



8th April 2016

Dear Parent

As we enter the third term of PE at Nord Anglia International School Shanghai, Pudong we hope that your child continues to develop a range of skills through a variety of different activities aimed at supporting their physical development. This will include participating in invasion games such as volleyball, rounders and softball in the double lessons. In the single PE lessons the girls will be participating in activities such as swimming, dance and gymnastics. The students will have one double and two single PE lessons and cover activities across 7 blocks.

Please ensure your child brings the correct kit to school as below.

PE KIT

School polo shirt (white or black); School PE shorts; Socks (white or black); Trainers
School tracksuit bottoms and fleece may be required for outdoor lessons.

Swimming

Girls - one piece costume (preferably blue or black);
Swim hats must be worn by all students.
It is highly recommended that students wear swim goggles.
A towel.

The children will need to bring a water bottle to all their PE and Swim lessons and a hat for their outdoor PE lessons.

This term the Year 6 girls will participate in activities based on 4 or 5 week rotations.

Year 6 Girls	Block 6 6th April – 13th May	Block 7 15th Feb – 25th Mar
Mrs. Howell 6A / B Girls Week A	<u>Wednesday Periods 1 - 2</u> Volleyball	<u>Wednesday Periods 1 - 2</u> Rounders/ Softball
Mrs. Howell 6A / B Girls Week B	<u>Tuesday Period 4</u> <u>Thursday Period 5</u> Swimming	<u>Tuesday Period 4</u> <u>Thursday Period 5</u> Dance/ Gymnastics
Miss Sparkes 6C/6D Girls Week A	<u>Wednesday Periods 1 - 2</u> Volleyball	<u>Wednesday Periods 1 - 2</u> Rounders/ Softball
Miss Sparkes 6C/6D Girls Week B	<u>Tuesday Period 4</u> <u>Thursday Period 5</u> Swimming	<u>Tuesday Period 4</u> <u>Thursday Period 5</u> Dance/ Gymnastics

If you require any more information please do not hesitate to contact either Mr. Wallace on n-wallace@naispudong.com or Mrs. Howell on d-howell@naispudong.com

Regards

Noel Wallace
Director of Sport and CCAs

Mrs. Denica Howell
Academic PE Leader