

THE LATYMER SCHOOL

Founded 1624

HEADTEACHER

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8th September 2009

Dear Parent,

As part of the PE curriculum we will be offering a block of Boxercise lessons for students in KS4. Boxercise is one of the most effective forms of cross-training available today and is proving to be very popular with children. The lessons will provide our students with an opportunity to learn and develop skills in a controlled, safe, non-contact environment.

In addition to the physical benefits - developing aerobic and anaerobic systems and enhancing sports-specific senses such as hand eye co-ordination, balance and timing, boxercise skills are widely recognised in providing an effective and fun vehicle for mental, personal and emotional well-being, promoting self esteem, discipline and stress relief.

Please feel free to contact me at school if you require further information.

Yours sincerely,

Adrian King

Head of Physical Education and Sport