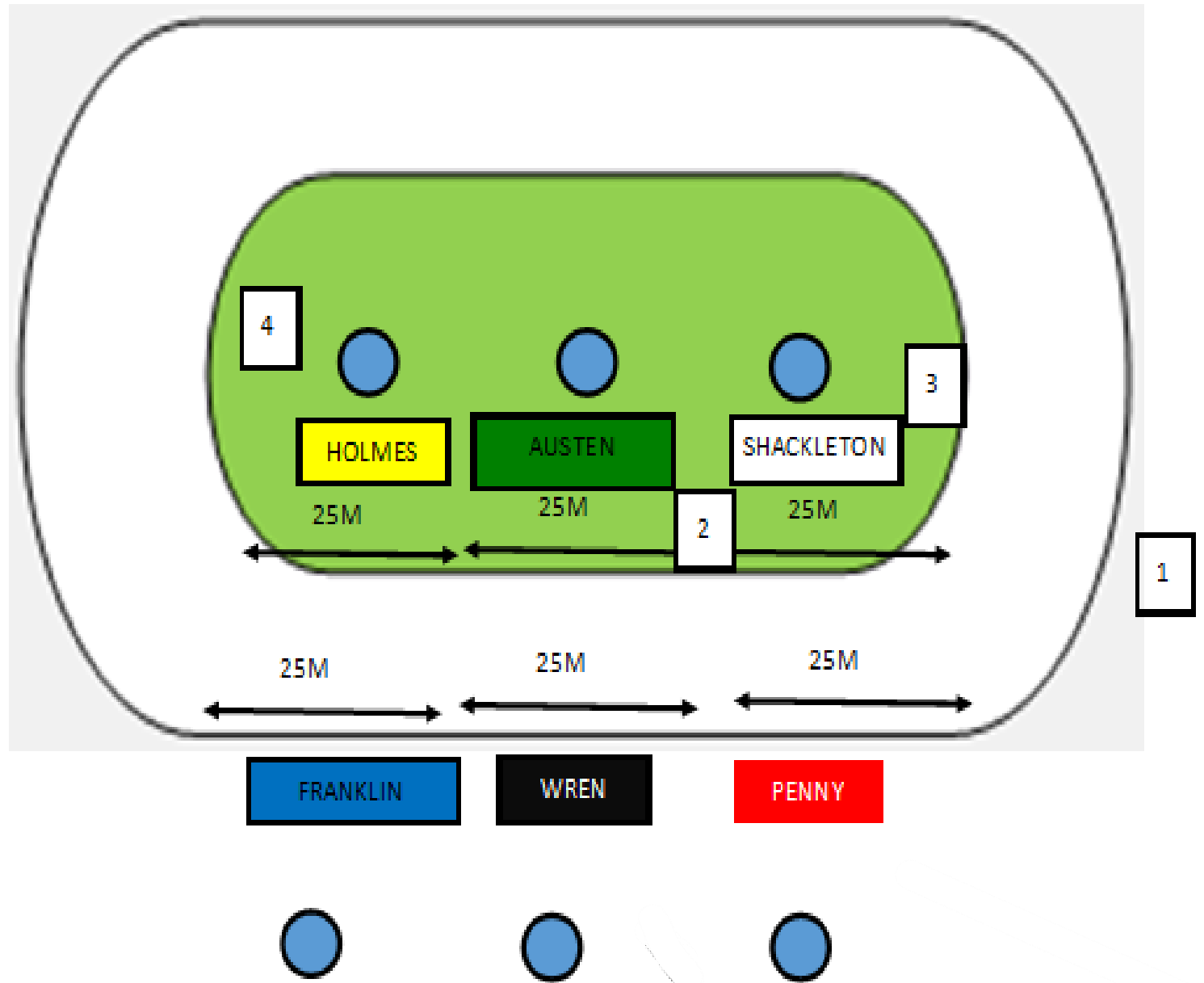
- Once lunch is finished, students return to tutor base.
- Register in tutor bring your banners, bags and your tutor will walk you to your viewing area.

13:30 all students should be on the field

13:45 START



Afternoon Layout of areas





Afternoon Events (PM)

- Each House Viewing Area will have an area nearby with a water refill and shade area.
- Events will start **promptly at 13:45pm** so please get sat quickly.
- You will be in your house viewing area with your tutor group – each tutor will have a chair to sit at and you must form a line along side the chair.
- House Chiefs will be issued with toilet passes, it is only with one of these passes that students will be allowed to leave the viewing area.
- All afternoon competitors **stay with their form until they are called to the marshalling area—**listen to the announcers!

Tutors and tutees MUST listen for races announcements—
sadly we will not be able to wait for students who have
forgotten as we will need to try to stick to timings as much as
possible

OVERALL	
House	Points
Austen	550
Franklin	590
Holmes	640
Penney	490
Shackleton	460
Wren	540

Current Inter house Standings