

March 2022

Dear Parent/carer



Westborough  
High School

Together We Succeed

At Westborough High School the PE department aims to ensure all pupils become physically literate by the time they leave school. This means that pupils will have the confidence, motivation, skills and knowledge to be physically active throughout their life.

Physical activity contributes to both good physical and mental development and it has a wide range of benefits, which include developing muscle and bone strength, increasing concentration and educational performance, as well as boosting mood and reducing the risk of many lifestyle-related diseases.

Developing regular physical activity behaviours in childhood is crucial as we know that children who are active are more likely to become active in adulthood and continue to reap the benefits of an active lifestyle.

All young people aged 5-18 years of age must strive to accumulate on average at least 60 minutes' physical activity per day across the week.

With this in mind, please could you encourage your child to sign up for and take part in the various exciting, competitive sports and activities that can be accessed outside school through community links and sports clubs, as this exposure will help them further develop their technique, improve their performance, as well as enhance their character and assist with building social skills. With our joint encouragement and support, this will have a huge impact on their competence and involvement in lifelong sport and physical activity.

Westborough PE department also has an extensive extra-curricular sports program to support your child's ambitions, specifically designed to engage pupils and their individual needs to then enable them to participate in sporting activities at lunchtime and after school. Our after school sports clubs now finish at 3.30 p.m. making them more accessible for those pupils that may have additional commitments. In addition, pupils are encouraged to travel to school in an active way such as walking or cycling.

Ideally we would like our pupils to attend a minimum of 2 sports clubs each week to enable them to maximise their potential and would really appreciate your support with this.

If you need any help or support in finding a suitable sports club within the local community, please do not hesitate to contact me on 01924 469549 and I will be more than happy to assist you.

Yours faithfully

*Mr Johnson*

Team Leader of Physical Education

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