

PESSPA NEWSLETTER

PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY

Football



On Thursday 11th July, Boxford Primary School visited GWPS to participate in a friendly football match against our Year 4s and 5s.

We had a boys' team and a girls' team competing on our school field.

Both teams performed excellently, and we secured victories in both matches;. The girls' team won 4-2, and the boys' team triumphed with a score of 3-1.



Sports day was a resounding success in every aspect: from the weather and the races to the impressive parent turnout and the exceptional performance of the children!

It truly was a wonderful event, enjoyed by all. Liston emerged as the overall winners and also clinched the tribe point cup. Congratulations to the Liston (blue) team!

Congratulations to everyone who received an award during the awards assembly yesterday (18th July). As a PE newsletter, we would like to celebrate the two sports awards that were presented:



Resilience in Sport - Sonny



Excellence in Sport - Finley

Please remember, children need to aim for 60 minutes of physical activity per day. Typically, we strive for the government's recommended 30 minutes at school (paired with 30 minutes at home).

We incorporate resources such as BBC Supermovers, Cosmic Yoga on YouTube, Daily Mile walks, and additional games.

"Early exposure to physical literacy sets the foundation for a lifetime of physical activity. Children who develop these skills are more likely to lead active and healthy lives, reducing the risk of obesity, chronic diseases, and mental health issues later in life."

Summer Newsletter 19th July 2024

LET'S CELEBRATE

INDIVIDUAL SUCCESSES:



Phoebe is part of the Hadleigh & Sudbury Swimming Club. She competed at the Deben Splashtastic event in Ipswich in the 50 M backstroke and 50 M front crawl for her age group.

Phoebe came 1st in both heats: 47.44 secs front crawl and 49.11 secs backstroke (apparently only 3 seconds off being able to qualify for county championships)!!

Fantastic Phoebe - well done !!

Congratulations Finley on being retained at Colchester United for 2024/2025

Great news !!



We would love to hear about your sporting adventures. Perhaps we could include some of the holiday antics or clubs you attended over the six-week holidays in our upcoming newsletter.

Sporting clubs outside of school:

BACK BY POPULAR DEMAND!



Gymnastics Club

At Ormiston Sudbury Academy
Sports Centre



All abilities welcome

Ages 5 - 14 years

Starting
10th September 2024

Block bookings only - £7 per hour

Tuesday 6pm - 7pm
Tuesday 7pm - 8pm
Wednesday 6pm - 7pm
Wednesday 7pm - 8pm
Thursday 6pm - 8pm



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Online booking only

All enquiries: admin@s4sports.co.uk



maxim
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KIDS SUMMER CAMPS

**23RD JULY -
22ND AUGUST**

**FROM £20
PER DAY**
Multi-day discounts
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Football, Dance, Activity Camps, Acro & Gymnastics,
Goalkeeping, Basketball Camps Plus LOTS more!

GREAT CORNARD | SUDBURY



BOOK YOUR PLACES ONLINE!



IMAGE
INFLATABLES & EVENTS

DELLAR
SPORTS COACHING

SEE STAY AND PLAY SESSION ADDED!

INFLATABLE FUN

FRIDAY 9TH AUGUST CAFE OPEN FOR PARENTS TO ENJOY

AT GREAT CORNARD LEISURE CENTRE (CO10 0JU)

7 & MORE INFLATABLES IN ONE PLACE!!

SEEK SESSION - 9.00AM-10.00AM - £8.00
 SESSION 1 - 10.15AM - 11.15AM - £8.00
 SESSION 2 - 11.30AM - 12.30PM - £8.00

OR

BOTH SESSIONS 1 & 2 - 10.15AM - 12.30PM - £15.00

(WRIST BANDS WILL BE GIVEN ON ENTRY FOR CHILDREN STAYING BOTH SESSIONS)

CHILDREN AGED 4-11

LIMITED SPACES AVAILABLE!

PAYMENT ON THE DAY BY CASH

PLEASE GET IN TOUCH IF YOU WOULD LIKE TO BOOK VIA
 EMAIL: DELLAR.SPORTS.COACHING@GMAIL.COM
 TEL: 07773 567 564 OR OUR FACEBOOK PAGE

MEMBER

Summer Term Tennis Camps 2024

Worham Lawn Tennis Club, Long Green, Worham IP22 1PT
 Lavenham Lawn Tennis Club, Bridge Street Road, Lavenham, CO10 9SH

Monday 29th July	Lavenham	Wednesday 31st July	Worham
Tuesday 30th July	Lavenham	Thursday 1st August	Worham
Monday 12th August	Lavenham	Friday 2nd August	Worham
Tuesday 13th August	Lavenham	Wednesday 14th August	Worham
Monday 19th August	Lavenham	Thursday 15th August	Worham
Tuesday 20th August	Lavenham	Friday 16th August	Worham
		Wednesday 21st August	Worham
		Thursday 22nd August	Worham
		Friday 23rd August	Worham

Players will be categorised into groups based on both age and ability thus giving children the best opportunity to both learn and have fun at the same time. There will be a mixture of structured coaching alongside fun games and activities to keep children engaged throughout the day. It's a great opportunity for children to get outside in the fresh air and enjoy being active. Mini games like Find the Sweets, Beat the Coach, Multipop and our Simon Max Hunt is also included.

Prices:
Single day price- £25

AGES:
5-14 years

(Please note children will need to bring a lunch, have plenty of drinks on-screen and weather appropriate clothing.)

HEAD COACH
Kris Jenkins

Kris is a Level 4 LTA qualified coach who currently plays for Norfolk men's county. Kris also coaches some of the county's top junior players and captains the 18 and under boys County Team.

DBS checked. Qualified First Aider

Children will be accepted on a first come first serve basis so book in with Kris to avoid disappointment by signing up via our website below:
<https://webquest.kids.org.uk/LavenhamLawnTennisClub/Coaching> (Lavenham sessions)
<https://webquest.kids.org.uk/WorhamTennisClub/Coaching> (Worham sessions)
 Any questions feel free to contact Kris via Kris_jenkins@btinternet.com or Kris_worham@btinternet.com 07557967357

DELLAR **SUDBURY** **IMAGE**
SPORTS COACHING INFLATABLES & EVENTS

SUMMER HOLIDAYS 2024

KIDS HOLIDAY CLUB

8.15AM TILL 5.30PM

DEAL 12 DAYS FOR £320.00 SIBLINGS £240.00 EACH CHILD

WE'VE GOT YOU COVERED

MEMBER

LOCATION - Woodhall Primary School

DATES - Week 1 - 22nd / 23rd / 24th / 25th / 26th July
 Week 2 - 29th / 30th / 31st July / 1st August
 Week 3 - 5th / 6th / 7th August

AGES - 5 to 12 years old

BRING - Packed lunch, water, appropriate clothing & footwear

COST - Full Day - £30.00 per child (£25.00 Siblings)
 Half Day - £15.00 per child (£12.50 Siblings)
 (AM session 8:15am - 1:00pm) (PM session 1:00pm - 5:30pm)

SPORTS SOURCE CASTLES OUTDOOR PLAY ARTS & CRAFTS GAMES SCOOTER PLAY

TO BOOK PLEASE CONTACT ADAM DELLAR ON 07771567564 OR DELLAR.SPORTS.COACHING@GMAIL.COM