

Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

14th July 2026

Dear Parents/Carers

LPGS SPORTS DAY 2026, MONDAY 20TH JULY, NORMAN PARK ATHLETICS TRACK

The time has come again for our annual Sports Day at Norman Park Athletics Track on Monday 20th July 2026. This is a fantastic opportunity for the whole school community to enjoy a superb sporting facility that we have in the local area. It also gives students the opportunity to demonstrate the LPGS values:

- **Belonging:** Students work together in teams, supporting their house or form group, helping everyone feel part of a community.
- **Respect:** Respect is shown through fair play, encouraging others, and celebrating everyone's efforts, regardless of the result.
- **Equality:** Every student has the chance to participate, regardless of ability, promoting inclusion and valuing everyone's contribution.
- **Ambition:** Students push themselves to achieve their personal best, whether through competition or personal improvement, or striving to break school records.
- **Kindness:** Pupils cheer each other on, help teammates, and offer support to those who may be nervous or struggling.
- **Determination:** Taking part in events, overcoming challenges, and striving to finish races show students' perseverance and resilience.

This is a compulsory day and **ALL** students in Years 7, 8, 9 and 10 must attend. Students need to arrive at Norman Park between 9.20-9.30am and use their allocated entrance to the athletics track. Students will then be directed to sit in their Houses where registers will be taken. Registers will be taken in their house zones at 9.35am. Any students who arrive after this time will be marked as late. There will be a staggered departure at the end of the day from around 2.30pm. All students will be dismissed around this time regardless of the timing of their event. This is to ensure a positive atmosphere is created and maintained throughout the event.

Uniform

As well as the usual athletic events, we will be holding a range of other activities for students to participate in, with sufficient events to ensure all pupils are active on this day. For this, we ask that **ALL** students wear their Langley PE kit. **Vest tops/strappy tops are not permitted, and shorts must be of mid-thigh length, either black or navy.** Any student dressed inappropriately will be expected to change into LPGS sports kit which will be made available at Norman Park. There will be staff on the front gate monitoring kit upon arrival. Please support us in the smooth running of this event by ensuring your child is suitably dressed.

We would like students to represent their Houses on Sports Day, and we encourage students to wear their house colours through shoe laces, face painting, or coloured hair bands. Students may also wear a house-coloured t-shirt or a plain white t-shirt that can be decorated on the back to show their house pride. Please ensure that any face paint is applied **before arriving to Norman Park.** Any face paint or glitter brought and seen being used will be confiscated, as the toilet facilities cannot be stained by the paints.

Staffing and Facilities

At the track there will be students from four year groups and all school staff. There will also be staff from the athletics track to ensure our students' safety and a First Aider will be available for the duration of the event in case of any medical emergencies. Toilets and water will be available.

What to bring

We ask that all students bring a **packed lunch**, plenty of **fluids** to drink, a **hat** and **sun cream**. For those students who receive free school meals, a packed lunch will be provided if notified through the Microsoft form

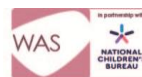
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2022-2025

linked here: [Free School Meals \(FSM\) - Sports Day Monday 20th July – Fill in form](#) **Only complete the Microsoft form if your child is eligible for free school meals.*

In the event of wet or extremely hot weather

In the event that Sports Day has to be cancelled, we will alert all students on the day of Sports Day via the school website, twitter and Instagram accounts, meaning **a normal school day would then go ahead.**

Getting there

Norman Park is very accessible via train, car, bus or foot. The nearest train stations are Hayes or Bromley South, followed by a short walk. The easiest bus route is the 119 (Hayes Lane). By car, you will find the athletics track off Hayes Lane, Bromley, BR2 9EF, however students should be dropped off in local roads to access the track by foot.

At the end of the day, many students will be heading home, either on foot or using public transport. To help reduce congestion at the end of Sports Day, students are encouraged to use a range of nearby bus stops rather than all walking to the same stop. Please see suggested buses/stops below:

Bus stop	Stop letter	Bus routes
Hayes Lane / Norman Park	S	119, 146, 314
Hayes Lane / Norman Park	W	119, 146
Mead Way / Norman Park	X	314
Hayes Road / Hayes Lane	T / V	119, 146, 314
Cheriton Avenue	C / J	246, 352
Matfield Close	B / K	246, 352
Southlands Road	BA / BV	61, 208, 261, 320, 358, N199

Parents/carers are advised to check the most suitable route home with their child in advance and to check TfL for live travel updates on the day.

Please be aware that there are currently significant roadworks around Norman Park, including traffic lights outside Bromley FC, which are causing congestion beyond the Norman Park roundabout (Hayes Lane/Mead Way). As these works are expected to continue into the summer holidays, students should allow additional time when travelling to and from Sports Day.

The Langley lap

Following the staff relay, students will take part in the traditional Langley Lap. This is where, if students choose to take part, they complete one full lap of the track together as a final part of Sports Day before returning to their house zones. Students will be expected to run only on the track, complete the full lap, and not cut across the grass area in the middle. Once students have finished the lap, they must return directly to their house zones and follow staff instructions so that registration and dismissal can take place safely and promptly. If students do not follow these expectations, dismissal will be delayed.

Parental support

Parents are very welcome and encouraged to watch Sports Day at Norman Park. All parents will be required to sign in and then you will be directed to an area of the track to view the event. Parents/carers are requested to bring photographic ID. Please bring along a chair or picnic blanket for your comfort. Please note that visibility of the events may not be guaranteed from the spectator area, and students will not be able to leave their designated zones to speak with parents or carers during the day. A rough running order is attached below so you can plan your attendance in accordance with the event your child is competing in.

Yours faithfully,

Miss Harris
Head of Health Faculty

Estimated Running Order Sports Day 2026

This schedule is a guide and may alter depending on weather and other factors. We cannot guarantee that the races will run in this order but we will endeavour to follow this. (All Year 8+9 track events will include 2 heats).

9.20-9.30	All students to arrive in designated house areas	
9.35	All registers taken	
9.50	All students take part in mass aerobics session for warm-up	
	Track events	Field events
10:00	Y10 60m Y9 60m Y8 60m Y7 60m Y10 200m Y9 200m Y8 200m Y7 200m	Y8 Discus Y7 Discus Y10 Shot Y9 Shot Y8 Long Jump Y7 Long Jump Y10 High Jump Y9 High Jump
11:00	Y9 & 10 800m Y7 & 8 800m Y10 Egg & Spoon Y9 Egg & Spoon Y8 Egg & Spoon Y7 Egg & Spoon Y10 300m Y9 300m Y8 300m Y7 300m	Y8 Shot Y7 Shot Y10 Discus Y9 Discus Y10 Long Jump Y9 Long Jump Y8 Long Jump Y7 Long Jump
12:00	Y10 Paarluf Relay Y9 Paarluf Relay Y8 Paarluf Relay Y7 Paarluf Relay	
12:30	Y10 3-legged relay Y9 3-legged relay Y8 3-legged relay Y7 3-legged relay Y10 100m Y9 100m Y8 100m Y7 100m	Y10 Welly Wang Y9 Welly Wang Y8 Welly Wang Y7 Welly Wang
13:00	Y10 Clothing race Y9 Clothing race Y8 Clothing race Y7 Clothing race Y10 4x100m relay Y9 4x100m relay Y8 4x100m relay Y7 4x100m relay	Y10 Javelin Y9 Javelin Y8 Javelin Y7 Javelin
	Staff relay (as results are being collated) Langley Lap (upon completion of the staff relay)	
14:00	Awards Ceremony	
14:20	Registration in house areas	
14:30	End of day – Students dismissed from Norman Park	