

PESSPA NEWSLETTER

PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY

OCTO-LEAGUE



22ND SEPTEMBER - FIRST GAME AGAINST ACTON - 4-3 TO ACTON
IT WAS A TOUGH GAME, THE BOYS PLAYED WELL.

19TH SEPTEMBER - WE PLAYED GLEMSFORD AND WON 7-2 - HUGE
CONGRATULATIONS TO THE TEAM !

AFTER SCHOOL CLUBS

MONDAY - GYMNASTICS



TUESDAY - RUGBY



WEDNESDAY - FOOTBALL



WEDNESDAY - DANCE CLUB



THURSDAY - GYMNASTICS



DAN FROM PRESTIGE SPORTS CONTINUES TO TEACH VARIOUS CLASSES ON FRIDAY AFTERNOONS AND WILL ALSO BE RUNNING A 'PLAYFUL PIONEERS' CLUB TO TRAIN YOUNG LEADERS TO ORGANISE BREAKTIME OR LUNCHTIME ACTIVITIES.

PE - AFTER HALF TERM IAN WILL BE TEACHING YEARS 3 AND 4 CO-OPERATION GAMES AND FOOTBALL TO YEARS 5 AND 6

WE ARE PLEASED TO BE OFFERING A RUGBY CLUB STARTING AFTER THE OCTOBER HALF TERM



ALSO KS1 WILL HAVE PE LESSONS WITH THE NORTHAMPTON SAINTS RUGBY COACH EVERY TUESDAY AFTERNOON .

LET'S CELEBRATE

INDIVIDUAL SUCCESSES:



ON TUESDAY 3RD OF OCTOBER REX WAS ASKED TO REPRESENT COLCHESTER UNITED IN A GAME AGAINST THEIR ACADEMY BOYS. REX WORKED REALLY HARD GIVING IT HIS ALL.

REX ATTENDS COLCHESTER UNITED'S DEVELOPMENT CENTRE WEEKLY AND HAS COME UP AGAINST TEAMS SUCH AS NORWICH CITY, WEST HAM, LUTON TOWN AND CAMBRIDGE. HE'S DUE TO PLAY BRIGHTON HOVE ALBION DURING HALF TERM. WELL DONE REX !!

POPPY, YEAR 4, PLAYED IN SEVERAL GRADE 4 AND GRADE 3 WEEK-LONG TENNIS TOURNAMENTS OVER THE SUMMER HOLIDAYS. THESE INCLUDED FRAMLINGHAM, BURY & WEST SUFFOLK AND THE FELIXSTOWE JUNIOR & OPEN. POPPY PLAYED IN BOTH THE UNDER 8 AND UNDER 9 AGE GROUPS AND HAD SOME REALLY GOOD WINS. SHE IS NOW RANKED WITHIN THE TOP 8 GIRLS AT U9 LEVEL IN SUFFOLK.

AMAZING NEWS POPPY !!



CONGRATULATIONS MAX ON BEING AWARDED PLAYER OF THE WEEK AT YOUR RUGBY CLUB !

Tournament success:

Year 6 boys won the tournament in Haverhill on Monday 9th October. They are now through to the finals on the 30th of November in Needham Market! What a great success for the school!

Year 4 boys played a tournament at St Joseph's in Ipswich on Wednesday 18th October. They played amazingly well, but similarly to England in the Euros finals, we narrowly missed out due to penalties. What a way to be eliminated!



Sienna (Y4) has been scouted for the Ipswich Town Academy. Well done !!!!

Sporting clubs outside of school:

SUDBURY YOUTH ELITE DARTS ACADEMY

DEVELOPMENT SESSION 2PM - 3:30PM
 ADVANCE SESSION 3:30PM - 6PM
 ALWAYS FREE OF CHARGE

2023 / SATURDAY'S

12TH AUGUST
 23RD SEPTEMBER
 21ST OCTOBER
 18TH NOVEMBER

ANY ABILITY WELCOME

ALL EQUIPMENT SUPPLIED



VENUE SUDBURY SNOOKER CLUB

maxim sports coaching

Girls FOOTBALL

WILD CATS

WEEKLY SESSIONS

- ✓ Learn new skills
- ✓ Meet new friends
- ✓ Play in fun matches
- ✓ Grow in confidence
- ✓ HAVE FUN!

AGES 5-11YRS

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FOR ALL

FA, AFC Sudbury, and social media icons (Facebook, Instagram, Twitter).

Head Lane
 Great Cornard
 Sudbury
 CO10 0JU



SUDBURY FUTSAL CLUB

#Be brave

#Make it happen

DAY	TIME	AGES	GROUPS
MONDAY	5-6pm	6-12	U11
	6-7pm		Community
TUESDAY	5-6pm		U12
FRIDAY	5-6pm		U10

FA AFFILIATED
 FA QUALIFIED
 ALL COACHES DBS CHECKED

CALL SAMO
07539 274 486

From
£22.50

23-27TH OCTOBER



MEGA ACTIVITY CAMPS!

FOR BOYS & GIRLS
5-12 YEARS OLD

9AM-3.30PM
EARLY DROP OFF AVAILABLE 8.15AM

ENERGY ZONE

- Inflatables Fun
- Nerf Battles
- Laser tag
- Ezy Roller Go Karts
- Multi Sports
- Dodgeball
- Parachutes
- Scooters
- Tug of War
- Team Games

CHILL OUT ZONE

- Arts & Crafts
- Jewellery Making
- Rock Painting
- Fort Building
- Twister
- Colouring
- Mario Kart / Crash Racing
- Board Games
- Cup Stacking
- Archery

BOOKING: WWW.PRESTIGESPORTSDEVELOPMENT.COM

FOOTBALL FUN CAMPS

Haverhill, CB9 0BW

5-12 Year Olds

£22.50

25,26,27 October 2023

Use this QR Code to Book:



MULTI SPORTS CAMPS

📍 Soham, Isleham, Radwinter,
Great Yeldham

**Please check dates &
details on booking site.

Use this QR Code to Book:



MULTI ACTIVITY CAMPS

Haverhill, Newmarket & Bury St Eds

5-12 Year Old 8.15am-3.30pm

From £18.00 per day

30th October-3rd November

Use this QR Code to Book:

BOOKING: WWW.PRESTIGESPORTSDEVELOPMENT.COM



MUMFIT



CHILD FRIENDLY FITNESS CLASSES

Looking to get back moving after having children? Well this is the class for you! 9.45- 10:30 £6

A 45 minute class to improve posture, cardio fitness and strength. Exercises also focus on reengaging the core and strengthening the pelvic floor. All abilities and levels are welcome, different levels of challenge are given throughout the session. Suitable for diastasis recti and C-section recovery.

No need to worry about childcare as children of all ages are welcome at class. Toys and mats are provided for under 5s.

Every Thursday
Long Melford Village Hall

Every Friday
Rougham Sports Hall

📞 07982996422

📷 @JTD_mumfitness

📺 @JTD_fitness

JTD