

TERMLY PESSPA REVIEW



December 2023 Issue 4

PESSPA - Physical Education, School Sport, Physical Activity

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

Physical Education

All classes in Years 1-6 start the term with agility schemes of work. These units are fun and high energy, which is a great way to start the school year. Children in upper KS2 begin to link agility to different sports and attempt to use their agility with sports equipment (football, rugby, basketball, hockey). In term 2, year 1 moved onto a coordination unit, focusing on hand eye coordination (throwing & catching). Year 2, 3 & 5 have had gymnastics lessons, focused on balance and stability. In year 2 this involves individual balancing, year 3 incorporates low level apparatus and year 5 move onto exploring counter balancing and partner/group work. Year 6 took part in a table tennis unit of work - planned for the classroom in preparation for worsening winter weather. Year 4 classes have continued their swimming provision, each class having 6 lessons each. Year 5 started their surfing curriculum with Global Boarders in autumn term 1 & then attended 3 sessions each at Mount Hawke skatepark after half term, a new provision this year.

School Sport

This term we've offered the following extra curricular clubs - KS1 football (Saints SW), Year 3/4 & 5/6 football, Y5/6 netball, Year 1/2/3 girls football, UKS2 running club, dance (VOX) for Years 1-3 and a cycling club run in partnership with Dave Davies from Sustrans. We have also run a curriculum time table cricket club/intervention for SEND children in partnership with David Painter (Cornwall Cricket) - building up towards a competition opportunity in January 2024. We have participated in **16** events this term, this does not include our 'X Games' events or inter house rugby. We came 1st in touch rugby, 2nd in both Bee netball and 3v3 basketball & 3rd in the football school games qualifiers. We continue to organise the local football league which has started this term, opening the season with a 1-1 draw with Weeth and a 3-2 win over Penponds. A year 3/4 team played a football friendly against Treleigh in December and we took 27 KS2 children to a cross country event at CSIA. We've taken 21 Year 2 children to multi skills events, including a Peninsula final at Penryn College. We have run an inter house tag rugby competition for Years 5 & 6, 43 boys & girls participated. Neverland emerged victorious on tries scored! We qualified for the Peninsula finals in touch rugby where we placed 3rd out of 8 schools, narrowly missing out on the Cornwall School Games finals. We hosted our Venture MAT 'X Games' at the end of October - children had the opportunity to

experience a range of alternative sports including BMX, skateboarding, surfing & bouldering. Only our Mega SUP activity had to be postponed due to the weather. In total, there were 243 pupil participations, with many children accessing more than one activity! We also hosted an October half term rugby camp for KS2 children which was well received by children and parents.

Physical Activity

We worked alongside Healthy Cornwall (Cornwall Council) to promote health and well being. All classes in Year 1-6 attended a 1 hour workshop in the hall where they learnt about sugary drinks, the eatwell chart & healthy packed lunches as well as some food tasting. Every child received a free water bottle. They also ran bespoke sessions for reception classes & the ARB. We have purchased 10 skateboards & helmets as part of our skateboarding provision, both Year 5 classes have had 3 sessions at Mount Hawke skatepark in Autumn term 2. We intend to allow this equipment to be used at break and lunchtimes next term. Mr Reynolds & Miss Jenkins have undertaken bikeability training as part of the 'Get Cycling' pilot scheme. We received 6 free balance bikes & helmets as part of this scheme. We intend for this training to allow us to develop our cycling provision/intervention work alongside Sustrans. Dave Davies has been continuing his work with Years 4, 5 & 6 children - working on cycle confidence and proficiency with the less able/confident children.

Autumn Term statistics

- Competitions/events attended: **16** (not including X Games events or inter houses).
- Number of children representing school: **153 (21 KS1)**
- Represented more than once: **103 (12 KS1)** *This data includes all 'X Games' involvements.
- KS2 Inter-house participation: **43 pupils**
- Extra curricular sports clubs run: **8**
- Year 4: 25m swimming %: $21/59 = 35\%$

Football team pictured below before Penponds match

