



Woodrush High School

An Academy for Students Aged 11-18

Shawhurst Lane Wythall
Worcestershire B47 5JW
T: 01564 823777
F: 01564 820092
E: office@woodrush.org
W: www.woodrush.org

Our Ref: SHA/KMC

29th January 2025

Dear Parent/Carer,

We are excited to invite our A Level PE students to attend St George's Park on **Thursday 27th March**. This is an exceptional opportunity for our students to work closely with current sporting professional at an elite level in a practical context.

The AQA A Level PE course is made up of 70% theory and 30% practical. Elements of the theoretical course lend themselves to be learnt in a practical manner. With this in mind we are organising an Education Experience day to St George's Park to support learning and help to facilitate real world examples of key practical course elements.

The Education Experience Day allow students to open the doors to elite performance and work at the forefront of sports science and research. Students will work alongside a multi-discipline team of experts who have supported professional athletes in preparation for Olympic Games, FIFA World Cups, and the Premier League and Formula 1 World Championships.

The trip will still allow for the students to cover a range of topics throughout the day, which have direct links to the AQA A Level PE Course, including the following:

- Performance testing
- Strength and conditioning
- Sports therapy
- Sports nutrition
- Sports rehabilitation
- Physiotherapy
- Hydrotherapy recovery

The price of the trip will be £99pp. We will be travelling by School minibus to St George's Park, leaving at approximately 8:00am and returning at around 5:30pm, traffic dependent.

Students will need to ensure that they bring sufficient food, drink and snacks for the entire day, as on-site catering will be limited.

On the day, students will be expected to wear appropriate sport clothing and footwear (Air Force trainers, Air Jordan's etc. will not be suitable). Students will also be required to bring swimwear/ T-shirt and shorts that will get wet, poolside shoes and a towel to enter the hydrotherapy chambers.

If your child is interested in attending the trip, then please make a payment of £99 on parent pay by Friday 28th February to secure a space.

Yours sincerely

Mrs Ashley
Head of Sixth Form (Progress and Achievement)
Physical Education

Headteacher: Mr J Barber, BA (Hons), PGCE, NPQH
Deputy Headteacher(s): Mr D Monk, BSc (Hons), PGCE, NPQH; Mrs M Holtom-Brown, BA (Hons), GTTP; Mr I Wright, BA (Hons), PGCE
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