

A Sports Day



A sports day is usually held in September or October in Japan. Some schools hold it in May because the temperature in September and October is still high these days. It is also a typhoon season.

A sports day is held to get children interested in exercise, to teach them about working together with others, as well as to give them a sense of responsibility and solidarity.

Children march in lines to kick off a sports day like the Olympics' opening ceremony. They participate

in several kinds of competitions such as sprint, relay, three-legged race, beanbag toss, a mock cavalry battle, group gymnastics, dance and so on.

Most of the sports are a competition between the classes. Children do not want to be defeated by another class, so they try their best. There are also performances to cheer on their team.

Parents or grandparents come to cheer on their children or grandchildren. In the early morning of that day, some parents get in line to get a good place. Most of them take photos or videos of their children competing.

On a different day, a district sports day is also held in each elementary school district to promote interregional exchange. Both adults and children participate in this event and enjoy it with other people in the same community.

Lunch on a sports day

Parents prepare a special lunch box for their children. After watching children's performance, they will have lunch together as a family on the school ground.



These days, some schools serve lunch to children in the classroom as usual. In that case, parents and children have lunch separately.

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