



Part of PACE Academy Trust
New Valley Primary School

Old Lodge Lane, Purley, Surrey, CR8 4AZ

Tel: 020 8660 1325

e-mail: office@newvalleyprimary.com

Head Teacher: Pete Steward

Deputy Head: Sally Dubben

Thursday 3rd March 2022

Dear Parents/Carers,

Progressive Martial Arts Workshop

New Valley has been very fortunate to have been offered a free workshop for Martial Arts for Years 1-6, on Wednesday 9th March 2022. Each class will participate in a 30 minute session learning various skills and more about the sport. Please can your child wear their **full New Valley PE kit**. They will need to be wearing this in order to join in the workshop.

Who are Progressive Martial Arts?

"Our mission is to make our students more successful in life through the practice of Martial Arts in our schools. We do this by teaching our Martial Arts as a complete discipline (Mind, Body and Soul), which in addition to developing their Health and Fitness, encourages high personal standards and respect for others.

Our training helps Students develop their agility, balance, coordination, flexibility and reaction speed. It also develops increased confidence, mental discipline and self-esteem. We want our students to have FUN whilst LEARNING in a SAFE environment. We do this by playing games as part of the learning process, which sets us apart from other Martial Arts Schools."

There is no cost for the workshop and we are very fortunate to have this opportunity to try out a free session for the children to experience a new sport.

Kind regards,

H. Wingrave

Miss Wingrave

PE & Outdoor Learning Lead



Partnership Achievement Community Excellence