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Creating opportunities for everyone

31st March 2021

Dear Parent/Carer,

Alongside running the Phoenix KS2 Phoenix football team we are going to be running a 12 week program of 'Sports Science' and 'Performance Coaching' sessions with the aim of having the most professional school football team in the area.

These sessions are only for invited children and will be held on a Thursday afternoon for Year 5 children and on a Monday afternoon for Year 6 children as from week commencing 19th April 21. The sessions will be in school time and will be a mixture of class based learning and practical learning. Your child will need to come to school in their PE kit and trainers on these days; they will also need a named water bottle please.

These sessions will be led by Ashley Buckman, who is a local sports performance coach. The sessions will include the following modules:

- What is health and fitness?
- Good setting
- Leadership and teamwork
- Stress and anxiety in sport
- Human body
- Nutrition
- Communication

Assessment of pupil progress will be fed back to teachers and our football coach and will be considered as part of the team and leadership selection for the football team.

We also hope to arrange a graduation at the end of the 12 week program.

Your child has been chosen to take part in these sessions as we feel they will not only learn a great deal but will find them really enjoyment and informative.

Yours sincerely,

Mr Chris Johnson
Headteacher

