

28 January 2021

Dear parents and carers,

I would like to start by saying well done to all the students for maintaining motivation during this lockdown. In the PE department we are really impressed with how well they are doing and have enjoyed receiving their feedback each lesson.

We understand the current concerns over the amount of screen time students are having. Having taken the feedback of parents, carers and students into account, we have reviewed the structure of PE lessons to try and minimise the time students are working on a screen as much as possible. As of Monday, students will no longer be asked to complete the athlete fact files which they have been doing so far. Instead, we have uploaded a PowerPoint document to the "Resources" folder on Teams called "Lockdown Workouts" which has a large variety of workouts on it. Students simply need to join the call at the start of the lesson to register, then select which work out they would like to do and spend the rest of the lesson completing it. There is no need for them to upload anything at the end of the lesson.

Also included on the PowerPoint is the option of going out for a walk/jog/bike ride. We understand the importance of getting fresh air and having a change of scenery during the day, so would like to offer this option. Please can you discuss with your child whether you are happy for them to go out by themselves during the day, and remind them of the following safety points:

- They should follow a pre-planned route and let you know where they are going
- They should take their mobile phone with them
- They should take a bottle of water with them
- They must be back in time for their next lesson

We hope the students enjoy the workouts and that this approach helps to reduce screen time for them.

Yours sincerely,



Mrs R Northcote
Head of Physical Education

Headteacher: Mrs E Bone BA (Hons), MA
Tudeley Lane, Tonbridge, Kent TN9 2JP
Tel: 01732 373 500

Email: school@wealdgs.org
wealdgs.org

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