

Dear Parent/Carer,

We are due to complete a cross country week for PE lessons for the week commencing Monday 21st October to Friday 25th October 2024. We have named it the "Mud Run" which they will complete twice in the week. The first one being a cross country style run for their first PE lesson of the week around our school fields; the second run will include obstacles they can attempt to pass during the run making it more of a fun run with a more relaxed atmosphere about it. We want students to try their best and it's about them getting around the course within the timeframe of the PE lesson. Whether they run all of it or change between a run and walk it's about the students identifying their capabilities and doing it to the best of their ability throughout the lesson. The PE department have completed this event every year for the last decade and have found it to be an enjoyable experience for all involved, it's not as daunting as it sounds for the students. It also feeds into our school ROCKS model using all the key skills required to develop in their time at Downlands and contributing towards their community team with points awarded for high placers, hard workers and overcoming adversities.

The PE department will require students in all KS3 classes (Year 7/8/9) to participate in this for both of their PE lessons on this week and to bring the correct equipment so they can take part in the lesson. They will be required to bring their full Downlands PE kit which consists of a change of footwear and socks, layers are recommended incase it's cold/wet. (Waterproof jacket, gloves, hat etc). Additional items that may be of use are a towel in case they need drying off, and a carrier bag/bin bag/tote bag to put all their wet clothes into afterwards.

We understand that some students have PE on back-to-back days so we do apologise in advance that you may need to get this kit turned around quickly on the evening of the first PE lesson. We have limited amount of spare kit to hand out throughout the week so please ensure your child comes prepared for the lessons as best as possible. Alongside this, we are fully aware there are a few classes that have PE and Dance on the same day, there is a one-off change for those classes only:

THURSDAY – 9a/DNC1 (PE P2 then Dance P4) and 9c/DNC1 (PE P2 then Dance P5).

FRIDAY – 9b/DNC3 (PE P3 then Dance P4) and 9b/DNC2 (PE P3 then Dance P5).

If you are unsure if there's a clash and this relates to your child, please look through the timetable on Week 2 for any PE and Dance lessons on the same day.

Students of those classes won't be expected to wear wet/muddy PE kit for their dance lesson later on in the day. If possible, can your child please remember to pack spare clothing that they can wear for their dance lesson. **This must consist of a black or red t-shirt and black shorts/ leggings/trousers suitable for dance. We understand they may not have 2 sets of PE kit so this will be a one-off exemption for alternative uniform in that lesson for Dance only, not PE.** If you are aware of your child being in those classes please can you support them in getting the extra clothing organised for those days.

The weather is expected to be typically English with a possibility of rain and wind. The fields will be muddy from the amount of downpour over recent weeks which is why it's important to come equipped for the lesson. We will run the cross country in majority of conditions where we deem it safe and do-able for all students. For Year 7 students the distance is 1.3km, Year 8 is 1.9km and Year 9 is 2.6km, which can be comfortably completed within the hour lesson.

If you have any questions or queries about the above information, please can you email myself or Miss Cole ncole@downlands.org our PE Technician regarding the above information.

Kind regards,

S Holt

S. Holt
(Head of PE and Dance)

