

October 2025

Dear Parents and Carers

Focus Martial Arts - Autumn Term 2025

We are delighted to confirm the continuation of our popular after-school martial art & fitness sessions, delivered by our external partner, Focus Martial Arts for the Autumn Term 2025. These sessions are an excellent complement to our Co-Curricular programme, promoting physical health, teamwork, and confidence among our students.

These energetic sessions are expertly designed to promote holistic growth, starting with fundamental physical health and coordination. More than just exercise, the class structure organically fosters crucial soft skills: through engaging group challenges and team activities, students significantly enhance their teamwork and social skills. This cooperative environment directly translates into better peer interaction and a stronger sense of camaraderie. Crucially, as students meet and overcome fitness milestones each week, they experience tangible success that builds immense confidence and self-discipline.

Session Details

- Day: Wednesday, 5th November to Wednesday, 17th December
- Time: 3:30 pm - 4:30 pm
- Location: Drama Studio, RGS

7 Sessions - No session on Wednesday, 26th November

How to Secure a Place: to register your child for the programme, please [Click Here](#) to secure their spot. Spaces are limited, so early booking is recommended!

If you've set up a Direct Debit, your payment will be processed automatically. If you wish to cancel, please let us know in advance.

We are looking forward to seeing your child in class this term. Please don't hesitate to reach out with any questions.

Yours sincerely

Team Focus Fitness