

# TERMLY PESSPA REVIEW



December 2022 Issue 1

## PESSPA - Physical Education, School Sport, Physical Activity

An Autumn term review of all things PESSPA at Trevithick Learning Academy.

### Physical Education

All classes have accessed PE lessons this term with the focus on agility and coordination in KS1 and agility and gymnastics in lower KS2. Year 3 have also participated in the Chance to Shine cricket program during curriculum time. Sessions have been coached by Piran Kent (Cornwall Cricket). Year 5 have covered agility and gymnastics, with Year 6 covering tag rugby and table tennis. This term, both Year 4 classes have had swimming lessons for 6 weeks following on from their lessons in Year 3. Reception PE has started with classes transitioning from half class PE to full class, with support from Year 6 sports leaders - their focus has been on fundamentals (locomotion, stability and manipulation).

Mr Reynolds has provided schemes of work for all staff teaching PE as well as conducting 'in-person' meetings to discuss content and lesson expectations. This is something that will continue throughout the year by way of CPD support.

### School Sport

This term we've offered the following extra curricular clubs - KS1 football (PAFC), Year 3/4 & 5/6 football, Y5/6 netball, Year 5/6 tag rugby, Year 1/2 girls football, dance (VOX) for Years 1-3 & 4-6 (separate 5/6 week clubs) and a Year 2/3 dance club run by our SCITT student Miss Tucknott.

We have participated in **13** events this term, including competitive & non competitive events. We hosted our own KS2 girls football festival at the start of Autumn term to build on the Lionesses' success during the summer; **88** girls from the local area participated. We came joint 1st in the Peninsula football qualifier and 2nd in the netball qualifier. We organise the local football league which has started this term, opening the season with a 2-2 draw with Crowan. We have also arranged friendly matches for both football and netball.

David Painter from Cornwall Cricket has been delivering table cricket training ahead of a spring term competition for SEND. We have run inter house football events for Y3/4 & Y5/6 during the World cup as well as a tag rugby competition for Y5/6, concluding the Y5/6 autumn term after school club. Certificates were awarded to the winning teams/houses in assembly. We also hosted an

October half term rugby camp for KS2 children which was well received by children and parents. We hope to conclude our term of rugby with our annual Exeter Chiefs Super Saturday trip which is on Saturday 17th December.

### Physical Activity

We have reintroduced the MOKI physical trackers into Year 3 which allows us to track children's steps throughout the day, in turn allowing us to identify those children at risk of not meeting the government guidelines of 30 active minutes per day. We have run a boy's specific fitness group one morning per week to increase their levels of moderate to vigorous physical activity during school time. We also participated in the London Mini Marathon again this term, taking all of Year 5 & 6 off site to complete their 2.6 mile walk, jog, runs. Our breakfast club provision provides physically active opportunities: 5 a side football when dry as well as indoor options such as gymnastics, boccia/kurling etc. We've shared dazzle health homework grids again this term to promote exercise, health and wellbeing. The school council has provided feedback regarding the playground and given ideas around potential playground markings which will encourage increased physical activity at break and lunchtime.

### Autumn Term statistics

- Competitions/events entered: **13**
  - Number of children representing school: **117**
  - Represented more than once: **35 pupils**
  - KS2 Inter house participation: **80 pupils**
  - Extra curricular sports clubs run: **8**
  - Percentage of KS2 children involved in an extracurricular activity: **51%\***
- \*Includes data of children who attend multiple clubs.*

*Football team pictured below at CSIA Qualifier*

