

22/02/2021

Dear Parent,

In these unprecedented times..... I wonder how many times a letter has been started this way in the past 12 months? It does, however, still apply and never more than for the following reasons.

Sport has become a major casualty of the pandemic with fitness and motivation become increasingly harder to maintain. This is especially the case for younger people right now.

Last half-term, the PE Department set assignments designed to encourage activity (30/45mins) per day. Students are registered and have the week's assignment explained. We then want them away from the screen for the remainder of the lesson, and for them to start their first exercise of the week. Our amazing team of graduate Athletic Development coaches have created a series of workout videos and activation game challenges, which are accessible on our YouTube channel - <https://www.youtube.com/c/RGSHWSPORT?pbjreload=102>.

This half term for Years 7,8 and 9 we will be setting exercises to be completed in their PE lessons. These year groups have double periods and therefore time to understand and complete the tasks. Years 10 and 11 will be set tasks to complete during the week.

There will also be weekly House challenges set in sport, co-curricular activities, art and music which we encourage students to get involved with during their Games sessions. We believe Games sessions should be time away from screens, outside if possible and active. Not all the challenges will be attractive to all students, but there are many, so students should be able to find something to get involved with.

Over the last few weeks I have spoken to several parents who have expressed their concerns over how inactive their once active teenagers have become. We have to remember that however strange we find these times, young people, who usually live in a world of routine, are also trying to navigate their way through it. If you are one of these worried parents, please know that you are not alone. There are many of us feeling this way and the guilt of not being able to get our children outside, motivated and active on a daily basis can be causing higher amounts of anxiety. To you, I say this: Be kind to yourself. Give yourself a break. Do your best to encourage, but don't let it take you over. I am the father of a teenager and a PE teacher, and I am facing the same struggle!

Please know that when these young people return to schools, we are ready and waiting to ensure a warm, inviting and motivating environment to get them active, moving and in many cases, competitive, once again. We can't wait to get sports being played, weights being lifted and bodies being propelled once more.

We will be publishing our weekly PE challenges on twitter (@RGSHWSport), so that you can keep up to date and encourage your son with regard to what he is being asked to complete in PE.

Yours sincerely

Dan Pettifer

Director of Sport