

PESSPA NEWSLETTER

PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY

NORTHAMPTON SAINTS RUGBY

DIMITRI FROM NORTHAMPTON SAINTS HAS BEEN TEACHING AFRICA AND OCEANIA CLASSES VARIOUS SKILLS THROUGHOUT THE PAST TERM. THE CHILDREN HAVE LEARNT HOW TO THROW AND CATCH THE RUGBY BALL, USING THE SPACE APPROPRIATELY.

Y4, Y5 & Y6 WERE ALSO INVITED TO SUDBURY RUGBY CLUB TO COMPLETE A SKILLS FESTIVAL WITH NORTHAMPTON SAINTS. JUST BEING AT A CLUB ITSELF WAS AN EXCITING EXPERIENCE, BUT HAVING THE PROFESSIONALS TEACHING THE SKILLS WAS INVALUABLE TOO!



POKEMON FOOTBALL TOURNAMENT 9TH OCTOBER

YOU MAY HAVE HEARD THAT OUR Y5 & 6 FOOTBALL TEAM DID REALLY WELL IN THE FIRST STAGE OF THE FOOTBALL TOURNAMENT AT THE NEW CROFT (HAVERHILL), PROGRESSING THROUGH TO COUNTY FINALS ON THE 30TH NOVEMBER AT NEEDHAM MARKET FC. ONCE AGAIN, WE OUTPERFORMED THE COMPETITION AND HAVE MADE IT THROUGH TO THE REGIONAL FINALS (AND THEN HOPEFULLY THE NATIONAL FINALS!!!)



FENCING TASTER DAY

ON THE 1ST DECEMBER, ALL KS2 CLASSES HAD A DAY WITH JAKE FROM LITTLE MUSKETEERS WE ALL ABSOLUTELY LOVED IT! THE CHILDREN WERE PRETENDING TO BE THE LEGEND OF ZORRO AND PIRATES BATTLING FOR TREASURE! THIS WAS A GREAT EXPERIENCE FOR THE CHILDREN, INTRODUCING THEM TO NEW SPORTING EXPERIENCES. YEARS 4 & 6 WILL HAVE PE WITH JAKE IN THE SPRING TERM EVERY FRIDAY. THE NEW AFTER-SCHOOL CLUB WILL START IN JANUARY (PLEASE SEE BELOW DETAILS ON HOW TO BOOK)

BOOKING DETAILS

Years 2-6 - Fri 5th January - Fri 15th March - 3:15pm - 4:15pm - 10 weeks

Cost: £50

- 1) Please visit musketeerseducation.com and select LOGIN and then Participant
- 2) New Users - register by completing PARENT/GUARDIAN REGISTRATION. Existing users continue to step 4.
- 3) Select MY PARTICIPANTS and register your child using ADD PARTICIPANT each time
- 4) Select BOOK then search with school name and click FIND.
- 5) Select REGISTER for your desired class (NOTE: year groups, weekday, time etc.)
- 6) Select the child(ren) you want to register and then follow online payment instructions.

Separate confirmation emails will be sent upon both successful registration and payment. (For assistance, please email enquiries@musketeerseducation.com)

PE

AFTER CHRISTMAS, IAN WILL BE TEACHING HOCKEY IN YEARS 3, 4, 5 & 6
PLEASE CAN YOU ENSURE YOUR CHILDREN HAVE SHIN PANS FOR SAFETY, THANK YOU.

PE DAYS

PLEASE NOTE Y4 & Y6 DAYS HAVE CHANGED!

EYFS PE - WEDNESDAY

YEAR 1 PE - TUESDAY (OUTSIDE) & FRIDAY (INSIDE)

YEAR 2 PE - TUESDAY (INDOOR) & FRIDAY (OUTSIDE)

YEAR 3 PE - TUESDAY (INDOOR) & THURSDAY (OUTDOOR)

YEAR 4 PE - WEDNESDAY (OUTSIDE) & FRIDAY (INDOOR)

YEAR 5 PE - MONDAY (INDOOR) & WEDNESDAY (OUTSIDE)

YEAR 6 PE - THURSDAY (OUTSIDE) & FRIDAY (INDOOR)

AFTER SCHOOL CLUBS

MONDAY - GYMNASTICS



TUESDAY - RUGBY



WEDNESDAY - FOOTBALL



WEDNESDAY - DANCE CLUB



THURSDAY - GYMNASTICS



FRIDAY - FENCING



Autumn 2 Newsletter - 19th December 2023

LET'S CELEBRATE INDIVIDUAL SUCCESSES:



ON SUNDAY 29TH OF NOVEMBER ALFIE WAS REWARDED MAN OF THE MATCH FOR HIS U12S CORNARD DYNAMOS TEAM.

HE WAS REWARDED FOR BEING A TEAM PLAYER WILLING TO PLAY IN A DIFFERENT POSITION.

HE GAVE HIS ALL ALONG WITH EVERY BIT OF EFFORT HE HAD IN THE DEFENCE ROLE.

WELL DONE ALFIE!



ON SUNDAY 3RD DECEMBER REX WAS AWARDED MAN OF THE MATCH FOR HIS FOOTBALL TEAM STANWAY VILLA. HE WAS AWARDED THIS FOR HIS ATTITUDE, DETERMINATION, GAME PLAY AND FOR BEING A TEAM PLAYER!

WELL DONE REX!

CONGRATULATIONS TO AYVA AND ISLA WHO HAVE BEEN DOING REALLY WELL IN THEIR CHOSEN SPORTS - KEEP IT UP GIRLS !!

AYVA HAS JUST COMPLETED STAGE 7 SWIMMING AND HAS PROGRESSED IN TO THE STAGE 8/9/10 GROUP AT HALSTEAD SWIMMING POOL.



ISLA MOVED UP TO STAGE 5 IN HER SWIMMING LESSONS THIS WEEKEND, AS WELL AS GAINING HER ULTRA MARATHON WRIST BAND AT THE JUNIOR PARK RUN FOR COMPLETING 50 RUNS. ISLA ALSO TAKES PART IN GYMNASTICS, FOOTBALL AND TENNIS CLUBS OUTSIDE OF SCHOOL.



AYVA AND ISLA WENT UP TO MANCHESTER TO WATCH MANCHESTER UNITED V MANCHESTER CITY WOMEN'S AT OLD TRAFFORD WITH IT MAKING HISTORY FOR WOMEN'S CLUB FOOTBALL SELLING 43,000 TICKETS!!

WHILST UP NORTH THE GIRLS BECAME JUNIOR PARK RUN TOURISTS AND PARTICIPATED IN THE RAMSBOTTOM JUNIOR PARK RUN.



JACKSON (YEAR 3) RECENTLY COMPETED IN THE NATIONAL KUNG FU COMPETITION AND CAME AWAY WITH THE SILVER MEDAL. HE HAD 3 VERY HARD FIGHTS, ONE OF WHICH WENT TO 3 ROUNDS BUT HE KEPT GOING AND MADE HIS MUM AND DAD VERY PROUD.

WE ARE PROUD OF YOU TOO JACKSON
WELL DONE !

Sporting clubs outside of school:

FOR ADULTS AND CHILDREN



| Fit Formation Boot Camp



Join our all-inclusive fitness bootcamp.

Elevate your body and mind, suitable for everyone, regardless of age or current fitness level.

We believe in fostering a supportive community where every individual's well-being matter. Our comprehensive program is designed to enhance both physical and mental strength.

What to expect:

- ✓ Diverse, fun workouts
- ✓ Activities to promote mental clarity and focus
- ✓ Results
- ✓ Expert guidance
- ✓ Supportive environment
- ✓ Did we mention fun??

Whether you're a fitness enthusiast or just starting your well-being journey, our bootcamp is adaptable to suit your needs.

Location: Great Waldingfield Playing Fields (By the school)

Saturday mornings at 09:00am.

Ready to embark on a journey towards a healthier you? Check out our Facebook page to see more details and register your place for your first session.

First session is always **FREE!** £5 per session normally.

Warning: You may get wet and muddy whilst having fun!



Challenge yourself, it's the only path which leads to growth – Morgan Freeman