



September 2022

Dear Parent/Carer

## **Welcome to Physical Education and sport at Ashlyns**

Firstly, may I take this opportunity to welcome you to the school and say how fantastic it was to meet your son/daughter on Monday.

I would like to outline how PE and sport work here at Ashlyns as the after school clubs, in particular, work very differently to primary schools.

You will see below (and on our school website) that we offer a range of activities at lunch and after school. All of our clubs are free and open to all students.

If your son/daughter wishes to attend a lunchtime activity they do not need to get changed but will require the correct footwear, eg clean trainers for the sports hall, moulded studs for the astro. They can eat their packed lunch or access the school canteen before arriving at the desired activity and then take part, with the sessions running from 1.30-2.00pm.

For after school clubs, which run from 3.30-4.30pm, at the end of their Period 5 lesson students will need to make their way to the sports hall where they will be registered, sent to get changed and then go on to their activity. Once again, these are open to all of our students with the aim of giving them the opportunity to take part in physical activity which they have previously enjoyed or, perhaps, have never tried before. There will also be the opportunity for those who have a particular aptitude to a certain sport to represent the school at a national, county-wide and district level, and we aim to run as many teams as our staff can facilitate. In some sports there may be specific trials, but in the majority of sports it will be based around participation and performance within the after school club and is a fluid process. Even if your son/daughter did not make the team at the first attempt, regular attendance at the club will enable their sporting prowess to be shown alongside their participation and efforts within PE.

We cannot wait to help your son/daughter develop a real love of PE and sport by offering them the chance to increase their participation and confidence within exercise outside of the school day, and allowing them to engage in healthy, active and sporting habits for life.

I look forward to seeing your son/daughter taking part in our clubs soon and hopefully representing the school in the near future.

Yours sincerely

Mr J Preston  
Head of Physical Education

You can find further information on our school sports [website](#) and by following us on Twitter [@AshlynsPE](#)



## PE Extra-Curricular Timetable - Winter Term



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b> 1:35-2:00pm	Table Tennis (Sports Hall)  Dance Studio (Y7)  Gym (Y10, 11 & Senior)  Y7, 8 & 9 Astro	Basketball Y7 & 8 (Sports Hall)  Dance Studio (Y8)  Gym (Y10, 11 & Senior)  Y10 & 11 Astro	Table Tennis (Sports Hall)  Dance Studio (Y9)  Gym (Y10, 11 & Senior)  Y7, 8 & 9 Astro	Basketball Y9, 10 & 11 (Sports Hall)  Dance Studio (Y10 & 11)  Gym (Y10, 11 & Senior)  Y10 & 11 Astro	Table Tennis (Sports Hall)  Dance Studio (Y7)  Gym (Y10, 11 & Senior)  Girls and Sixth Form Astro
<b>After School</b> 3:30-4:30pm	Netball (Y9, 10, 11 & Senior)  Boys' Football (Y7 & 8)  Gym (Y10, 11 & Senior)	Trampoline (Yr 7 Week 1 Yr 8-13 Week 2)  Table Tennis  Girls' Rugby  Gym (Y10, 11 & Senior)	Girls' Football  Boys' Rugby  Badminton  Gym - Staff only	Netball (Y7&8)  Boys' Football (Y9, 10, & 11)  Gym (Y10, 11 & Senior)	Basketball <i>(not the last Friday of the month- Staff Games)</i>  Gym (Y10, 11 & Senior)