



Physical activity and Sports Kit at Dixons Sixth

Sport and physical activity play an important part in College life. The health and wellbeing benefits of sport and physical activity are well understood and founded on solid research¹. We believe in the concept of 'Sport for all' and this belief underpins the range of activities we offer.

We encourage all students to engage in activity whilst studying with us – our enrichment programme has a wide range of indoor and outdoor options, all students undertake a mountain walk as part of the YR1 residential, there are optional outdoor pursuits trips and visits, Duke of Edinburgh award is offered to all students and we run competitive teams in a range of sport.

Participation Sport

You have free choice in the kit required to participate in sport at Dixons Sixth – if you wish you can wear College sports kits available from our online supplier – though you are welcome to wear any appropriate kit.

Competitive Sport

We offer students a chance to get involved in playing for a team and compete in a number of Sixth Form Colleges leagues and cup competitions. In order to train and play for one of our teams, students must ensure they order the Official College Sports kit. Students that are in receipt of an educational bursary can have the costs of the official College Sports Kit reimbursed by providing proof of purchase to Mr McLaughlin.

Link to order the Sports Kit; <https://www.3gsports.co.uk/Dixons-Sixth-Form-Academy>

Please ensure student details are filled in upon ordering and select delivery to the Academy.

Please have your orders placed by **Wednesday 30th September 2020**. Orders will be dispatched approximately 3 weeks after this date. Any further orders are to be placed by **Friday 13th November 2020** with another 3 weeks approximate timeframe for delivery.

Students are able to collect their kits upon delivery.

1. Eime, R.M., Young, J.A., Harvey, J.T. *et al.* A systematic review of the psychological and social benefits of participation in sport for children and adolescents: informing development of a conceptual model of health through sport. *Int J Behav Nutr Phys Act* **10**, 98 (2013).

<https://doi.org/10.1186/1479-5868-10-98>