



**GUISELEY
SCHOOL**

A THINKING SCHOOL

Fieldhead Road, Guiseley, Leeds LS20 8DT
tel: 01943 872315 email: info@guiseleyschool.org.uk www.guiseleyschool.org.uk
Headteacher: Paul Clayton

6 February 2019

Dear Parent/Carer

As the light returns to us in the evenings, I wanted to take this opportunity to provide you with some further information regarding extra-curricular activities this coming term.

I am a firm believer that participation in extra-curricular activities will enrich a student's experience at school and would therefore love to see as many students participating in extra-curricular sport this year as possible.

Current guidelines state that children between the ages of 5-18 should participate in 60 minutes of physical activity every day. Research shows that participation in a healthy and active lifestyle is an important key to reducing our risk of major illnesses such as heart disease, stroke, diabetes and cancer. Research also shows that regular physical activity can boost our self-esteem, mood and sleep quality, making us less prone to stress, depression and dementia.

We have clubs running for both boys and girls across a number of sports. These sports will change at Easter to ensure we give as many students the opportunity to find something they enjoy.

We have a large number of sporting fixtures booked in for the coming term all of which have been added to the school calendar which you can access on the school website.

I hope you will support us in our ethos of those who train will play, therefore as a department we will be fielding teams from the individuals who attend afterschool training. That being said if your child wishes to come to training but not play in the fixtures they are of course welcome.

I would advise you to access the school twitter page for regular updates and results from our fixtures but also, we will post on here any cancellations or last minute changes.

I have attached a copy of the physical education extra-curricular programme on offer for you to keep at home. Please be advised that all clubs are running as of Monday 4 February.

If you have any questions regarding this, please do not hesitate to contact me at school.

Kind regards

Yours sincerely

Martin Barron
Head of Physical Education



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SPRING TERM EXTRA CURRICULAR ACTIVITY SCHEDULE						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST CLUB: 7:45-8:25				TABLE TENNIS		
ALL CLUBS RUN 2:45 UNTIL 4PM.						
BOYS	SPORT	RUGBY AFTER FEB HALFTERM	BASKETBALL		FOOTBALL	
	LOCATION	FIELD	SPORTS HALL		FIELD	
	YEARS	7-9	7-10		7-9	
	SPORT		FOOTBALL			
	LOCATION		FIELD			
	YEARS		10/11			
GIRLS	SPORT	HOCKEY	NETBALL		NETBALL	
	LOCATION	SPORTS HALL	GYM		SPORTS HALL	
	YEARS	7-11	7		8-13	
	SPORT				FOOTBALL	
	LOCATION				FIELD	
	YEARS				7-10	
MIXED	SPORT			GYMNASTICS (YMCA) COSTS £1/SESSION		GCSE PRACTICAL
	LOCATION			GYM		SPORTS HALL
	YEARS			7-11		11 ONLY
	SPORT			BADMINTON & TABLE TENNIS (RED WEEK)		
	LOCATION			SPORTS HALL		
	YEARS			7-11		