



PVPA P.E. NEWSLETTER

Edition 4

March 2026

Integrity, **Community**, Excellence

MESSAGE FROM BEN

Dear Parents/Carers,

As we finish the Spring Term we finish another busy term at Piper's Vale. Children have been working really hard in their PE lessons and we have had many sporting events this half term. A highlight was taking a team to The Royal Hospital School for this year's Cross Country event.

Next term we build up to our school Sports Days-more information will follow after Easter.

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 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 the Google Form that will be sent out by the office on Monday 13th April. Clubs will start on Tuesday 21st April and will finish on Friday 10th July. 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	Year 4/5/6	3:15pm-4:15pm	Playground
Tuesday	Cheer	Year 1-6	3:15pm-4:15pm	Hall
Wednesday	Dance	Year 1-6	3:15pm-4:15pm	Hall
Wednesday	Athletics	Year 3-6	3:15pm-4:15pm	Field
Thursday	Boys/Girls Football	Year 4/5/6	3:15pm-4:15pm	Field
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

Body Movement

Children have been learning about controlling their bodies when balancing. Improving their coordination when balancing across beams and how their bodies react during exercise.

Year 1/2

Gymnastics

Children have been building up to creating their own routine in a group. The performance needed to include 4 different elements. They had to choose from jumps, balances, movements, rolls and rocking. Always including the start and finish position!

Attack Defend Shoot

We have been learning about the roles of an attacker and defender. We looked at how we need to work as a team to score, this can be through passes with our hands or feet. As a defender we were working on blocking the attackers when trying to score.

Year 3/4

Netball

We have been focusing on our footwork when playing netball and the decision of choosing the right pass. Our defending skills have really developed from when we focused on Basketball previously 😊

Yoga

And breathe! This term in yoga we were looking at controlling our minds and body. Focusing on their breathing whilst working through a yoga flow with a partner. The children showed excellent focus.

Year 5/6

Hockey

We have focused on dribbling a lot in our PE lessons this term. How to keep the ball under control and to not panic when a defender closes them down. Making the right decision in a game is key-do you shoot, pass or dribble with the ball?

Dodgeball

Children have been focusing on how working together as a team can help eliminate more players in dodgeball. We were trying to improve our throws by adding power to make it more difficult to dodge.

Swimming - 5C/5B

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 SNACKS AT SCHOOL

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 - Pulcher,Caleb,Samuel N,Daisy,Jaylen,Tia,Edgar

Week 2 - Ajanthan,Ayana,Gabriella

Week 3 - Trailers,Lily,Zain,Sofie

Week 4 - Chaniel,Celestine,Sofia,Lelia

Week 5 - No Assembly

POWER PLAY COACHING SPORTS CAMP

Power Play Sports Camps is back this Easter Holidays. We are really looking forward to our Easter Egg hunt on Tuesday 7th April!

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 Easter Sports Camp](#)

POWER PLAY COACHING

EASTER SPORTS CAMP

AGES 5-12

*FROM £16.50

7TH - 10TH APRIL
FROM 9AM - 4PM

ALL ABILITIES WELCOME!
LIKE AND FOLLOW US ON SOCIAL MEDIA

BOOK NOW :EMAIL/PHONE
powerplaycoaching24@gmail.com
07863 971556

ACTIVITIES:
FOOTBALL BASKETBALL TENNIS
GYMNASTICS HOCKEY DODGEBALL
and many more!

Easter Egg Hunt on Tuesday 7th April

PIPER'S VALE PRIMARY ACADEMY

QUALIFIED COACHES
DBS
FIRST AID

*£18.50 a day or 4 days for £65

ACTIVE SUFFOLK - SCHOOL OF THE TERM

Piper's Vale have been awarded 'School of the Term' What a fabulous achievement for the school. As a result, the school has given some scooters to be given out to children. Please see the link below for the latest Active Suffolk Newsletter.



[Active Suffolk - Active Suffolk's Children & Young People's Physical Activity Newsletter - March 2026!](#)

SPORTING FIXTURES/EVENTS

Girls Football Festivals



Boys and Girls Football Matches





Cross Country



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
16/4/2026	Boys Football Match	5/6	After School	St Mary's
20/4/2026	Girls Football Match	5/6	After School	Piper's Vale
20/4/2026	Year 3 Multi-Skills Festival	3	Morning	Ravenswood CP School
23/4/2026	Boys Football Match	5/6	After School	Cedarwood
28/4/2026	Netball Match	5/6	After School	Castle Hill
7/5/2026	Cricket Festival	4	Afternoon	Ransomes Cricket Ground
8/5/2026	Tag Rugby Festival	4	Morning	Suffolk One
18/5/2026	Netball Match	5/6	After School	Sprites
19/5/2026	Netball Festival	5/6	Morning	Ipswich Sports Centre
21/5/2026	Carousel Sports Day	1-6	All Day	Piper's Vale
22/5/2026	Sports Day - Race Day	1-6	Y1/2/3 - AM Y4/5/6 - PM	Piper's Vale