

Dear Parent/Carer,

During the 24-25 school session in core PE time we will be piloting a School of Rugby programme for S3 pupils. The pilot curriculum is designed to develop the physical performance of pupils involved in rugby and beyond as we aim to develop well rounded athletes and will be delivered by Mr Ledger, Mrs Ferguson and Cammy Watson (Rugby Development Officer).

The aim is to educate participants in the following areas:

- Strength, Conditioning and Recovery in relation to physical performance,
- Nutrition,
- Health & Wellbeing,
- Practical performance and performance development in rugby.

This programme is open to all pupils who are keen to learn, improve and have an enthusiasm for sport. There is no requirement to have any kind of previous experience in rugby.

As part of this pilot, most S3 pupils will have taken part in 2 taster sessions during their core PE time before the summer holidays. The tasters gave pupils an opportunity to experience parts of the programme around the contact element (not full contact games) and gameplay elements of rugby.

If your child is interested in being part of the School of Rugby Pilot please fill out the expression of interest form below by **Friday 21st June 2024**. Please be aware that being part of the pilot may result in changes to their PSE and RMPS classes.

If you have any further questions please don't hesitate to contact us on any of the email addresses below.

<https://forms.office.com/e/60hhSC53Vn>

Kind Regards,

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Susan Ferguson - PT Cluster PE & Music - susann.ferguson@falkirk.gov.uk