

To: All Parents/Carers

16 December 2022

Dear Parent/Carer

### PE Fixtures

As we near the end of the first term, we thought we would send an update from the PE Department. Following a couple of unsettled years due to Covid, it has been great to get back to normality.

We are now able to have competitive fixtures with other schools, so there is the chance for your child/ward to represent the school in Football, Netball and Hockey now. More sports will follow as the seasons change. We are currently seeking Tennis players for the Summer term.

The new House system has also meant we can run internal competitions as well, which is another opportunity for students to play competitive sport. So far, we have had a Football and Badminton tournament with nearly 300 students getting involved. There will be a different competition each half term, so more opportunities will follow.

It has also been great to be able to restart our extra-curricular programme. We offer clubs for all the main sports where students can get involved, without the pressure of the competitive fixtures. We have also introduced some new ones as well, such as 'Fitness Friday' where we focus on improving both physical and mental health. Students can do circuit training or improve their cardiovascular endurance, by being part of the 'Couch to 5K' programme. The first cohort on the Couch to 5K have now finished the nine-week programme and celebrated by participating in the Sloughbottom Park Run. They have now become the founding members of the Friday 5K Club and do a 5Km run each Friday after school. Friday Fitness will continue after Christmas, and we will restart the Couch to 5K programme with a new group. If your child is interested in taking part, it might be worth getting them to ask Santa for some gloves and hats, as it could well be chilly at the start of the course!!! All our clubs are open to all. Students do not need to 'sign up' and can join them at any time. A copy of the extra-curricular programme can be found on the school web site.

If you have any PE related questions, please feel free to contact your child/ward's PE teacher at any time.

Merry Christmas and a Happy New Year!

Yours faithfully

The PE Department