



16 November 2023

Dear Parent/Carer

**Year 12 and 13 A level PE – Sports Science trip to University of South Wales
Wednesday 31 January 2024**

We have been offered the exciting opportunity to take students to the University of South Wales to take part and experience some Sports Science Laboratory Testing and Strength and Conditioning Sessions.

These activities have strong links to the OCR A level PE specification and will be an excellent practical experience to underpin their knowledge of fitness testing and training. It will also give students valuable experience of spending the day at a University campus and give them an insight into what a degree level sports course might entail.

- Students will need to bring a packed lunch and plenty of fluids to last the day.
- Students will need to wear sports kit that is appropriate for both running and cycling as well as a swimming costume and a towel.
- It is also important that students bring spare clothing to change into after the physical activity.
- If students require medication (such as inhalers for asthma) it is their responsibility to ensure that they bring it.

Transport will be by school minibus and the venue is the [Upper Glyntaff Campus, Pontypridd, Wales](#). We are due to leave school at 7.45 am and return to school at approximately 4.30 pm.

Please ensure that once students return to school and are dismissed from the minibus, you have made arrangement for their safe return home.

Although we do not need to ask for a contribution for the visit, we do need consent to be given via www.parentpay.com, the school's online cashless payment system, **no later than Friday 15 December 2023**. If you have any problems accessing the service, please contact the Finance Team on 01275 465941.

Yours sincerely

Chris Budd
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Backwell School