



# Cardiff High School Ysgol Uwchradd Caerdydd

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Thursday 18 February 2021

## **RE: Games and PE lessons – Blended learning timetable**

Dear Parents/Carers

I am writing to you to inform you that after a successful trial of live lessons we have made the decision to offer a timetable of regular live lessons for pupils every week. This is an exciting opportunity for pupils to have an active break from their work and experience a teacher led lesson from the PE department.

The timetable for live lessons is as follows:

### **Week A**

Mon - P5 - 9PRST

Tues - P1 – 11PRST

Tues - P2 – 8HJKL

Tues - P4 – 10HJKL

Tues - P5 – 9HJKL

Wed – P3 – 10PRST

Wed – P4 – 8PRST

Thurs – P2 – 7HJKL

Thurs - P3 – 11HJKL

Thurs– P5 – 7PRST

## **Week B**

Monday – P1 – 11PRST

Monday – P3 – 10PRST

Monday – P4 – 8HJKL

Monday – P5 – 9HJKL

Tuesday – P2 – 8PRST

Tuesday – P5 – 10HJKL

Wednesday – P1 – 7PRST

Wednesday – P3 – 11HJKL

Friday – P2 – 7HJKL

Friday – P5 – 9PRST

All other lessons will be self-study tasks, where the department set activities for pupils.

The lessons are led by staff and incorporate a differentiated workout that is equipment free and suitable to be performed at home. We also ensure there is opportunity for theory, we have taken time to discuss the benefits of exercise and ensure pupils receive feedback on their technique.

During these difficult times, taking the opportunity to take a break from working at a laptop/tablet is essential for pupils. There are endless physical, mental, and social benefits to participating in sport, we strongly recommend that pupils take this opportunity! For pupils in KS5, we also offer two live, after school, fitness classes a week lead by our rugby hub officer, Mr Morgan. If pupils would like join, could they please contact Mr Morgan ([morgant385@hwbcymru.net](mailto:morgant385@hwbcymru.net)) or myself ([curnowd@hwbcymru.net](mailto:curnowd@hwbcymru.net)).

Hope you're having a nice half term break and we are looking forward to seeing the pupils again virtually next week.

Kind regards



Mr. D. Curnow

Curriculum Leader of PE.