

14 December 2023

Dear Parents

[PHYSICAL EDUCATION & SPORT NEWSLETTER – TERM 1](#)

The purpose of Physical Education, Sport and Physical Activity at RGSHW is to create an environment that:

1. Supports and nurtures all students to develop a high sense of self-worth, and the character to contribute positively to society.
2. Supports and nurtures all students to develop the motivation, confidence, and competence to thrive through a healthy and physically active lifestyle.

We continue to use our SOCS Co-Curricular platform, allowing your son to sign up for and experience different Sports and Physical Activity clubs throughout the Term.

The data for Term 1 of this academic year tells us that over 77 % of students in Years 7-10 have participated in one or more of our Tiers of Sport. We aspire to increase this figure and the physical activity levels of all our students. This will be supported through inspiring Physical Education and Games Lessons as well as our inclusive and varied Co-Curricular timetable that is carefully planned in line with our three Tiers of Sport and Physical Activity.

Physical Education staff will continue to encourage all students to attend at least one Co-Curricular Sport or Physical Activity of their choice each week. Thank you to all staff and external coaches for their hard work and support to deliver the quality of provision, experiences and opportunities for all students.

Please see the [Co-Curricular Schedule- Half Term 3](#).

Sign-up for these sessions will be available from Thursday 14 December. Your son should only sign up for the activities that he intends to attend weekly. Once signed up for a club, there is no need to sign up again until Half Term 5 in April 2024.

Looking Ahead

We are very much looking forward to January and the new term. We will continue to support students to find a sport or physical activity they can attend and enjoy each week at RGSHW.

On behalf of the PE, Games and Sport Department, we thank you very much for your engagement in and support of your son participating and enjoying Physical Education, Physical Activity, and Sport at RGSHW.

Please do not hesitate to get in contact with me if there is anything you would like to share or if you would like further information about how to join a sport featured in the [Physical Education & Sport Newsletter – Term 1](#).

Wishing you all a very happy holiday.

Luke Huelin
Head of Physical Education
lah@rgshw.com