

05 September 2023



Dear Parents and Carers

**Re: Year 7 and 8 Physical Education Curriculum 2023-2024 – Swimming**

Your child will be taking part in swimming lessons during their Physical Education (PE) lessons this year.

The PE department are very committed to improving every aspect of your child's physical ability and swimming is an important part of the PE curriculum at The Spires College. In addition, being able to swim is an essential life skill.

The swimming lessons will take place at the nearby Plainmoor Community Pool as part of normal timetabled PE lesson. The first group will begin their lessons in September and **all students will be informed in their first PE lesson when to bring in their swimming kit**. All abilities will be catered for, so it does not matter if your child is a complete beginner.

Your child will require swimming shorts or a swimming costume. Swimming costumes should be appropriate for sport. Please also ensure that they bring a towel with them, and goggles if they require them.

Thank you for your support.

Yours sincerely

A handwritten signature in black ink, appearing to read 'N May', with a long horizontal flourish extending to the right.

**Miss N May**  
**Head of Physical Education**