



Lipson Vale Primary School
Bernice Terrace, Lipson
Plymouth, Devon, PL4 7HW
Tel: **01752 224801**
lipson.vale.primary.school@plymouth.gov.uk
www.lvps.org.uk
Friday 26th January 2024

Dear Parents and Carers,

We are thrilled to share some exciting news about an upcoming sports event that promises to bring a wave of enthusiasm and engagement for our students.

KS1 Martial Arts - Tuesday, 20th Feb

On this day, our KS1 students will have the unique opportunity to participate in a Martial Arts workshop, a fantastic addition to our PE curriculum. This event is designed not only to be enjoyable but also to provide valuable lessons in concentration, focus, and teamwork.

Key Details:

Date: Tuesday, 20th Feb

Attire: Students are encouraged to wear their PE kits for this special day.

During the workshop, the children will learn and apply the three essential rules of concentration:

1. **Focus your eyes.**
2. **Focus your body.**
3. **Focus your mind.**

The session will include engaging games that encourage the application of these rules, featuring the use of big foam swords for a dynamic and interactive experience. It's important to note that the lessons will be non-contact, emphasising movement, stances, and fitness.

All children will receive a leaflet to take home, providing an opportunity to continue their learning at their local Matt Fiddes school. This initiative aims to support and reinforce the positive values and skills introduced during the workshop.

We are confident that this event will not only be a memorable experience for our students but will also contribute to their overall development in a fun and engaging manner. Your support is highly appreciated, and we look forward to witnessing the enthusiasm and energy that this event will bring to our school.

Thank you for your ongoing support.

Kind regards,

Mr. Peacock