

Scoresby Site
Airy Hill
Whitby
North Yorkshire
YO21 1QA



Normanby Site
Prospect Hill
Whitby
North Yorkshire
YO21 1LA

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05 March 2019

Dear Parent/Carer

Year 11 Core PE options block - Health Related Exercise, Whitby Leisure Centre

As part of the Year 11 Core PE programme, we are offering the students the opportunity to experience a range of activities at Whitby Leisure Centre.

We believe that this is an exciting opportunity for our students to experience different forms of physical activity which may promote engagement in sport in the future. Establishing links to enable lifelong participation and promotion of an active lifestyle is a fundamental component of Physical Education, and for some students, team sports are not for them. For a four week block, commencing Tuesday 12 March, students will participate in four different activity areas in their PE lesson each week.

An example of how the sessions may look:

Date	Time	Group	Boys	Girls
Tuesday 12 March	9.40-11.10	11.1	Boys' Swim	Virtual Class
Thursday 14 March	1.50-3.15	11.2	Boys' Swim	Virtual Class
Monday 18 March	1.50-3.15	11.2	Virtual Class	Girls Swim
Thursday 21 March	1.50-3.15	11.1	Virtual Class	Girls Swim
Tuesday 26 March	9.40-11.10	11.1	Boxercise	Gym
Thursday 28 March	1.50-3.15	11.2	Boxercise	Gym
Monday 1 April	1.50-3.15	11.2	Gym	HITT
Thursday 4 April	1.50-3.15	11.1	Gym	HITT

The plan is to arrive in the PE department for lessons, register, then travel to the Leisure Centre. This could be in the College minibuses, or walking via the College back path, accompanied by members of the PE department. Sessions will enable sufficient time to travel and change, with at least 60 minutes of activity. Following the sessions, the students will be escorted back to the College to continue with their normal timetable. Where sessions finish at the end of the College day, students will be able to leave directly from the Leisure Centre if permission has been given on the reply slip. Full PE kit should be worn for these sessions, in accordance with College uniform policy.

The cost for the block is £10, which is payable on return of permission slip attached, on or before Monday 11 March.

Yours sincerely

A handwritten signature in black ink, appearing to read 'P.P. Hopper'.

Mr S Hopper
Subject Leader: PE; SCo

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Principal: Simon Riley, BSc, PhD, NPQH

REPLY SLIP – To be returned to Mrs Nedley in the Main Office at either break or lunch time, no later than Monday 11 March (SHo)

Year 11 Core PE options block - Health Related Exercise - Whitby Leisure Centre

Cost £10.00

Student's name: _____ Tutor group: _____

I hereby confirm that I have read and understand the arrangements for the educational visit, outlined above, and give my informed consent to my son/daughter taking part. I also confirm that I will be responsible for collecting my son/daughter from the visit, in exceptional cases, such as if illness or unacceptable behaviour occurs.

I give permission for my son/daughter to walk home from the Leisure Centre if the sessions run to the end of the College day

In the case of an emergency, the telephone number that staff should use to contact home is:

Tel: _____

Signed: _____ (Parent/Carer) Date: _____