

June 2023

Dear Parent/Carer

**RE: Sports Science Compulsory Summer Homework**

Thank you, as always, for your continued support of your child with their Sports Science Course.

We are writing to inform you of a compulsory homework project that needs to be completed over the Summer holidays, in readiness for Year 11 in September 2023. This homework project is a vital aspect of the Course, and we ask for your support in helping your child complete it. You will notice that we do not give large amounts of homework in Sports Science throughout the year, and this is due to the nature of the Course, requiring individual focal points at different stages, throughout the two years. Students will not have a Year 10 PPE in Sports Science, and, therefore we expect the time that would have been spent on homework and revision to be utilised during the Summer holiday.

This project involves students taking part in a six-week Fitness-Training Programme that they need to design and create themselves. It needs to be adhered to and reflected upon over the Summer. Students will have a training log/diary that they need to complete and for you to sign (minimum once a week). A booklet will be sent home with your child, which needs to be looked after, cared for, and brought back into school in September 2023. If your child misplaces their booklet, a copy will be available on ClassCharts and Firefly for them to print off. However, it is worth noting that diary entries are difficult to remember/re-write once they have been and gone.

Your child may also decide to complete fitness testing in the middle of their training programme at home, which is optional and dependent on what access they have to equipment etc.

Students have been asked to design their training programme with their access to equipment, resources and facilities available at home in mind. If you are planning a holiday, they need to adapt their plan to allow for this.

A reminder about plagiarism, your child's work needs to be their own, and they cannot copy an online template, or another student's programme. As always, if any resources have been used to support (books, internet, pictures, PowerPoints etc) they must be referenced by copying the URL web link or title on to a reference page at the back of the booklet and the name of the source attached to the relevant page of the booklet.

We hope your child will enjoy being creative with this task, putting their 'personal trainer' hat on and enjoying a Summer of keeping fit, healthy and active. Maybe the whole family could get involved!

If you foresee any issues with the completion of this homework for your child, please do not hesitate to contact your child's classroom teacher to discuss.

Thank you for your continued support.

Yours sincerely



Mrs K Gray  
Teacher of Physical Education

**Where to find the booklet if it has been misplaced:** [Sport Science — The Kings of Wessex \(fireflycloud.net\)](https://www.fireflycloud.net)

**ClassCharts Homework Task:** Sports Science - Summer Holiday Training Project Issued: 14/7/2023 | Due: 5/9/2023