

Our ref: GRD/HLE/PE Clubs

09 March 2026

Dear Parent/Carer

Re: New Extra-Curricular PE Clubs

We are delighted to inform you about our new and exciting extra-curricular Physical Education club offer, which is open to students across Years 7–11, starting this Monday, 9th March 2026.

All clubs will take place **after school from 3:00pm–4:00pm**, providing students with a fantastic opportunity to stay active and develop new skills. There is no sign-up needed, students can turn up on the day to participate. Full PE kit is required for all after-school clubs.

Regular participation in sport and physical activity has many proven benefits for young people, including:

- Improved physical health, fitness and strength
- Increased confidence and self-esteem
- Reduced stress and improved mental wellbeing
- Development of teamwork, leadership and communication skills
- Improved focus, discipline and concentration in lessons

Sport also teaches resilience, commitment and how to positively handle both success and setbacks — skills that support students far beyond the sports hall or playing field.

Some of our clubs will include opportunities to take part in local fixtures and competitions, allowing students to represent the school and experience competitive sport in a supportive environment.

Our Weekly PE Club Timetable

Monday	All years: Girls Football and Basketball KS4 GCSE PE and Sport Studies - Coursework
Tuesday	All years: Badminton and Volleyball
Wednesday	All years: Netball KS3 Football
Thursday	All years: Bench ball, Rugby, Run Club Y9, Y10 and Y11 Trampolining KS4 Boxing
Friday	All years: Fitness (Multi-gym)

Inspiring our children and staff to flourish and achieve their best

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We strongly encourage all students to get involved, regardless of ability or previous experience. Our clubs are inclusive, supportive and designed to help every student enjoy being active.

We believe that building positive habits around physical activity during secondary school plays a vital role in supporting lifelong health and wellbeing.

If you have any questions about the clubs or fixtures, please do not hesitate to contact the PE department.

We look forward to seeing many of our students taking advantage of these exciting opportunities.

Yours sincerely



Mrs Georgie Rayland
Head of PE

