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Brandon Road, Swaffham, PE37 7DZ



September 2023

Dear Parent/Carer

### Cambridge Nationals Sports Studies Course

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. I am writing to you to confirm that the first two trips your child has been invited to carry out this year are a Mountain Biking skills and application day and a Canoeing skills and application day.

#### **Mountain Biking:**

The day will take place at High Lodge in Thetford on **Friday 20<sup>th</sup> October** 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.

#### **Canoeing:**

The day will take place at Whittlingham in Norwich on **Tuesday 19<sup>th</sup> September**. 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.**

Participants will need to bring:

- Packed lunch and plenty of water
- Small bag/rucksack/holdall to store clothes etc
- Changes of clothes (school uniform)
- Plastic bags for wet and dirty clothes
- A towel
- Sunscreen & sun hat when warm
- Change of footwear
- Closed toe footwear with laces/zip/Velcro fastening
- Light comfortable clothes you don't mind getting wet

All participants are advised to bring a small bag/rucksack/holdall to put their clothes in when changed. These will be stored in a shared group cabin therefore all participants are advised not to bring any valuables with them.

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To ensure your child's place on either or both of these trips, the online consent form will need to be completed by **Monday 11<sup>th</sup> September 2023**.

The online form can be accessed by the below link or by scanning the QR code attached.

<https://forms.office.com/e/MCY6ff1VyM>



Please don't hesitate to contact us if you have any questions.

Yours faithfully

***Mr Lloyd, Mr Hogarth and Mrs Teanby***

**Teachers of PE**