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Manorfield Road,  
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12 February 2026

Dear Parent or Carer,

**RE: OCR Sport and Physical Activity – Unit 18: Outdoor and Adventurous Activity, Dalby Forest, Thursday 26 March 2026**

All students are working incredibly hard in securing coursework grades for moderation before the summer exams and revising to get the best possible outcomes.

As part of the practical sport unit, all students must take part in an outdoor and adventurous activity:

*“P7: Demonstrate effective use of skills and knowledge to safely participate in an outdoor or adventurous activity”*

There are 3 elements to this task including a practical performance in mountain biking.

We have a qualified mountain bike leader in school so we will be visiting Dalby Forest in order to complete the practical element of this unit and to accompany the written element which has been completed.

We aim to be in Dalby Forest for 9 am so will be meeting at school in the visitor's car park at 7.45 am. We will be travelling using the school minibus and students need to make their own arrangements for getting a suitable mountain bike to school. Mr Chapman and Mr Munby will also be on the trip. We will aim to be back at Driffield School at 3.30 pm. If for any reason our arrival time back at school changes, we will telephone ahead of time.

The plan for the day is to record and photograph the skills needed for mountain biking and also record evidence of a safety briefing, as such all students will need to be videoed and photographed for evidence to submit to the exam board. Any recorded or photographed evidence will only be used in school for the purpose of the unit assignment. We will take part in mountain biking over a range of terrains, up to and including the red run and no higher, so all students can record the required evidence. No black runs will be included on this trip.

Students should bring the following:

- A fully working (front suspension at least) mountain bike, brakes and tyres checked. If this is not possible, please see/contact Mr Duke.
- A helmet, with no damage, cracks etc. Students must wear their helmet at all times during the practical activities.



- Suitable clothing for wet and dry weather, suitable footwear with good grip. A change of clothes for the return journey in case of inclement weather.
- A packed lunch, snacks and drinks for the day (no nut products please). If your child is eligible for free school meals and would like a packed lunch providing, please indicate this on the consent form.
- A backpack.
- Any medication, inhalers etc.

Whilst on the visit, students are expected to behave and meet expectations as they would in school; and must follow all instructions given by school staff and instructors at all times.

As this is part of unit 18 and covers the “pass” criteria, it is important that all students take part in this event. I would therefore be grateful if you could complete the consent form via the following link by no later than Friday 27 February: [Mountain Biking in Dalby Forest, OCR Sport and Physical Activity, Thursday 26 March 2026 – Fill out form](#). There is a small charge of £11 for the visit, which covers transportation, instruction, insurance and entrance to the park, which should be paid via ParentPay by the same date.

If you need any further information, please do not hesitate to contact me at school through the main office.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'A Duke', written in a cursive style.

Mr A Duke  
Head of PE