



Bottisham Village College

Achievement through Inspiring, Caring, Enriching

Principal: Mrs Jenny Rankine M.Ed LLCM

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LA/bg

January 2023

Dear Parent/Carer,

Physical Education – Cross Country

Summary	Actions
Cross country lessons taking place in PE at the end of this half term	For Information Purposes Only

Students in Year 7 and 8 will be completing a series of lessons on cross-country running in their PE lessons, starting on **Friday 27 January**.

These lessons are part of a wider unit of fitness all Year 7 and 8 students are currently participating in this half term. Cross-country running is one aspect of this unit which also includes development of fundamental movements. Before the cross-country lessons begin, students will have participated in several lessons exploring “fitness for running” to help them prepare.

The cross-country is an opportunity for students to challenge themselves physically and will mean all students are placed outside of their comfort zone. The PE faculty do not collate positions, and the lessons are not run as a race. Instead, we place great emphasis on students improving on their previous times, encouraging them to push themselves further than their previous best. Because of this, many students gain a great sense of pride and achievement when participating in these lessons

Students have been informed by their PE teachers that cross-country will be taking place and asked to bring the following kit items for these lessons:

- Correct BVC PE kit, suitable for outside
- Astro boots or trainers. No studs as parts of the course is on pavement. It is highly recommended students wear a change of trainers and bring a carrier bag to store them after.
- Drink of water

Students will run a 2km course, which takes us across the school playing fields, off site and safely through the village of Bottisham. As always, students’ safety is paramount in our minds when planning such an activity. Given that students will be leaving the school site during their run, we have taken the following precautions:

- Familiarisation with the route and surroundings
- Supervision of students on the course and when crossing the roads
- Awareness of existing medical conditions
- Clear health and safety guidance given to the students
- Clear means of communication in the event of an emergency

Please do contact me if you have any concerns on landersen@bottishamvc.org

Yours sincerely

Mr L Andersen
Head of PE Faculty

