



P.E and Sport statement CORNWALLSPORTS Long Term PE Plan - Our Curriculum MID-CORNWALL SPORTS NETWORK Sports Clubs Pupils Involvement in Sport Sainsbury's In School Sport Data **Competition Results** real PE Budget and Impact Sustainability Dikeabili bikeabilit

P.E and Sport statement

At Tregony our aim is to develop the child as a whole, ensuring that all pupils receive two hours of P.E a week and that they are able to access clubs outside of the school day. We also try to ensure that a large number of pupils have the opportunity to compete for the school at some point during the academic year.

We are constantly focusing on A.B.C skills (agility, balance and co-ordination), understanding that we can use them in all areas of sport. We know why it is important to warm up before any physical activity and can choose a warm up relevant to the lesson. Peer and self-assessment allow us to improve our skills and gives us the opportunity to praise one another for what went well. In our 'Sport' P.E lessons we focus on a different area of Physical Education where we learn 'teaching points' (T.Ps) which help us to improve our skills. At the end these units we compete in class matches where we are assessed on the T.Ps, teamwork, sportsmanship and our knowledge of the sporting rules.

At Tregony we are lucky to have a P.E & Sport link teacher (Mr Ayre) from the Roseland cluster, who comes to us weekly to deliver high quality lessons alongside our specialist teacher. Each week we also have either a Real P.E or Real Gym lesson. These lessons focus on the important A.B.C skills and provide a foundation for every sport that we participate in.

There are a number of different sporting opportunities that we offer outside of P.E lessons. These include: Year 6 sailing, swimming across the school, class camps, KS2 surfing and Year 5/6 Bike-a-bility levels 1&2.

All of this prepares us for the next step in our sporting education when we move on to secondary school.

Miss Mulroy

P.E and Sport Co-ordinator



Long Term PE Plan - Our Curriculum

2016-17	Towen	Summers	Porthcurnick	Portholland	Porthluney
Autumn A	Real Gym	Real Gym	<i>AA Tues PM</i> Netball	Netball / Hockey	<i>AA Tues PM</i> Netball / Hockey
	FS/EYS, Unit 1	Real P.E, Unit 1	Yr3, Real Gym	Yr4, Unit 1	Yr5/6, Unit 1
Autumn B	Dance	Dance	AA Tues PM Sports hall athletics	Basketball	<i>AA Tues PM</i> Basketball
	Real Gym	Real Gym	Unit 2	Real Gym	Unit 2
Spring A	AA Tues PM Ball Skills (throwing and catching)	<i>AA Tues PM</i> Ball Skills (throwing and catching)	Dance	Tag Rugby	Tag Rugby
	Unit 3	Unit 3	Unit 3	Unit 3	Unit 3
Spring B	<i>AA Tues PM</i> Ball Skills (Football)	<i>AA Tues PM</i> Ball Skills (Football)	Tennis	Tennis	Tennis
	Unit 4	Unit 4	Unit 4	Unit 4	Real Gym
Summer A	Bat and balls Skills	Bat and balls Skills	Football	AA Tues PM Football / Cricket	<i>AA Tues PM</i> Football / Cricket
	Unit 5	Unit 5	Unit 5	Unit 5	Unit 5
Summer B	Multiskills	Multiskills	Rounders	AA Tues PM Cricket / Athletics	<i>AA Tues PM</i> Cricket / Athletics
	Unit 6	Unit 6	Unit 6	Unit 6	Unit 6

Additional Activities:

- Huff & Puff and Lunchtime Games
- Track Tregony (10 active minutes) at lunchtime
- 6 weeks of swimming for each class with end of unit assessments
- Within PE Lessons end of units tournaments are played
- Bikeability for Year 5/6
- Year 6 sailing
- KS2 surfing
- All classes go on camps KS2 camps include kayaking, canoeing, coasteering



Sports Clubs

2016-17	KS1	KS2	KS2	KS2	Team training
Autumn A	Gymnastics	Netball	Running		Netball
Autumn B	Energy Club	Basketball	Hockey	Running (weekly team training)	Hockey Badminton Football
Spring A	Running	Tag Rugby	Badminton	Running (weekly team training)	Dodgeball Basketball Football
Spring B	Dodgeball	Tag Rugby	Tennis	Running (weekly team training)	Tag Rugby Football
Summer A	Football	Dodgeball	Pilates	Running (weekly team training)	Tennis
Summer B	Multi Sports	Football	Running		Cricket Football

Our sports clubs are held after school and we try to ensure that there is always at least one KS1 club and two KS2 clubs available.

Before sports competitions, team training sessions are held on Friday's after school.

Additional Lunchtime activities

- Track Tregony 10 active minutes of running on the field or dancing
- Year 6 pupils leading a football club



Competitions 2015-16

Our inter school sports competitions are mainly aimed at Year 5 and 6 pupils, however there are opportunities throughout the year for other KS2 students to take part. We also have a number of intra school competitions; all pupils compete within their classes at the end of each term, we hold two whole school sports days and a KS2 swimming gala at the end of the academic year.

Number of KS2 Pupils in a sports team by year group		
Year 3	50%	
Year 4	55%	
Year 5	80%	
Year 6	100%	

Number of KS2 Pupils in a sports team whole school		
Pupils in a team	Places available	
58 pupils	235 places	
73%	294%	

We have had more and more opportunities open up for KS1 pupils to compete also.

Number of KS1 Pupils in a sports team		
Year 1	7%	
Year 2	62%	

Number of KS1 Pupils in a sports team		
Pupils in a team Places available		
12 pupils	12 places	
29%	29%	





Clubs 2015-16

At Tregony we try to involve as many pupils as we can in extra-curricular activities by offering variety of different clubs.

Number of Pupils in a sports club		
Term	%	
Autumn 1	40%	
Autumn 2	39%	
Spring 1	65%	
Spring 2	42%	
Summer 1	50%	
Summer 2	59%	



Number of KS1 Pupils in sports clubs		
Term	%	
Autumn 1	18%	
Autumn 2	10%	
Spring 1	45%	
Spring 2	19%	
Summer 1	47%	
Summer 2	40%	

Number of KS2 Pupils in sports clubs		
Term	%	
Autumn 1	53%	
Autumn 2	58%	
Spring 1	55%	
Spring 2	46%	
Summer 1	49%	
Summer 2	70%	





In School Sport Data 2015-16

Swimming

Every class receives at least 6 swimming lessons a year, at the end of which they are assessed against their previous year's achievement. This gives pupils an opportunity to compete against themselves and motivates them to swim further.

Number of pupils that swam further		
Year 1	100%	
Year 2	96.4%	
Year 3	95.8%	
Year 4	95.2%	
Year 5	100.0%	
Year 6	78.9%	

National swimming distance reached			
KS1	<25m	84%	
	>25m	16%	
KS2	<25m	23%	
>25m 77%			
Year 6	>25m	100%	

Bike-a-bility

In the summer term our year 5 and 6 pupils can take part in bike-a-bility. This runs over 5 weeks and includes confidence building for those pupils who haven't quite achieved one of the two levels.

Bike-a-bility levels achieved			
Level 1 Level 2			
Year 5's 95%		91%	
Year 6's 90% 74%			

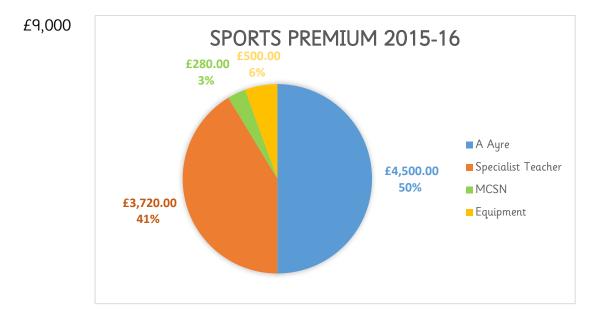


Competition Results 2015-16

At Tregony we compete in a number of different competitions; Roseland Cluster, Mid Cornwall, Truro Learning Community, T Broad Shield Football Tournament and our own Intra school competitions.

Competition	Result	
Netball Yr5/6	Tregony 1 – 10 th	
	Tregony 2 – 4 th	
Sports Hall Athletics Yr3/4/5/6	Year 3/4 - 6th Team	
	Year 5/6 - 4th Team	
Hockey Yr5/6	3rd Place Team	
Badminton Yr3/4/5/6	Yr3/4 - 3rd Place Team	
	Yr5/6 - 4th Place Team	
Dodgeball Yr 5/6	Tregony 1 - 3rd Place Team	
	Tregony 2 - 5th Place Team	
Basketball Yr5/6	4th Place Team	
Swimming Gala Yr5/6	1st Place Team	
T Broad Shield and	A Team - 2-0	
B Team Football Matches	B Team - 5-0	
FUNFEST16 Yr1/2/3/4/5	12 pupils took part	
T2 Swimming Gala Yr5/6	5th Place Team	
Football Matches A&B v Grampound Road	A Team - 1-1	
	B Team - 3-1	
Girls Football Match v Veryan	Girls Team 0-0	
T broad Shield Quarter Final v Lostwithiel	A Team 1-2	
Tag Rugby Yr5/6	A Team - 3rd Group 1	
	B Team - 3rd Group 2	
Tennis Yr3/4	Tregony 1 - 5th Place Team	
	Tregony 2 - 7th Place Team	
Cross Country Yr3/4/5/6	3rd Overall team	
	3rd Year 5/6 Team	
Round Robin	Team winners – Godrevy	
Sports Day	Team winners - Godrevy	
6 a-side Football Yr5/6	Tregony 1 - 3rd Overall	
	Tregony 2 - 5th in Group	
	Tregony 3 - 5th in Group	
TRLC games	Tregony 1 – 6th Small Schools Team Tregony 2 – 1st Small Schools Team	
Deceland Inter School Games Nov	2nd Place Team	
Roseland Inter School Games Day		
Tregony School Swimming Gala	Team Winners - Lizard	

Budget and Impact



A Ayre –	In school one afternoon a week to teach P.E in 2	
School Sport	different classes - CPD for teachers.	
Link Teacher	Cluster competitions organised.	
£4,500	Young leaders aid with clubs and tournaments.	
	Roseland Sports Awards Evening.	
	CPD (Real P.E/Gym)	
Specialist	High quality P.E.	
Teacher	Extra-curricular clubs.	
£3,720	Train pupils and then take to competitions.	
	Organised Track Tregony.	
	Created swimming planning and organises lessons.	
	Assess pupils in lessons and in swimming.	
	Organises intra school competitions.	
	Collects data on attendance, attainment, team	
	involvement.	
	Created a termly role model award & a 'Sports Star of	
	the week' certificate.	
MCSN (Mid	Cornwall P.E conference.	
Cornwall	Various CPD opportunities.	
Sports	2nd round tournaments.	
Network)	Youth sport games.	
£280	Young leaders.	
	Par Cross Country.	
	SEN competitions.	
	KS1 competitions – Cross Country, Gymnastics.	
Equipment	Football goals and balls.	
and Other	Rugby balls & competition Rugby tags, Basketballs.	
£500	Netball posts, bag and competition bibs.	
	Funfit dots & feet.	
	Entry fee (£5) for the T Broad Shield tournament.	

Sustainability

Sustainability expenditure – All of the expenditure below is aimed at benefiting current pupils but will also outlive the Premium funding and benefit future pupils:

- Real P.E/Real Gym/Swimming planning Investment into curriculum packages will benefit current and future children
- CPD To upskill teaching staff to increase PE teaching competence/confidence and extend the breadth of what we offer
- Mini bus more pupils able to attend events and compete. Investment will benefit future years
- Parents helping at clubs more students able to attend. Increases capacity and lifetime of club
- Sports leaders more clubs available during the school day.
- A. Ayre and Roseland leaders help to ensure a smooth transition with the Roseland





