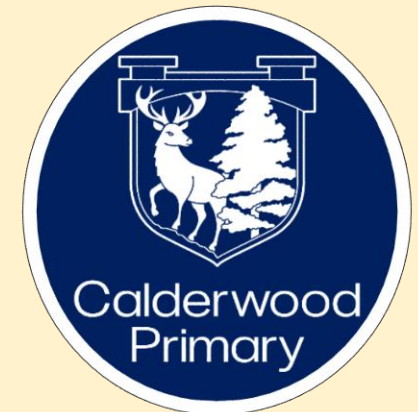


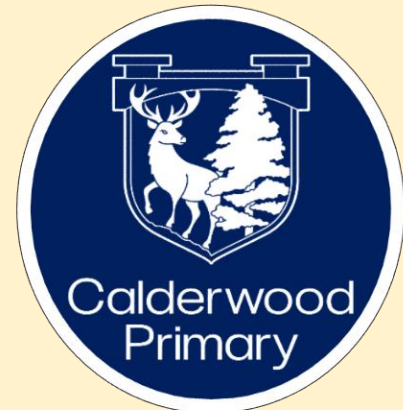
SPORTS DAY AT CALDERWOOD



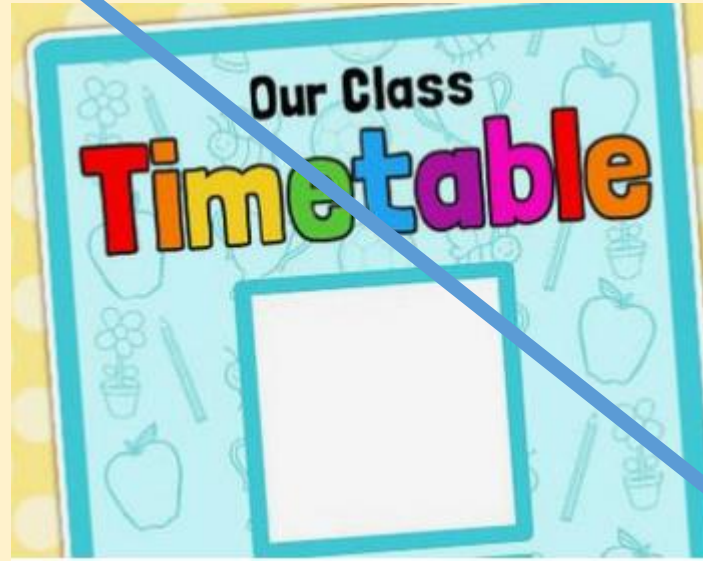


On Wednesday afternoon, I will be attending Sports Day at Calderwood.

Different things will be happening during Sports Day.



My Clan timetable for Wednesday will be different from usual.



Lunch Time 

My Clan will have lunch at an earlier time so we can get ready for Sports Day.

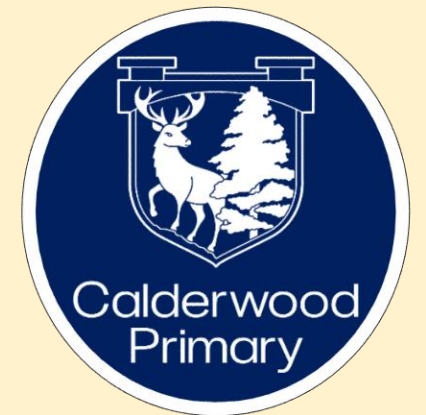




There will be different Sports happening in different places.

My Clan will be able to take part in all of them.

My Clan Champion or another adult will tell me which Sport I am doing First and then Next.





Highland Games in the Field



During these games, some people might put on a tartan scarf or a tartan hat.

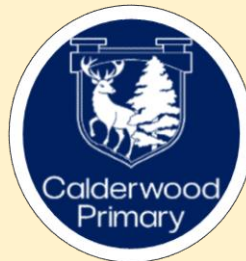


I don't have to put these on if I don't want to.





Races in the Field





When it is time for our Rest and Relaxation Station my Clan will be able to have a drink

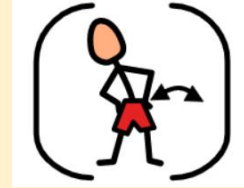


and take a break



there.

My Clan might do some stretches



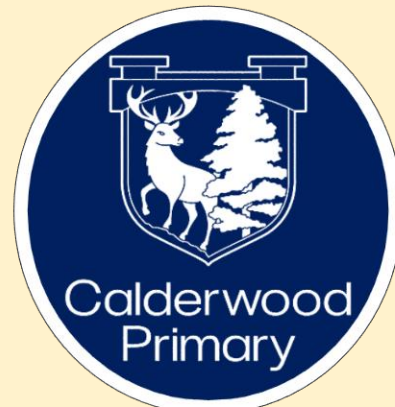
or yoga



or play small team games



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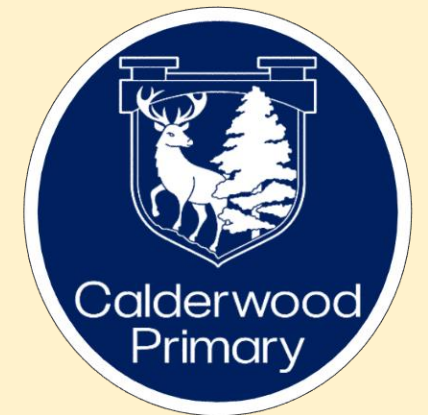




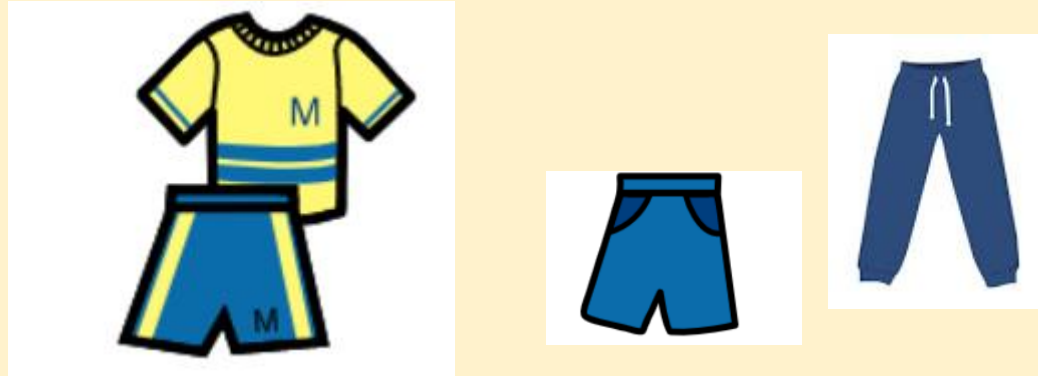
Not everyone can win at a Sports activity.

It is ok if I don't win.

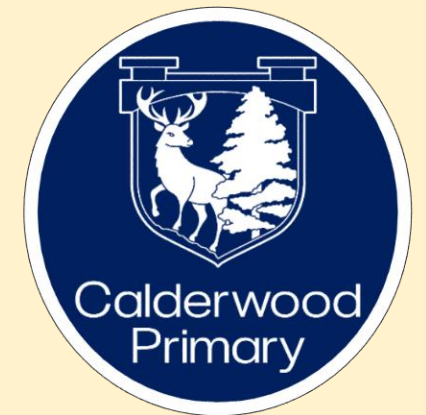
I can say 'Well done!' to the winners.



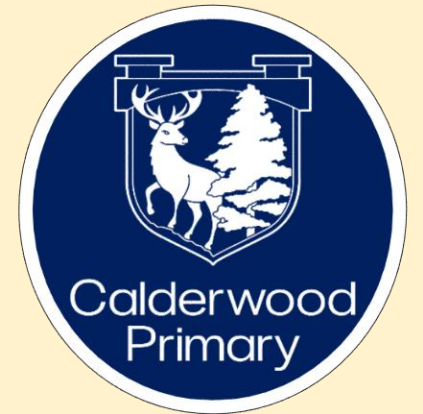
On Sports Day, my Clan and Calderwood Champions will be wearing PE clothes.



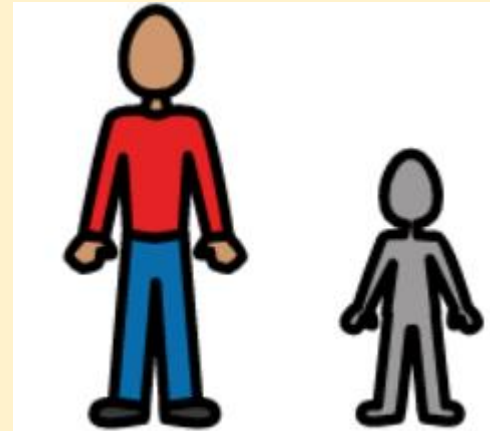
PE clothes are different from Calderwood Couture.



I can wear PE clothes that I find comfortable.



There will be lots of extra adults and families at Sports Day.
It will be very busy.

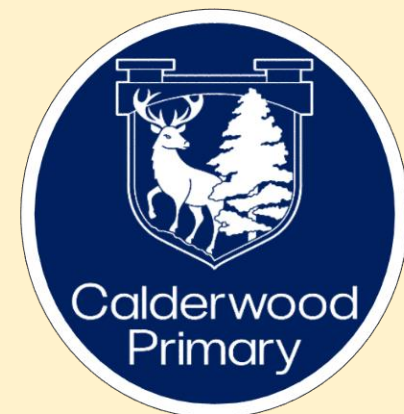




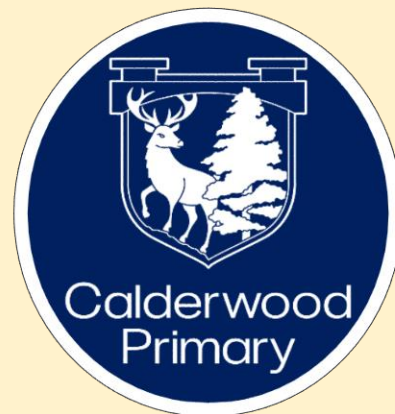
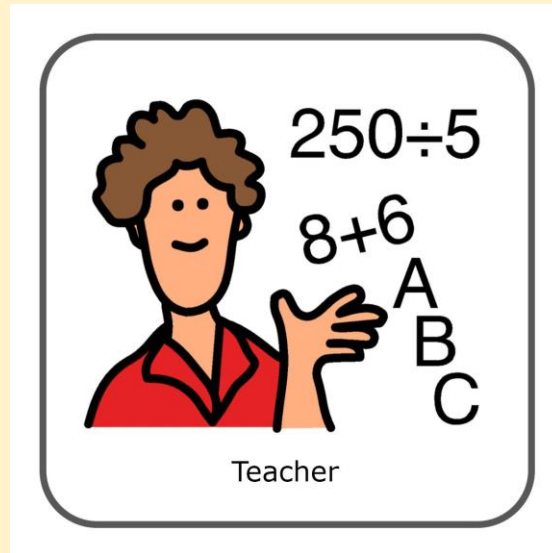
Some adults might use a microphone at Sports Day so that everyone can hear the announcements.

Other adults might use a whistle so we know when a Sports Activity is about to start.

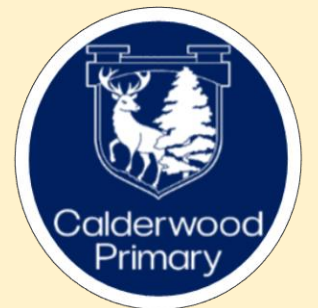
These voices or sounds might seem very loud.



My Clan Champion and all of the other Champions will be there to help me.



If I need some time in a quiet space, I can ask a Champion to help me.



At the end of the day I can tell everyone at home about my first Sports Day at Calderwood.

