



Re-founded 1555

Ripon Grammar School

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31 January 2023

Dear Parent/Guardian

Ripon Grammar School: Y12 PE visit to Core Fitness Gym, Ripon

The A level PE course requires students to have a knowledge of the principles of training and methods of training. The department is organising a visit and working session to Core Fitness Gym in Ripon where the students will complete a series of tasks which will then allow them to develop a deeper understanding of the topics, as well as undertake a practical application of a number of components in the Exercise Physiology unit.

We will leave RGS at 11.15pm on Monday 6th February and return by 1.15pm. Mr Milner will accompany the students and, in conjunction with the Gym staff, will organise and run the session. Students must wear appropriate clothing and footwear and bring plenty of fluids. The session will be physically demanding so students must ensure they bring any medication; inhalers etc that they require.

There will be no charge for this session.

Thank you for your continued support.

Yours sincerely

Mr A Milner
Director of Sport

Headmaster: Mr. Jonathan M. Webb, MA (Cantab).

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