



Year 6 PE lessons at IndiRock

Thursday 25th September 2025

Dear Parent/Carer,

We are very excited that Year 6 will be visiting [IndiRock](#) in Southend as part of their PE lessons. They will be going every Tuesday afternoon for 6 weeks starting on Tuesday 4th November. Their last visit will be on Tuesday 9th December. The visit will be during school hours. This is a fantastic opportunity to learn how to boulder, build core strength and resilience.

We are very grateful to Southend City Council for heavily subsidising these visits and the rest is being funded through Sports Premium money, so you do not have to pay.

Important information:

- You need to fill in this form: [Permission form](#).
There is a video on this link to watch before you can fill in the form.
- Your child will need a warm, waterproof coat (ideally with a hood) because we are walking to IndiRock.
- Your child will need warm PE clothes eg warm jogging bottoms and trainers.
- Your child may want to bring a water bottle and an extra healthy snack to eat on the walk back to school.

Please ask if you have any questions or would like support to fill in the form.

Yours sincerely,

Miss Hammond, Mrs McCarthy and Miss Wakefield
Year 6 teachers

