

November 2016

Dear Parents

**Re: Offsite Core PE Activities**

In order to promote participation in sport and exercise at Regents Park Community College, students are being given an opportunity to take part in offsite activities during their Core PE lessons.

Throughout the Autumn term students will be given the choice to go to Millbrook Rugby Club. Students will be taken on the school mini-bus and will be taught the rules, regulations and techniques associated with rugby and petanque. There will be no charge for these activities, however students will need to wear full and correct PE kit in order to represent the school in an off-site activity. If students don't they will stay on-site.

After Christmas students will be given the opportunity to improve their fitness by completing a 'couch to 5k' training programme. This will be open to students of all abilities and training programmes will be linked to the students' current fitness level and final goal. Students will travel to Southampton Sports Centre on the school mini-bus and once again will need to ensure that they are in full and correct PE kit in order to participate.

If your child chooses to participate in either of the above detailed activities and you would like them to be dismissed from the selected venue at the end of the session, please confirm this in writing in their school planner. We will not be able to accept verbal requests from students on the day.

Should you prefer that your does not take part in the above activities and you would like your child to remain in school to participate in other activity options, please contact me.

If you have any questions, please do not hesitate to contact me.

Yours faithfully

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