

7 September 2011

Dear Parents

In the 6th Form, pupils have the opportunity to experience a variety of activities in their Physical Education time. The aim of the programme is to allow girls to experience new methods of exercise in order to promote lifelong participation.

In order to maximise the options that we can facilitate, classes will take place off-site as well as at school. Activities will be offered in half term blocks, so over two term they can select a maximum of 4 different sports. Pupils are welcome to choose the same option more than once. The summer-term will be on-site activities only, as the girls will be going on exam leave in May.

It is important to note that once activities have been selected, girls must stick to their choice. The charge for each option, where applicable, will be added to your school bill for convenience. Please do note that there is no obligation to pay for PE: there are several on-site options that are available at no cost.

Physical activity	Cost Per Week	Location
Outdoor Games	£0.00	Channing
Fitness Suite	£0.00	Channing
Trampolining	£0.00	Channing
Running	£0.00	Channing
Zumba	£2.50	Channing
Pilates/Yoga	£2.50	Channing
Belly Dancing	£2.50	Channing
Horse Riding	£22	London Equestrian centre
Rock Climbing	£10	Swiss Cottage
Ice Skating	£8	Alexandra Palace

To be able to provide such a wide range of sports with minimum costs, girls will need to travel to the destinations on public transport. If they choose an off-site activity, the PE staff will register them in school at 1.30pm. This will give the girls enough time to reach their options promptly. Once they are dismissed from their option, they are free to go home. Girls participating on-site will follow the normal school times.

If any girl is unable to do PE, they should still attend and provide the PE department with a note explaining why they cannot take part. If any student does not attend their option and does not have a valid excuse, they will lose the privilege to attend an off-site option.

Please complete the attached consent form if you wish to give permission for your daughter to travel off-site.

Yours sincerely

Miss Johnson
Acting Head of Physical Education