



PVPA P.E. NEWSLETTER

Edition 5

May 2026

Integrity, **Community**, Excellence

MESSAGE FROM BEN

Dear Parents/Carers,

What a fantastic Summer Term 1 it has been with us finishing off the term in style with our School Sports Days. Well done to all the children that represented their colour teams brilliantly, cheering each other on! Our Year 5/6 Play Leaders were brilliant over the 2 days. Thank you to all of the adults that attended on Friday, it was a great day and we look forward to welcoming you back for our Nursery and Reception Sports Days on Friday 12th June-more information will be sent out soon.

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 |
| Thursday | Dance | Reception | 3:15pm - 4:15pm | Classroom |
| 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 Control

Children have been focusing on controlling their bodies. Can they balance in a variety of positions and control their body when moving.

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.

Swimming - 5B and Year 4

Children have been gaining confidence in the water and it has been fantastic to see children really enjoying their swimming lessons. Year 4 began their block of swimming with lots of games and chances to gain confidence in water.

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 - Tristan, Edee, God's Favour

Week 2 - Ashton, Zain, Oli

Week 3 - Caleb, Patrick, Arin

Week 4 - No Assembly

Week 5 - Qamal, Lily, Rosie

POWER PLAY COACHING SPORTS CAMP

Power Play Sports Camps is back this Summer Holidays. We love our Wet'N'Wild Wednesdays, with lots of water based games!!

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 Summer Booking Form](#)



The poster is for 'Power Play Coaching Summer Sports Camp'. It features a dark blue background with yellow and white splashes. At the top, there's a circular logo with 'POWER PLAY COACHING' and icons of a soccer ball, tennis ball, and water bottle. Below the logo, 'SUMMER SPORTS CAMP' is written in large, bold, white and yellow letters. The dates and times are listed in white boxes with icons: 'WHEN:' (calendar icon) Monday 27th July to Friday 31st July, Monday 10th August to Friday 14th August, Monday 24th August to Friday 28th August; 'TIME:' (clock icon) 9am - 4pm; 'VENUE:' (location pin icon) Piper's Vale Primary Academy; 'AGE:' (people icon) 5 - 12 year olds. A section titled 'EVERY WEDNESDAY OF THE SUMMER HOLIDAYS IS OUR 'WET'N'WILD DAYS.' features a water gun and bucket icon, with the text 'LOTS OF WATER BASED ACTIVITIES!'. At the bottom, 'CONTACT US:' is followed by a phone icon and number '07863 971556' and an email icon and address 'powerplaycoaching24@gmail.com'. The bottom edge has a row of small icons for various sports: soccer ball, basketball, tennis racket, football, water bottle, and sneakers.

POWER PLAY COACHING

SUMMER SPORTS CAMP

WHEN: Monday 27th July to Friday 31st July,
Monday 10th August to Friday 14th August
Monday 24th August to Friday 28th August

TIME: 9am - 4pm

VENUE: Piper's Vale Primary Academy

AGE: 5 - 12 year olds

EVERY WEDNESDAY OF THE SUMMER HOLIDAYS IS OUR
'WET'N'WILD DAYS.'
LOTS OF WATER BASED ACTIVITIES!

CONTACT US:

07863 971556 | powerplaycoaching24@gmail.com

FREE CYCLE SCHEME - BIKEABILITY

Children in Year 5 received their 'FREE' bikes that they have already started to enjoy. This fantastic scheme enables children to loan a bike for 2 years completely free! They then completed Bikeability through Suffolk County Council.



SPORTING FIXTURES/EVENTS

Dodgeball/Hockey Fixtures vs Murrayfield



Year 3/4
Tag Rugby Festival

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 4th June | Tag-Rugby Festival | Year 5/6 | 9:15am-1:15pm | Ipswich RUFC |
| Friday 12th June | N/Reception Sports Day | N/Rec | *letter to parents | Piper's Vale |
| Thursday 18th June | Netball Festival | Year 5/6 | 11am-1pm | Ipswich School Sports Centre |
| Tuesday 7th July | QuadKids | Year 3/4 | 1:30pm-5:30pm | Northgate |
| Wednesday 8th July | QuadKids | Year 5/6 | 1:30pm-5:30pm | Northgate |