

TERMMLY



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PESSPA - Physical Education, School Sport, Physical Activity

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

Physical Education

All classes took part in Agility units of work this term, Year 4 undertook their curriculum swim lessons & Year 5 began surfing with Global Boarders. Years 1, 2 & 3 undertook gymnastics in autumn term 2 with Y4 & 6 attempting basketball & Y5 OAA. With weather interruptions, table tennis & speed stacking cups we're utilised when needed.

School Sport

Extra-curricular sports clubs this term includes football for all years, including a KS1 club run by DT Coaching and a KS1 girls only club with Miss Waters. Netball for Y5/6 as well as a Vox dance club. DT coaching also offered a free 'Street cricket' club on a Tuesday afternoon/evening (4.30-5.30pm), this was also open to other families within the community. We trialled a new KS2 lunchtime run club, 57 children attended week 1 in late October. We continued to run this club in autumn term 2 despite the poorer weather conditions. Camborne rugby club also utilised our school facilities during the winter months for the 'mini taggers', running a Tuesday evening session in our school hall.

We hosted a Y5/6 development football festival at the start of the year, Troon, Penponds & St Meriadoc joined us. Forty-three children in total took part in the morning, practising their dribbling, passing & shooting before we played some friendly matches. We hosted Treleigh in a Y5/6 football friendly, succumbing to a defeat in an entertaining match. Both Y3/4 & 5/6 football qualifiers at CSIA were attended, with a mixture of wins, draws & losses across both teams who competed. Unfortunately, poor weather led to both our league fixtures against Weeth & Crowan being postponed! Our netball teams were successful in both 5 & 7 a-side netball qualifiers at CSIA, qualifying for the Peninsula finals. Everyone who attends our after-school club was able to attend one of the two qualifiers! The 7 a side team attended the Peninsula finals, which were held at CSIA. The girls all competed well against tough opposition, losing several close matches! Polwhele Independent school were a cut above the rest and won the competition. We also sent fifteen Y5 children to a netball masterclass, where they practised all the basic netball skills. We sent our Y5 children who attend netball club as well as some children who do not, giving them a taste of the sport for the first time. Fourteen Y4 children attended a CSIA multi skills

session, focused on developing fundamental movements, including hand eye coordination. A selection of year 6 children attended a CSIA dodgeball festival and fifteen Y6 children attended a CSIA basketball masterclass session, focusing on developing their shooting & dribbling skills. We then sent two teams to the 3X3 qualifier, with one of those teams emerging victorious! At the Peninsula finals we won 3 and lost 2 of our 5 matches, finishing 3rd in the overall league format. Eli was named team MVP. We took a rugby team to participate in the T1 festival at Redruth school, as part of the first local school games festival. Eva & Eli were sports stars of the month for October & November respectively. **Athlete of the term:** Eli, for his recent rugby & basketball performances as well as consistent football & run club attendance & improvements!

Physical Activity

We split breaktime football to year groups this year, with each year group having their own ball & timeslot. We also began offering spare helmets to lower KS2 during breaktimes. Selected Y5 children took part in playground leader training with CSIA – with the view of increased leadership opportunities this year. We utilised DT coaching to run interventions on Tuesday & Friday afternoons, this included cycling practice with Year 6 children as well as some targeted movement interventions for children across a range of year groups.

Y3 classes took part in fortnightly beach sessions off site at the Towan's near Hayle. Our new KS2 run club was trialled & led to an increase in movement/physical activity within KS2 on a Friday lunchtime. This is something we wish to continue throughout the year.

Autumn Term statistics

- Competitions/events attended: **15**
- Number of children representing school: **86 (0 KS1)**
- Represented more than once: **34 (0 KS1)**
- Extra curricular sports clubs run: **7**
- Year 4: 25m swimming %: $18/60 = 30\%$

Netball team pictured at Peninsula Finals

