



GIRLS GET ACTIVE
WESTFIELD ACADEMY

Dear Parents/Carers,

I hope this letter finds you well. I wanted to take a moment to discuss an important matter regarding our children's participation in extracurricular activities, particularly in girls' sports.

As you may be aware, the latest statistics from the Active Lives Survey 2022-23 (Sport England) shows that only 47% of children are meeting the guidelines of 60 minutes of physical activity or more each day. The published findings also reinforced that participation in sport and physical activity varies greatly with girls (44%) in particular are also less likely to be active than boys (51%).

These statistics are a concerning trend that we, as parents and teachers, have the power to address and change for the better.

Participation in extracurricular activities, including sports, not only promotes physical health but also fosters important life skills such as teamwork, discipline, and leadership. At Westfield Academy, we've noticed a concerning lack of participation in girls' sports in particular.

Encouraging our young women to participate in sports can have a multitude of benefits, from improved physical fitness to enhanced self-esteem and confidence. It's essential that we provide them with the support and motivation they need to get involved and stay active. As adults, we play a crucial role in motivating our children to prioritise their health and well-being. Whether it's through gentle encouragement, providing transportation, leading by example, or actively participating in activities with them, we can make a significant difference in their lives.

I urge you to join me in supporting your daughter to explore the various sports opportunities available to her, at Westfield Academy or within your local area, and encourage her to attend at least one sports club per week to ensure that she has every opportunity to thrive and lead a healthy, active life. All our school clubs are free, run by our PE department from 3pm until 4pm, every day.

Please see attached our extra-curricular timetable for the summer term, these clubs will be updated in the autumn term.

Thank you for your attention to this matter, and please don't hesitate to reach out if you have any questions or concerns.

Warm regards,

Miss E Coombs
Teacher of PE
Girls Extra-curricular Lead



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W AFTER SCHOOL CLUBS- SUMMER 2024

WESTFIELD
ACADEMY

You must bring PE kit and suitable footwear to participate.

You can change before the Sessions.



	Monday	Tuesday	Wednesday	Thursday	Friday
Astro / Field	YR 7 BOYS FOOTBALL (COACH /GCO)	Yr 10 BOYS FOOTBALL (COACH/DEM)	YR 8&9 BOYS FOOTBALL (COACH/DEM/BMC)	YR 7 & 8 GIRLS FOOTBALL (COACH/CC)	
Sports Hall	GIRLS CRICKET (ECO)	YR 9&10 CRICKET (BMA)	YR 10 & SENIOR BASKETBALL (MQU)	YR 7&8 CRICKET (GCO/BMA)	
Functional Fitness Suite 3-3.45pm	YR 9 & 10 FITNESS (LGH)	YR 7 & 8 FITNESS (DEM)	YR 7-13 GIRLS GET ACTIVE! *girls only *(ECO)		
Courts					
Field		Y7- 10 ATHLETICS FIELD EVENTS (BPA/CBL/LGH/AGR)	Y7- 10 ATHLETICS TRACK EVENTS (HTA/DEM/RMC)	ALL YEARS ROUNDBALL (ECO/HTA/DOE)	

