



PVPA P.E. NEWSLETTER

Edition 3

February 2025

Integrity, **Community**, Excellence

MESSAGE FROM BEN

Dear Parents/Carers,

As a school we were very proud to receive an award for giving all children the opportunity in Sport. We have many after school clubs and school events that give children a chance to take part.

Selected classes have been enjoying some extra Cricket sessions with Rob from Chance to Shine, which they have loved and as a school we all joined in with a dance session from Groove and Grow.

What a busy half term!!

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 (pupils should only ever be wearing a wristwatch and stud earrings to school anyway).</p> <p>If your child attends an After School Sports</p>

Clubs, then they need to bring a PE kit to get changed into at the end of that day.

CHANCE TO SHINE - CRICKET

Selected classes enjoyed some extra cricket sessions with Rob from Chance to Shine. They worked on their catching and throwing skills. We have some excellent batters at Piper's Vale!



AFTER SCHOOL SPORTS CLUBS

Please sign up via the Google Form that was sent out by the office on Monday 5th January. 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

Yoga

Children have been learning about different poses. Balancing with different body part and focusing on their breathing. Very relaxing 🧘

Year 1/2

Dance

We looked at the story 'Penguin Small' and how penguins move. We learned a routine looking at facial expressions and moving in a variety of directions as a polar bear and snowman.

Dodgeball

Children have been learning all about dodgeball. What makes a good throw to get someone out and how to keep in the game by dodging the ball. Can they be brave and try and catch the ball for their team?

Year 3/4

Tag-Rugby

Children focused on how to evade a defender with speed and body movement. Also as a defender how to be successful in tagging an attacker and what you do next! They really enjoyed this topic 😊

Dance

Who would make a good spy? This term we looked at creating and improving a dance routine using spy movements. We used freeze frames and expressions to show the role of a spy.

Year 5/6

Basketball

We have looked at dribbling in basketball and ensured we know what double dribble and traveling looks like. Using our past learning to know that as attackers we find space to help our team and as defenders we mark a player.

Badminton

Children have developed their ability to keep a rally with a partner. Focusing on moving their feet to get into a good position to hit the shuttlecock. The children have loved their badminton lessons this term

Swimming

Children have been gaining confidence in the water and it has been fantastic to see children really enjoying their swimming lessons. We have been focusing on putting our faces in the water and having long legs when kicking.

HEALTHY ACTIVE SCHOOL AWARD - SPORTS SURVEY

As a school we are following the scheme to achieve this award as a school from Active Suffolk. We recently sent home a letter with an online survey, looking into what children are getting up to outside of school. If you do have 5 minutes please click on the link below:

[Sport and Activity Outside of School](#)

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 - Alma, God's Favour, Evelyn, Shahzain

Week 3 - Elayna, Shannon, Erika, Erika

Week 4 - Rida, William, Ajathan, Diana, Maisie

Week 5 - Raven, Austine, Celestine, Margerita, Mollie

Week 6 - Mia, Saud, Inaya

POWER PLAY COACHING SPORTS CAMP

Power Play Sports Camps is back this February Half Term.

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 February Sports Camp 2026 Booking Form](#)



Sporting Fixtures/Events



Year 3/4 Basketball Festival



Year 5/6 Basketball Festival



Girls Football Match



Boys Football Match

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
3/03/2026	Boys Football Match	5/6	After School	Piper's Vale
4/03/2026	Mixed Netball Match	5/6	After School	The Oaks
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