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22 October 2021

Dear Parent/Carer

**Cambridge Nationals Sports Studies Course
Mountain Biking Trip to High Lodge Thetford – Tuesday 9 November 2021**

As part of the Cambridge Nationals Sports Studies Course, students are required to do an Outdoor Activities unit. Throughout the year we organise a number of trips, each trip has a different outdoor activity as the focus and students are assessed on their ability. It is therefore essential that students attend at least two of the trips in order to be assessed in an outdoor activity. Information on the orienteering and canoeing trips will be sent out nearer the time.

I am writing to you to confirm that your child has been invited to carry out a Mountain Biking skills and application day. This is the first of the trips that we are going to offer this academic year.

The day will take place at High Lodge in Thetford on Tuesday 9 November. Students will need to meet at the sports hall at 9:05am, we anticipate returning to school by 3:00pm so students can get their normal transport home. The trip will be free of charge.

Students must bring a packed lunch, spare water, long sleeve clothes with rain jacket, change of clothes/towel for end of cycling and a small rucksack to cycle with. It is also suggested students bring eye protection and thin gloves. Furthermore – an ability to fix a simple breakdown/puncture (a spare tube will be provided) would be an advantage.

To ensure your child's place the attached consent form will need to be completed by **Thursday 4 November 2021**.

Please do not hesitate to contact me if you have any questions.

Yours faithfully

**Mr Hogarth
Teacher of PE**

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'the best that we can be'

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