**Sports Day: Love it or Hate it?**

**By Independent School Parent**

## Sports day: a chance for our children to showcase their sporting talent, learn important lessons about competition and enjoy a happy, healthy dose of fresh air in the company of friends and parents. It is supposed to be fun – for everyone.

One mother, Anna, whose two children attend a London day school, recalls her shock upon discovering that some of her daughter’s classmates had put in hours of work with personal trainers in preparation for the annual cross country race.

“I had no idea it was such a big thing. There was quite a drama when the trained child only came second. I heard talk of wasted money and so on. It might have been funny if it wasn’t so ridiculous.”

Of course you should celebrate with your child if they win races, but bear in mind that not everyone is talented, and it would be hurtful to boast in front of other people. And remember it isn’t [the Olympics](https://www.independentschoolparent.com/school/sports-day-love-it-or-hate-it/gap-university-and-beyond/school-memories-olympic-alpine-skier-chemmy-alcott) – keep the cheering to a level which won’t leave your child embarrassed!

If your child struggles with sport, or with competition, make sure you praise them for their effort and for taking part.

While some schools have abandoned the traditional parents’ races most sports days involve parents getting involved in the races, too. If all else fails, make sure you bring a delicious picnic. Plenty of cake and juice will solve most problems!

