



Churchdown School Academy

ACHIEVING SUCCESS FOR ALL

Winston Road, Churchdown, Gloucester GL3 2RB

Telephone: 01452 713340

E-mail: school@churchdownschool.com

Website: www.churchdownschool.com

Headteacher: Christopher Belli

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TO WHOM IT MAY CONCERN

Churchdown School Academy has been attending the Youth Fitness programme at The Fitness Hub Cheltenham since September 2017.

The programme has offered our Year 11s the opportunity to access the curriculum in a different manner. A range of students from a range of sporting experiences have benefitted from this experience, where stereotypes and egos are eradicated and replaced by education, teamwork, work ethic and responsibility, among other qualities.

Students have not only benefitted from the short term experience, but have gained lifelong fitness skills and habits that will follow them into adulthood. Previously disengaged girls have particularly benefitted from the support and guidance given by Tunde and his team.

With the stresses of GCSE exams, the opportunity for these students to engage in such a programme has also supported their mental wellbeing. I cannot recommend it highly enough.

Yours faithfully

Mr C Jones

PE Department

Head of Year 10