

Ref: PE/ALN/wlr

15th July 2020

Dear Parents / Carers

Physical Education (PE) at The Grange Academy

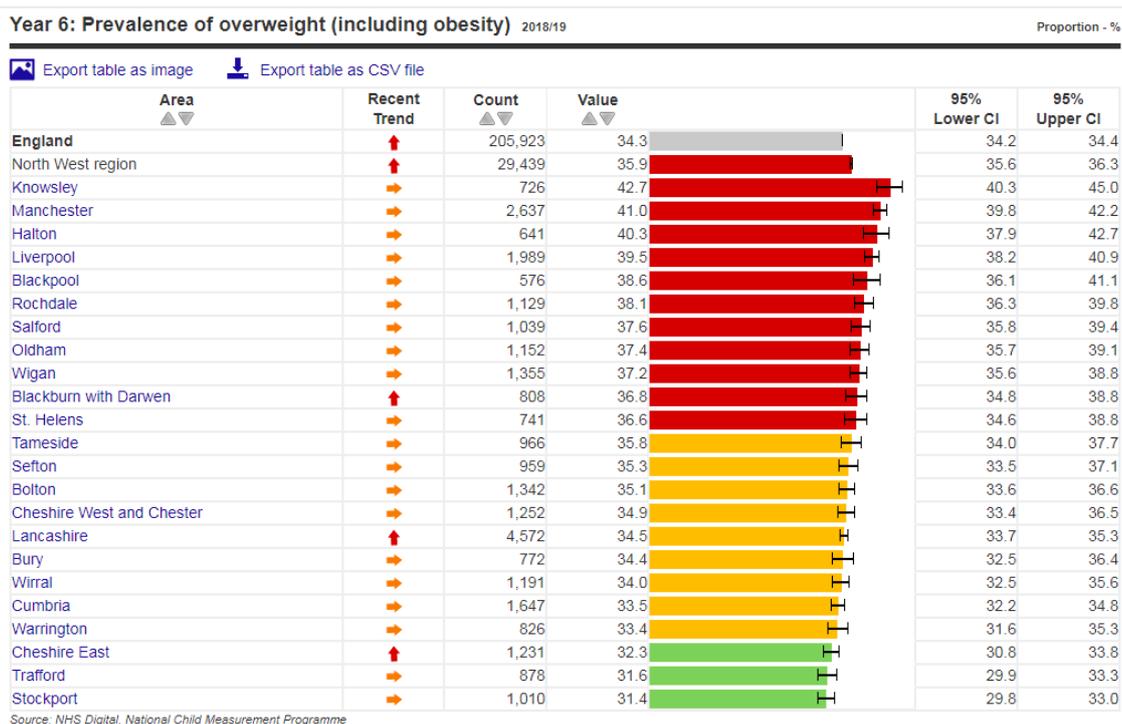
Please find below details of the importance we place on Physical Education at The Grange Academy and how you can help support your child and us in ensuring they are physically active.

Why is PE essential in the UK?

Current research data reports that UK has the 2nd highest rate of obesity in the world behind USA, (2017). Obesity is linked with numerous serious health concerns and negatively affects life expectancy.

For the Halton Borough, the National Child Measurement Program 2018 report highlighted that 25.6% of reception age students were overweight/obese and in Year 6 that rate climbed to 39.5%. (<https://www3.halton.gov.uk/Pages/health/PDF/health/HealthProfiles/NCMP.pdf>).

The 2018/2019 data obtained from Public Health England for Year 6 students highlights an increase to 40.3%.



These findings would suggest that obesity is increasing towards the end of KS2, so the role that PE/Sport plays in tackling health issues that arise from this data is essential in terms of educating young people in our society on how to lead an active, healthy lifestyle.

What is our mission for PE?

Our **intent** for PE is that: Students appreciate the benefits of being active in a variety of roles and activities, and be inspired and to live a full and healthy lifestyle beyond life at The Grange Academy.

Our **goal** for PE is that we maintain a broad curriculum including a number of practical activities (12) and additional academic courses to enable a multitude of opportunities for potential future level of study/employment and furthermore instil confidence, knowledge and inter-personal skills to enable students to engage in physical activity beyond the classroom.

Our **aim** is that students enjoy being active and develop their knowledge of the benefits of leading a balanced, healthy, active lifestyle beyond education to promote longevity of life.

How can you help as parents/carers of our students?

Parental support to ensure engagement in physical education is essential and as a school, we provide multiple opportunities for all students to actively participate.

In addition to PE lessons, there will also be extra-curricular opportunities after school which we would encourage students to attend. Please can you encourage your child to attend these after school sessions and it would be great if students could also be involved with local sports clubs in the community.

In terms of PE lessons, **each student is required to bring their PE kit to every lesson. Even if they are ill or unable to participate they can undertake a suitable role** such as; coach, referee, leader or analyst. Students who do not bring their own kit will be provided with and expected to wear a spare clean kit, which will be returned to school after use.

I have highlighted below which days your son/daughter has their PE lessons and should have their PE kit with them for your convenience.

Thank you for supporting your child to lead a healthy, active lifestyle and if you have any concerns please do not hesitate to get in touch.

	A - Monday	A - Tuesday	A - Wednesday	A - Thursday	A - Friday
Y7	7P3/7P4			7P1/7P2	7P3/7P4
Y8	8P4/8P5	8P1/8P2/8P3	8P1/8P2/8P3		
Y9	9P1/9P2	9P3/9P4/9P5	9P3/9P4/9P5		9P1/9P2
Y10				YEAR 10	YEAR 10
Y11			YEAR 11		YEAR 11
	B - Monday	B - Tuesday	B - Wednesday	B - Thursday	B - Friday
Y7		YEAR 7		7P1/7P2	YEAR 7
Y8	8P4/8P5	8P1/8P2/8P3	8P4/8P5		YEAR 8
Y9	YEAR 9		9P1/9P2	9P3/9P4/9P5	
Y10			YEAR 10	YEAR 10	
Y11	YEAR 11				YEAR 11

(Please highlight your child's classes as appropriate.)

Kind regards,



Mr P Allen
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The Grange Academy

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