

I really enjoyed meeting you all on the Induction day.

As I said you will be required to keep a log book of all your practical competitions from your sport over the next couple of years, so the first summer task is: we ask that you stay active within the sport you intend to offer for A level. This will not only help you be at the top of your activity but mentally more prepared too.

Secondly we assume that you have chosen this as an option as you enjoy sport. It is really important that you keep up to date with anything and everything in sport, good and bad so please download any apps that will make this easier for you.

Examples of these are BBCsport and Sky Sports. However there are so many out there, so please do share with others when we return any that you find.

We also recommend that you read sports magazines. We have some here in the library for September but just stay on top of news.

Finally, one of my favourite tasks do: Watch the Olympics, Football and Tennis as we will look at everything that is happening we need to be in the know.

See you all in September

Mrs Sole-Bradley