



Tadcaster Grammar School

'A Culture of Excellence'

March 2019

Dear Parents

Year 11 Physical Education Lessons - Off-site provision

From September 2019, as a member of Year 11, your child will follow a programme of activities in Physical Education that will, for 2 of their 3 Physical Education lessons, involve the use of facilities outside the school; namely Tadcaster Swimming Pool, Tadcaster Sports Centre and The David Lloyd Health Club in York. The use of these facilities will be in addition to those of the school's and is an attempt to offer a wider range of activities than would otherwise be possible. The off-site provision takes place within the school day (a Thursday afternoon).

The Physical Education Faculty has organised this provision for over 20 years and the feedback from the students has always indicated that they enjoy the activities; it introduces them to new sporting activities; it helps improve their health and fitness; it provides a pathway for them to see the type of facilities available for them to join in the community. I have listed the type of activities they participate in below:

Tadcaster Swimming Pool

The students spend half their time in the swimming pool participating in life-saving skills, snorkelling, water polo and they then spend the rest of their allocated time in the health and fitness suite. There is a dedicated fitness instructor on hand to help them devise and follow a suitable training programme.

or

Tadcaster Leisure Centre

The students spend half their time in the sports hall participating and developing their skills and knowledge of badminton. The school does not have the facility to provide this activity which is a good social sport. They then spend the rest of their allocated time in the health and fitness suite. There is a dedicated fitness instructor on hand to help them devise and follow a suitable training programme.

The David Lloyd Health Club, York

The students during their time at this facility rotate around the following activities: Spinning, Indoor Tennis and Blaze (Boys) or Yoga (Girls). Spinning is an intense workout on a stationary bike to music. Blaze combines cardiovascular training with strength, boxing and martial arts skills to give an intense workout to music. The yoga sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation and correct posture alignment. During the indoor tennis session, the students have the opportunity to develop their tennis skills under the guidance of a qualified tennis coach at a first class facility. All the fitness sessions are led by qualified fitness instructors.

For more information about these sessions and some students in action please follow this link:
<https://web.tgsch.uk/physical-activity-primers-the-brain-for-learning/>

However, there will be a cost to the school for the hire of these facilities, use of their staff and transport. I am sure that you will understand that we cannot afford to pay the total costs for all the activities, facilities and transport from the funds available to us. I therefore ask if you would make a contribution of £32.50 towards the cost of this activity. As there are approximately 12 sessions during the year, this equates to less than £2.75 per session which I believe represents excellent value for money.

Please log on to ParentPay to make the payment by Friday 3 May 2019 so that the bookings can be confirmed. For parents/carers who have been advised they are eligible for Pupil Premium, the cost will be taken from their Pupil Premium funding but you must send in a letter giving permission for your child to take part in these activities.

Yours sincerely

Mr R Solk
Faculty Leader: Physical Education