



St. Ninian's HIGH SCHOOL

Scoill Ard Noo Ninian

Our Ref: DSW/LK/KS3 PE

11th December 2025

Dear Parent/Guardian

Re: KS3 Christmas Week – Monday 15th to Friday 19th December 2025

As we approach the end of a busy and successful term at St. Ninian's High School, the PE Department is excited to celebrate with our Christmas Week for Key Stage 3. This will hopefully be a highlight for students (and staff!) and is designed to bring plenty of fun, laughter and festive spirit to the PE curriculum.

During Christmas Week, students are warmly encouraged to bring festive or fancy dress attire to wear during their Games lessons. Christmas jumpers, hats, tinsel, themed outfits or fun accessories are all welcome, as long as students can move safely in them.

What will lessons look like?

Single PE Lessons

These will continue with the student's usual curriculum activity, so normal PE kit is required, although festive accessories are welcome.

Double Games Lessons

These lessons will be split into two parts:

Lesson 1 - Party Games & Team Relays

The first half of the double lesson will involve a mixture of Christmas themed games, relay races and other festive team challenges. There will be Christmas music and prizes of sweets and chocolates awarded for both best fancy dress and winning teams. If anyone would like to bring any sweets or chocolates with them to share with friends or donate as prizes, they are more than welcome. We kindly ask that anything brought in is kept sensible in quantity and that any items shared are nut-free.

Lesson 2 - Christmas Tournaments

For the second half of the double lesson Boys will take part in a Football Tournament on the astroturf. Girls will take part in a Bench ball Tournament in the Sports Hall. Fancy dress is encouraged for both tournaments (as long as it is safe and suitable for physical activity).

Alternative Activities

We understand that not all students may wish to take part in the tournaments, so we will also have a separate hall set up with badminton or pickleball for those who prefer a different option.

Christmas Week is all about enjoyment, teamwork, celebration and finishing the term with smiles all round. We look forward to seeing the students' creativity, festive spirit and enthusiasm in what will be a brilliant week of PE.

If you have any questions, please contact the PE Department.

Yours faithfully

Mr D Winrow
Head of the PE Department

LOWER SCHOOL (Years 7 – 9)

Heywood Avenue, Onchan

Isle of Man, IM3 3AR

+44 (0) 1624 648900

UPPER SCHOOL (Years 10 – 13)

Ballaquayle Road, Douglas

Isle of Man, IM2 5RA

+44 (0) 1624 648800

WWW.SNHS.IM

HEAD TEACHER Mr C. J. Coole

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Learn to Live*