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Voluntary Aided 11-18 Roman Catholic School for Girls

Headteacher: Ms Julia Waters BSc (Hons) MA

Crescent Road, Wimbledon, London SW20 8HA  
020 8255 2688 / [www.ursulinehigh.merton.sch.uk](http://www.ursulinehigh.merton.sch.uk)

21<sup>st</sup> February 2023

Dear Parents/Carers

### **PE Curriculum Year 7 February to Easter Holidays**

I am contacting you to inform you of our current Year 7 topic in Core PE lessons this term, which are Basketball (on site) and Cross Country.

Our Cross Country route for Year 7 consists of a one lap route around the outside footpaths/pavements in the locality of Ursuline High School – full map and directions of route at the bottom of this letter – And requires students to complete a route of 2 kilometres in distance from start to finish.

During students first lesson of the half term, all classes will complete a risk assessment / practice and familiarisation walk with their PE teacher, as a class together. The aim of this lesson is to show students the full route, discuss our health and safety instructions and ensure all students are aware of the expectations of them during these lessons.

From week 2 onwards, students will then complete this route themselves, in small groups set by their PE teacher (students will never be on their own) with each group being set off at staggered intervals, based on their level of fitness/ progress rate.

PE staff will ensure students are monitored at the start, a second check point at the end of 'the lane' on the The Downs and also at the finish point at the bottom of Crescent Road. Should the class also have the benefit of having a teaching assistant with them also, we can also provide a check point along the Ridgway.





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Students are reminded that while they are essentially 'off site' for a portion of their PE lesson, they are still expected to behave appropriately and adhere to Ursuline's behaviour policy. While we hope that this part of our curriculum, which we have been doing with year 7 for a number of years now, is successful in helping improve student overall fitness and well-being, we also look to aim to promote independence and responsibility, which are key values in our Ursuline education, in doing this.

Should you have any questions or queries about this element of our curriculum this half term, please do not hesitate to contact me.

Yours faithfully

**Mrs RL Corrigan**

Acting Head of PE

Ursuline High School PE Department

[rachel.corrigan@ursulinehigh.merton.sch.uk](mailto:rachel.corrigan@ursulinehigh.merton.sch.uk)

PE Twitter: @UHSPEdept



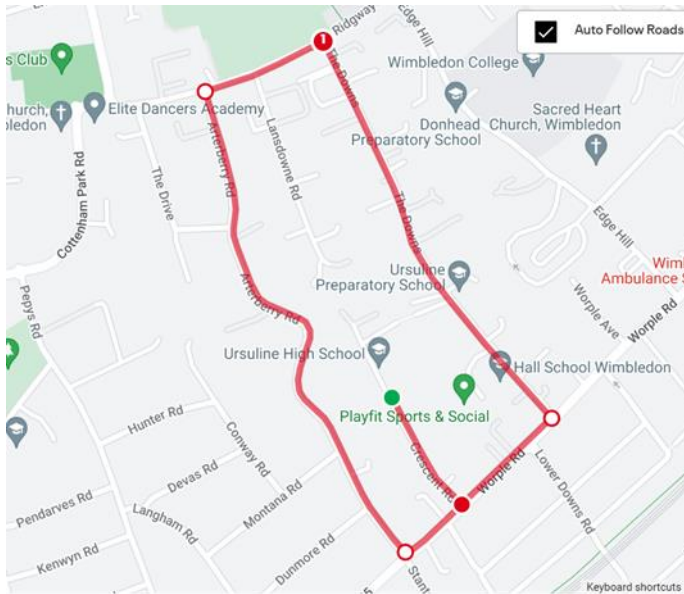


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### **Year 7 Cross Country Route:**

Start outside main gates of UHS on Crescent Road.

Down Crescent Road.

Left onto Worplesdon Road.

Left onto The Downs and up The Downs.

Cross over Thaxted Place Cul-De-Sac and continue on The Downs.

Turn left at the top of The Downs, onto Ridgway.

Cross over Lansdowne Road Cul-De-Sac and continue on Ridgway.

Turn left onto Arterberry Road.

Turn left onto Worplesdon Road.

FINISH at the bottom of Crescent Road.

**Route approximately 2km.**

