

PVPA P.E. NEWSLETTER

Edition 2

December 2025

Integrity, **Community**, Excellence

MESSAGE FROM BEN

Dear Parents/Carers,

What a busy half term! Children have been completing their PE Assessments and it is so pleasing to see children show resilience and determination to beat their previous scores 😊 We have had many sporting fixtures and events and thank you to all the children who represent the school brilliantly and thank you to the parents that have helped with transport to fixtures, it is very much appreciated.

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
<p>Pupils in Years 4, 5 & 6 will be going swimming on Wednesday afternoons throughout this year. You will be informed when your child will be taking part.</p> <p>Your child will need to bring:</p> <ul style="list-style-type: none">• Appropriate swimming attire (e.g. trunks/swim suit - no two piece)• A swimming hat• A towel <p>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.</p>	<p>The expectation is that all pupils come into school in full PE uniform on their PE day/s.</p> <p>PE Uniform:</p> <ul style="list-style-type: none">• White t-shirt/polo shirt• Black/navy jogging bottoms• Black/navy shorts• Black/navy sweatshirt (no hoodies)• Trainers/plimsolls <p>(No large logos on any P.E kit)</p> <p>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.</p>

AFTER SCHOOL SPORTS CLUBS

Please sign up via Google Form that will be sent out by the office on Monday 5th January. Spaces will be allocated as a first come first serve basis. Clubs will start on Monday 12th January and will finish on Friday 20th March. 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 3/4	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	Netball	Year 4-6	3:15pm-4:15pm	Playground
Thursday	Girls Football	Year 4/5/6	3:15pm-4:15pm	Field
Friday	Gymnastics	Year 1/2	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

Fitness

Children have been learning that rest is important. When we exercise our body works really hard and it's important to let our body recover. Finding a work:rest balance when exercising was hard.

Attack,Defend Shoot

Children have been learning about attacking and defending. How to score past a defender with their aiming skills. To stop the attackers from scoring, defenders get into the ready position- knees bend and bounce. Lots of saves and lots of goals!

Year 3/4

Fitness

This term we have focused on building resilience in fitness. When exercising, pushing themselves to keep going and build a positive mindset. Whether it's running for 10 more seconds or completing 1 more push up - You can do it!!!

Handball

Movement is the key! We have focused on helping the person on the ball by creating space for them to attack and as a defender to stay with the attacker "touch tight" Continuing from Basketball last term it has been good to see children take skills from this into a new sport this term.

Year 5/6

Fitness

Children were learning about interval training and the balance needed to rest their bodies between exercise. Also looking at how they could build stamina when running by slowing themselves to a controlled pace to increase their running time/distance.

Gymnastics

Building on gymnastics from last year, to include more complex partner/group balances into a sequence. Using apparatus to include unison within their performances

Swimming

Children have been gaining confidence in the water and it has been fantastic to see children really enjoying their swimming lessons. We have focused on using long legs when swimming and to stay calm with our breathing 😊

HEALTHY ACTIVE SCHOOL AWARD

As a school we are following the scheme to achieve this award as a school from Active Suffolk. Thank you to the parents that completed the online survey in line with this. We hope to continue our work after Christmas to complete this award.



To help please ensure you continue to send your child to school with a healthy snack!!

- Vegetables/ vegetable sticks – such as celery, cucumber, peppers or carrot.
- A piece of cheese (cheddar cheese or Babybel).
- A piece of fresh or dried fruit – pineapple, mango, plain raisins, apricots, blueberries, banana slices.
- Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes and small pitta breads are also good snacks.
- Yoghurt

Please refrain from packing chocolate, sweets or crisps for a breaktime snacks

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 - No Assembly

Week 2 - Ethan, Rován, Pearline

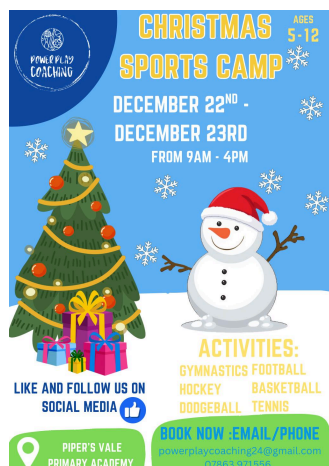
Week 3 - Fynley, Alan, Tristan

Week 4 - Edward, Matei, Llewlyn, Jaylen, Mark, Delan, Eli, Hadley

Week 5 - John, Emils, Aaron, Rosie, Angelina

Week 6 - River, Alicia, Connor

POWER PLAY COACHING SPORTS CAMP



Power Play Sports Camps is back this Christmas Holidays.

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

If you have any question either speak to Ben or email

powerplaycoaching24@gmail.com

To Book your child's place click on the link below:

[Power Play Coaching - Christmas Sports Camp](#)

Sporting Fixtures/Events



Girls Football Match vs The Oaks



Badminton Festival Year 3/4



Boys Football Matches v Sprites, St Matthews, Ravenswood and Heath.



Girls Football Festival - Year 2

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
3/02/2026	Basketball Festival	5/6	9:30am-12:00	Inspire
5/02/2026	Basketball Festival	3/4	1:30pm-3:30pm	Suffolk One
6/03/2026	Girls Football Festival	3	1pm-3:30pm	Ips Hockey Club
9/03/2026	Girls Football Festival	5/6	1pm-3:30pm	Ips Hockey Club
25/03/2026	Cross Country	4/5/6	AM	RHS