



PVPA P.E. NEWSLETTER

Edition 1

October 2025

Integrity, **Community**, Excellence

MESSAGE FROM BEN

Dear Parents/Carers,

What a great start we have had to our school year. Children have been working hard in their PE lessons and over 125 children are enjoying our after school sports clubs. 'Fitness Frenzy' was a massive success to celebrate National Fitness Day! Since then it has been great to see so many healthier snacks at break time 😊

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

Ben Newson

PE Lead Teacher

PE KIT EXPECTATIONS

Swimming Kit	PE Uniform
Pupils in Years 4, 5 & 6 will be going swimming on Wednesday afternoons throughout this year. 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 Wednesdays. Please note that if earrings are not removed then a child cannot swim.	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

Please sign up via Google Form that will be sent out by the office. 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	Dodgeball	Year 5/6	3:15pm-4:15pm	Hall
Tuesday	Cheer	Year 1-6	3:15pm-4:15pm	Hall
Wednesday	Dance	Year 1-6	3:15pm-4:15pm	Hall
Wednesday	Boys Football	Year 1-6	3:15pm-4:15pm	Field
Thursday	Netball	Year 4/5/6	3:15pm-4:15pm	Playground
Friday	Gymnastics	Year 2/3	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

Movement Skills/Body Management

We have been learning to control our bodies in different positions and holding them still. In a balance can you hold it for the count of three!? Children have also been showing off their catching skills, remember to keep your eye on the object 👁️👁️

Year 1/2

Gymnastics

Focusing on building sequences using balances, jumps and a variety of actions. Not forgetting the Start and Finish position-ask your child to show you 👁️👁️

Send and Return

Developing coordination with a tennis racket. Looking at balancing and catching a bean bag and returning it to a partner. Working on their hand-eye coordination. Knowing what 'Low and High Hands' looks like.

Year 3/4

Team Building/OAA

Children have been working on what makes a good team! Something that is so important in sport. Communication and listening skills are vital and when reading a map even more crucial in giving your team the right route!

Basketball 🏀

We have focused on the basics of dribbling in basketball. Ensuring children are only using one hand at a time to dribble and then making the choice to pass to a team member. We also focused on what we do as attackers and defenders on a court.

Year 5/6

Dance

Working collaboratively to include a variety of actions in a dance sequence. Children enjoyed creating their own routines including lots of attitude.

Netball

To develop the children's understanding of footwork in Netball and how choosing the appropriate pass is key. Will it be a bounce pass?...a chest pass?...or an overhead pass?

Swimming

Children have been gaining confidence in water and there has been a real excitement in our weekly walks to Murrayfield. We have a number of children who can already swim the targeted 25m 😊 and the improvement from last year has been great to see.

HEALTHY ACTIVE SCHOOL AWARD

We are excited to share that your child's school is working towards the **Healthy Active Schools Award** with Active Suffolk! To help us on this journey, we would love to hear your thoughts on what we are doing well and where we can improve. The award is split into several categories so we would love to hear your thoughts on where we are as a school.

We invite you to complete a short survey, which should take approximately 10 minutes.

Your feedback is incredibly valuable, and we will be gathering input from staff and children as well. The responses will play an important role in shaping our work throughout the award process.

Your answers will remain confidential and will be handled in line with our policies.

Please complete the survey by Friday 24th October using the following [link](#).

Thank you for your time and support—we truly appreciate your input in helping us create a healthier and more active school environment!

We will keep you updated on our progress and let you know once we have achieved the award!

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 - Miray, Ava-Mai, Humaira

Week 2 - Daniel, Leticia, Alvin, Naly

Week 3 - Oliver, Efremia, Maima, Abdullah

Week 4 - Sameeha, Debbie, Tamilore, Lawan, Zoe

Week 5 - Belle, Mirabel, Mason, Raegan

POWER PLAY COACHING SPORTS CAMP

We're excited to welcome you back to this year's Power Play Sports Camps!



This year, to continue delivering the high-quality coaching, facilities, and activities that your children love, there will be a small increase in cost to £18.50 per day. We've kept the rise as minimal as possible, and we're confident that Sports Camp still represents excellent value for money – offering children an active, fun-filled experience in a safe and supportive environment.

As a thank you from us all children attending both days of our Halloween Sports Camp will receive a special Halloween Gift

We can't wait to see the children enjoying another action-packed camp full of sport, energy, and smiles!

To book on please click on the link below: [Halloween Sports Camp](#)

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

SUFFOLK SCHOOL GAMES

As a school we have signed up to compete in the Suffolk School Games. This consists of a variety of sporting events over the school year. The six School Games values - Passion, Self-Belief, Respect, Honesty, Determination and Teamwork - were developed by young people to recognise how the experience of sport should be epitomised and embodied within schools, and to reflect the 'spirit' of the School Game.



UPCOMING SPORTING EVENTS

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
Thursday 6th November	Badminton Festival	Selected pupils (Year 4)	AM	Inspire
Monday 10th November	Boys Football Match	Selected pupils (Year 5/6)	After School	PVPA
Wednesday 12th November	Girls Football Match	Selected pupils (Year 4/5/6)	After School	PVPA
Wednesday 19th November	Ten Pin Bowling - SEND	Selected Pupils (KS1-KS2)	PM	TenPin
Thursday 20th November	Boys Football Match	Selected pupils (Year 5/6)	After School	Sprites Primary
Friday 21st November	Dodgeball Festival	Selected pupils (Year 4)	PM	Ipswich School Sports Centre