



PE NEWSLETTER



Summer Term 1

Edition 5

May 2025

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PE AND SPORT AT PIPER'S VALE

A very short but busy half term ended with many children enjoying a Glow in the Dark Dodgeball experience, with another day in June for all the remaining children ready to enjoy! The weather has been fantastic for us but please ensure children have a water bottle in school so they can use it during PE lessons.

After the May half term we look forward to welcoming you into school for our Sports Days (more information will be sent out nearer the time)

If you have any questions regarding PE or sporting events, please speak to Ben.

SWIMMING KIT

Children in the Year 6 class will be going swimming on Wednesday afternoon.

Summer Term 2 - All of Year 6

Your child will need to bring:

- Appropriate swimming attire (e.g. trunks/swim suit - no two piece)
- A swimming hat
- A towel

Please ensure all earrings are removed before coming to school on Fridays.

Please note that if earrings are not removed then a child cannot swim.

PE UNIFORM

The expectation is that **all** pupils come into school in **full** PE uniform on their PE day/s.

PE Uniform:

- White t-shirt/polo shirt
- Black/navy jogging bottoms
- Black/navy shorts
- Black/navy sweatshirt (*no hoodies*)
- Trainers/plimsolls

(No large logos on any P.E kit)

Please ensure **all** jewellery is removed for PE.

If your child attends an After School Sports Clubs, then they need to bring a PE kit to get changed into at the end of that day.

AFTER SCHOOL SPORTS CLUBS

The following clubs are to run for the Summer Term. Spaces will be allocated as a first come first serve basis. Parents will be notified if your child has a place. If you don't hear from the school, your child is on the waiting list. If a space becomes available you will be notified.

Day	Club	Year Group	Timings	Location
Monday	Tennis	KS2	3:15pm-4:15pm	Playground
Monday	Dance	Year 5/6	3:15pm-4:15pm	Hall
Tuesday	Boxing Club	KS2	3:15pm-4:15pm	Hall
Wednesday	Dodgeball	Year 4/5/6	3:15pm-4:15pm	Hall
Thursday	Striking+Fielding	KS2	3:15pm-4:15pm	Field
Thursday	Football Club	Year 2/3	3:15pm-4:15pm	Field
Thursday	Cheerleading	Y1-6	3:15pm-4:15pm	Hall
Friday	Athletics	KS2	3:15pm-4:15pm	Field
Friday	Gymnastics	Reception/Y1	3:15pm-4:15pm	Hall

WHAT WE HAVE BEEN LEARNING

At Piper's Vale we strive to offer a broad and exciting PE curriculum. This term children have been focusing on:

Reception

Body Management and Coordination

Children were looking at controlling their body whilst moving in different directions. Moving backwards like a snail and running forward like a cheetah. There are some super fast children in Reception!

Year 1/2

Fitness

What does your best look like? Children have been focusing on doing their best in a series of fitness exercises. Exploring the importance of rest/recovery when completing physical tasks.

Hit Catch Run

Children have been focusing on bowling skills and ensuring that when retrieving a ball that accuracy and speed are important when returning it. Having their hands ready in 'Low Hands' helps them be ready!

Year 3/4

Fitness

We have looked at circuit training this term and the importance of a positive mindset. When the exercise gets hard physically, then we have to be strong mentally. I'm sure they can show you some of the exercises from our circuits, have a go at them?

Rounders

When batting it is not just about how hard you can hit the ball. Scanning the field to see where the space is, aiming a powerful accurate shot is key. Children also developed their scanning eyes to see when to run to the next base👁👁

Year 5/6

Fitness

Children have worked extremely hard this term. Running has been a big focus and controlling your body and mind was important. To run continuously is a difficult task for many but slowing their speed down ensures that we succeed in our tasks! Including circuit training helped them build resilience.

Athletics

We have focused on Quadkids Athletics. 4 events including the running event 600m and 75m, Standing Long Jump and the Vortex throw. Children were encouraged to push themselves and get the best score possible. Over the weeks children saw an improvement from their scores. One child ran 600m in 4:56 minutes, at the end of term they timed at 3:33!! An amazing achievement.

DIARY DATES

All sporting events are subject to change at short notice due to weather conditions but you will find below all the sporting events that we plan to attend. If selected your child will receive more details closer to the event. We are also part of IPSSA which involves a boys football league, girls football league and a netball league. These games will be arranged throughout the year. If you would like to come and support your child then please do! 🙌

Date	Event	Year Group	Time	Venue
Wednesday 4th June	Cricket Festival	Year 5/6	1:15pm-4:30pm	
Friday 6th June	Glow in the Dark Dodgeball	Selected Classes	All Day	Piper's Vale
Wednesday 11th June	Football Festival	Year 1	1pm-3:30pm	ITFC
Friday 13th June	Football Festival	Year 4	1pm-3:30pm	St Joseph's College
Monday 16th June	Football Match	Year 4/5	After School	Piper's Vale
Thursday 3rd July	Carousel Sports Day	Reception -Year 6	All Day	Piper's Vale
Friday 4th July	Sports Day	Whole School	All Day	Piper's Vale
Tuesday 8th July	QuadKids	Year 5/6	1pm- 5:30pm	Northgate track

Wednesday 9th July	QuadKids	Year 4	1pm-5:30pm	Northgate Track
Friday 18th July	Trust Sports Day	Year 6	All Day	IA

PE STAR OF THE WEEK

At Piper's Vale Primary Academy, we have a special PE assembly every week highlighting children's excellence in PE. Children earn a PE certificate and a place on our 'PE Star of the Week' wall.

Well done to all our nominated children 😊

Week 1- Calab,Raven,Daniel,Jason

Week 2- Matthew,Alex,David,Shlok,Harry

Week 3- Erika,Noah,Ayla,Johann,Balian

Week 4 - God's Favour, Olivia, Aleksandrs, Albert, Sofia

MAY HALF TERM SPORTS CAMP - POWER PLAY COACHING

!! Book On NOW !! Come and join the fun at our May Half Term Sports Camp. Suitable for all ages and abilities and we would love your child to be part of it 😊

🏠 Piper's Vale Primary Academy

📅 Thursday 29th May - Friday 30th May

🕒 9am - 4pm

To book your child's place please use the booking link provided 📌

[May Half Term Sports Camp](#)

If you have any question either speak to Ben or email powerplaycoaching24@gmail.com

SCHOOL SPORT - GO TEAM PIPER'S

Netball Match vs Britannia

A fantastic team performance versus a very strong opponent. The team showed some excellent defending skills and outstanding shooting form Stervan and Mustafa.

Player of the Match - Stervan

Girls Football Fixtures

Year 3/4 and Year 5 played against St Mark's at Piper's Vale. Lots of girls were playing in their first match and the teamwork and resilience on display was great!

Player of the Match - Louise and Layla

Netball Festival Year 4

Children from Year 4 enjoyed a morning of Netball skills and ended with some games. You all showed excellent teamwork.

Netball Festival Year 6

A group of children represented the school in a netball competition this afternoon against schools across Ipswich. They played 5 games, winning 4 and drawing 1. Scoring 14 and conceding 0!!! They all represented the school brilliantly.

