



**PEMBROKE**  
A PRIORY ACADEMY

16 December 2022

Dear Parent/Carer

**PE lessons in module 3 (January return until February half term)**

Students who have PE with Mr Selby in years 7 to 9 have been informed they will engage in Volleyball and Rugby lessons after the Christmas break in module 3. Volleyball lessons will take place in the Sports Hall, where as Rugby lessons will be on the sports field. This unit of Rugby will provide students with the opportunity to build on the basic skills, rules and laws of touch Rugby learned in module 1 and will now progress to more practical application of safe contact in Rugby.

Lesson A – Volleyball

Lesson B – Rugby (students must be prepared with a Mouthguard and Football or Rugby boots)

Mouth guards are available to be purchased from sport stores such as **Sports Direct**.

Mouth guards are also available to purchase online on websites such as **Mouth guards direct** for a single price of £1.60 - [https://mouthguardsdirect.co.uk/product-category/junior/?query\\_type\\_mouthguard-type=or&filter\\_mouthguard-type=standard](https://mouthguardsdirect.co.uk/product-category/junior/?query_type_mouthguard-type=or&filter_mouthguard-type=standard)

Please do not hesitate to contact me with any questions.

Kind regards

**Mr Selby**  
**Teacher of Physical Education**

**Headteacher:** Mr S Evans

**The Priory Pembroke Academy**, Croft Lane, Cherry Willingham, Lincoln LN3 4JP

**Tel:** 01522 751040 **Email:** [generalenquiries@priorypembroke.co.uk](mailto:generalenquiries@priorypembroke.co.uk) **www.priorypembroke.co.uk**

The Priory Pembroke Academy is part of The Priory Federation of Academies Trust. For further information please contact:

The Priory Federation of Academies Trust, Cross O'Cliff Hill, Lincoln LN5 8PW **Telephone:** 01522 889977

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