



Dear Parents/Carers,

**F1 and F2 – Rugby Tots – Friday 16<sup>th</sup> April – 10 week duration**

The children in the Early Years will commence a physical development session each week on a Friday morning with the coaches from Rugby Tots.

Rugby Tots promotes child development through rugby. The coaches provide a sports development programme based on the skills and disciplines of rugby. They work with the children to develop the children's physical, social and behavioural skills.

The programme aims to develop:-

- The discipline of competitive sport and the ethos of sportsmanship;
- Children's sports development, health and fitness;
- Self-Managers, team workers and effective participators;
- Ball Handling skills;
- Agility;
- Spatial Awareness;
- Health & Fitness.

The Rugby Tots session will replace your child's usual PE session so could you please ensure that your child comes to school dressed in trainers, tracksuit bottoms, t-shirt and jacket/warm top each Friday commencing Friday 16<sup>th</sup> April.

We are looking forward to this exciting opportunity. If you have any questions please do not hesitate to speak to a member of staff.

Many thanks,

The EYFS team

