

Principal: Richard Spencer



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Dear Parent/Carer

Year 7 - The SPA Project (School Physical Activity)

As part of our growing commitment to ensure that we at Ely College are meeting the needs of our students in terms of providing access to high quality physical activity we are delighted to be part of a research project in conjunction with Anglia Ruskin University. The project is looking at the activity levels of Year 7 students across a typical week, with a focus on the level of activity in PE lessons compared to other elements of the week. Students will need to commit to wearing an accelerometer for 7 days both in and out of college.

In agreeing to be part of this project with ARU we are hoping that the vast majority of our students will sign up, thus allowing us to collect as much data as possible with a view to establishing how we, as a college, can increase/support individuals to increase their own levels of physical activity for lifelong health.

Attached to this letter are parental and student information sheets, I should be grateful if you could read both of these prior to returning the attached parental and student consent forms. These forms need to be returned no later than 8th February. The Project itself will begin monitoring the first group of 20 students on 4th March and will continue until all students have collected data.

In addition to the monitoring of activity levels, Mike Bond, the lead researcher, will also be observing a number of Year 7 PE lessons.

If you require any further information, then please contact either myself or Mike on the details attached. Thank you for your support with this project.

Yours faithfully

Mr J Coe
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