

9 September 2010

Dear Parents

I am writing to inform you of this year's Physical Education opportunities available to girls in years 10 and 11. The girls will again be able to select from the options below. The options will run for 2 terms and will be split into 4 blocks, each one lasting half a term. Once the students have made their four selections they will not be able to swap, unless they have very special circumstances, for example prolonged injury.

The programme will take place every Thursday afternoon during periods 6 and 7 of the school day. Any charges for activities will, with your permission, be included in your school bill.

Full school PE kit must be worn for the activities

Physical Activity	Cost per week	Address
Outdoor Games (netball, hockey, football, tennis, touch rugby and running).	FREE	Channing School
Fitness Suite	FREE	Channing School
Pilates/Yoga	£2.50	Channing School
High impact aerobics	£1.50	Channing School
Climbing	£10.00	Swiss Cottage
Military Fitness (Taken by ex military professionals)	£6.50	Waterlow Park
Fencing	£4.50	Founders Hall

On Thursday 9th September girls will be able to select their options for the two terms. Please send back the permission slip by Monday 13th September so that I can confirm our bookings. If no permission slip is received girls will be placed in the outdoor games group.

Please contact the Physical Education department if you have any queries.

Yours sincerely

Mrs E Ross
Head of PE

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I give my daughter (name)_____permission to be instructed by an external coach and attend an off-site activity on Thursday afternoons from 2.25pm onwards and I agree to have costs for this programme added to my bill.

Signed_____Date_____