



Re-founded 1555

Ripon Grammar School

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20 April 2023

Dear Parent/Guardian

Ripon Grammar School: Y10 PE visit to Core Fitness Gym, Ripon

The GCSE 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 11.15am on Monday 24th April 2023 and return by 1.00pm. Mr Milner and Mrs Beechinor will accompany the students and, in conjunction with the Gym staff, will organise and run the session. Students must wear PE kit 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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