



Moorside High School

Enriching Lives, Inspiring Ambitions

January 2023

Dear Parent/ Carer

Moorside High School are delighted to inform you of an exciting opportunity that we have organised for our Year 10 GCSE PE students. Salford University have invited our students to take part in a research project which they are running alongside their 'Health and Lifestyle interventions' module. This will involve students doing some fitness testing and health promotion activities whilst Salford University students facilitate and collect data on a 1-1 basis.

Salford University students will administer the following fitness tests with our pupils:

- Grip strength – Handgrip dynamometer
- Cardiorespiratory fitness – Queens College Step Test
- Lower body power- Sargent jump
- Reaction time – BATAK
- Speed – Sprint test – Timing gates
- Agility
- Balance - Stork Balance Test
- Body fat- Bioelectrical impedance

Salford University Students will then carry out some data analysis and feedback their results to Moorside students, comparing against norms and providing some advice on how to improve areas of their fitness. This trip will take place over 2 days, 7th February 2023 for Pre-tests of fitness and 21st March for Post-tests of fitness. We will be leaving school at 9am on both days and returning to school at 12:30pm.

The itinerary of this trip also aligns with the GCSE PE specification, in particular Component 4, the Personal Exercise Programme (PEP). The PEP requires students to plan, devise, carry out and then evaluate a Personal Exercise Programme to improve and optimise their performance in a chosen Physical Activity. We will be starting the PEP later this year and high-quality fitness testing and data analysis will be vital in students' overall success in this element of the course.

This is a fantastic opportunity for our students and one which will provide them with a glimpse into University life. It will also provide an opportunity for students to gain an insight into what to expect on a Sports/Nutrition University course, which I know some of our students are interested in exploring once they leave Moorside High School.

If you would like your child to attend the Fitness Testing at Salford University on the 7th February 2023 and 21st March 2023, please complete give consent via www.parentpay.com by **Friday 3rd February 2023**.

If you have any questions or concerns or would like any further information on the trip, please do not hesitate to contact me on my email address kate.aitken@consilium.at.com

Yours faithfully

Miss K Aitken
Teacher of PE & Raising Standards Leader KS4

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