



# Lincoln Castle Academy

Riseholme Road, Lincoln LN1 3SP

Tel: 01522 529203 ~ Fax: 01522 504007 ~ @LincolnCastleAc



## Thursday 11<sup>th</sup> July- Aspire Day 3 “Active Me”

Dear Parent/Carer,

Throughout the year we have had two drop down days that have been designed to support Lincoln Castle Academy’s Careers and PSME curriculum. Thursday 11<sup>th</sup> July will be our final day concentrating on introducing and developing healthy and physical lifestyle choices. Students from all years will be involved in a variety of activities that are engaging and enjoyable.

Year 7 students will be involved in a variety of mass participation sports hosted by the PE department and we will be competing in their rearranged Sports Day.

Year 8 students have the pleasure of participating in a variety of inclusive sports, such as; Wheelchair Basketball, Boccia, Goalball, New Age Kurling and Seated Volleyball. Year 8 students will also have the opportunity to participate in their rearranged Sports Day.

Year 9 students have sessions provided by the British Army, which include team building and fitness testing, taster sessions kindly provided active nation including TRX circuits and spinning. We will also be joined by Medical Mavericks who will host an exciting and stimulating session looking at the fitness standards of elite sports people in comparison to themselves.

Finally, our Year 10 students have a planned sessions looking at the benefits of nutrition, the importance of relaxation and mindfulness.

All students are invited to attend school in their PE kits as the day will be very active. With this in mind they will need to bring suitable sun protection as there is a very good chance of them being outside for extended periods of time. They will need to bring suitable drinks, again, due to the active nature of the day.

If you are a parent/guardian of a Year 7 or 8 student and wish to come and watch your child, you are more than welcome to do so. Please report to the school reception, were you will be signed in and escorted to watch your child.

Should you have any questions, please do not hesitate to contact school.

Yours Faithfully,

Mr G Jones  
Head of Year and Aspire Coordinator.