



## Bangkok Patana School

*The British International School in Thailand*  
Established 1957

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29 April 2026

**Primary PE Parent Workshop**  
**Building Strong Foundations: Strength & Stability in Primary PE for Injury Prevention**  
**Tuesday 5th May | 8:00–9:00am | Primary Hall**

Dear Parents,

On Tuesday 5th May, the Primary PE team would like to invite you to a workshop designed to give parents an understanding of the importance of strength and stability in both athletic performance and injury prevention. We will explain how this concept has been introduced within our Primary PE curriculum, as well as share practical ideas for how you can support this at home.

As well as hearing from the Primary PE department, Dr. Andy Schillinger will be joining the workshop to explain why getting the foundations right is crucial for children's long-term athletic performance. He is the Director of Rehabilitation at Miskawaan Health Group and has extensive experience working with professional football clubs in the German Bundesliga, as well as serving as a consultant for Thailand's national teams.

The final section of the workshop will be practical, where parents are encouraged to participate in activities similar to those their children experience in PE lessons. Therefore, we encourage you to wear suitable sportswear and appropriate footwear.

Please complete the [Microsoft Form](#) to indicate your attendance at this workshop.

We look forward to seeing you next week.

**Kind regards,**

**Jayne Jauncey**  
**Leader of Primary PE**

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