



Year 6 PE lessons at IndiRock

Wednesday 14th October 2026

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 Thursday afternoon for 6 weeks starting on Thursday 5th November.

Their last visit will be on Thursday 10th 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 lucky that this is being funded through Sports Premium money, so you do not have to pay.

The trips must be safe for all children, and if we have any safety concerns, your child will have PE lessons at school instead.

Important information:

- If your child has never been to IndiRock, you need to fill in this form: [Permission form](#). You have to watch the IndiRock video 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 even if it is raining.
- 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 Bentley and Mrs Curran
Year 6 teachers

