



Biscovey Academy PESSPA

PESSPA Intent Statement

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. John F. Kennedy

Biscovey Academy is a school where everyone **DREAMS** big! DREAMS is capitalised within our tag line as it stands for one of our core values which underpin all the work we do here at Biscovey Academy.

D= Diversity- PESSPA naturally has an exposure to diversity, through inspirational individual athletes, as well as celebrating world events including teams or individuals from around the world. We raise the profile of such people, teams and events throughout the year.

R= Rules- We have high expectations for behaviour, routines and expectations for children. We ensure they adhere to our school rules of Ready, Respectful and Safe.

E= Empathy- Through PESSPA, children will regularly have opportunities for competition, in which they experience success and failure, both individually and as a team. This will support the development of an understanding of their own feelings and those of others.

A= Aspirations- We wish for our children to DREAM Big! We expose our children to a range of possibilities in their future, with visits to watch professional sports events, as well as introducing them to a wide range of opportunities in sport, beyond that of a professional sports person.

M= Motivation- We recognise that people are typically motivated by activities in which they have the skill to access, so we have a focus on fundamental skills that will allow all children to access a range of activities. We also promote a wide range of activities so that children can find their own interests in which they are motivated.

S= Success- We look to instil our children to recognise the intrinsic pleasure of personal accomplishment through a focus on children reaching their own personal best. We also seek to give opportunities for children to enjoy the feeling of success and failure through competition, both in and out of school.

Our curriculum is designed to ensure our pupils gain the skills, knowledge and enthusiasm to become individuals who have a lifetime of positive physical and mental health. We ensure children are not only accessing a high-quality curriculum, but place a high importance on our wider offer, such as opportunities to represent the school and the chance to experience professional sport. We endeavour to give children the understanding of a wide range of options for leading a healthy lifestyle, whether through organised sport or individual physical activities. Our children will all have the chance to represent the school, with a well-balanced focus on both ensuring opportunities for all, regardless of ability, whilst pushing our most talented athletes to achieve success in competition. All children are encouraged to achieve their personal best in all areas of Physical Education, School Sport and Physical Activity.

With Biscovey being situated so close to the coast, we ensure our children are given the opportunity to develop the skills, understanding and enthusiasm for enjoying being active in our community and throughout Cornwall. With Cornwall lacking the sport structures of other parts of the country, with few facilities or opportunities in the local area, we ensure our children are both accessing the opportunities that are on offer, whilst also exposing them to wider opportunities throughout the country. In addition to this, we look to build our own opportunities, working alongside other schools and sporting organisations. Building key skills, such as swimming and cycling, allow our children the chance to be safe in enjoying the best our county has to offer without the need for structured sport.

Driven by our Dare to Dream Curriculum, we are committed to providing access to a first-class education for all pupils, which is highly ambitious for those with Special Educational Needs and Disabilities (SEND) and other vulnerable groups. All pupils are entitled to have access to a broad, balanced, and relevant curriculum, which is scaffolded and differentiated to meet individual needs. Pupils are supported to keep up, not catch up. Biscovey Academy staff recognise and are committed to fulfilling their responsibility to ensure that every pupil has an equal opportunity to attain good outcomes in their learning, progress and personal development.

We recognise that children work better when they feel psychologically and physically safe. Therefore, through our curriculum offer we prioritise relationships and relentless routines.

PESSPA Implementation Statement

As part of our curriculum offer, every week our pupils will receive two one-hour P.E. lessons as well as regular active sessions. In addition to this, children will have the opportunity to attend extra-curricular activities including clubs, sports fixtures and other experiences.

Our P.E. curriculum is based upon the Arena Scheme of work, which ensures a high-quality provision, developing their skills and understanding through their time at Biscovey. However, this is complemented with the inclusion of other activities and experiences that we feel are key life-skills, such as cycling and swimming, as well as including a broad range of experiences, such as fencing and archery, which will help all children to find their passion. Swimming is delivered as a one-week intensive unit each spring, with all year groups swimming for one hour per day for the week they are allocated.

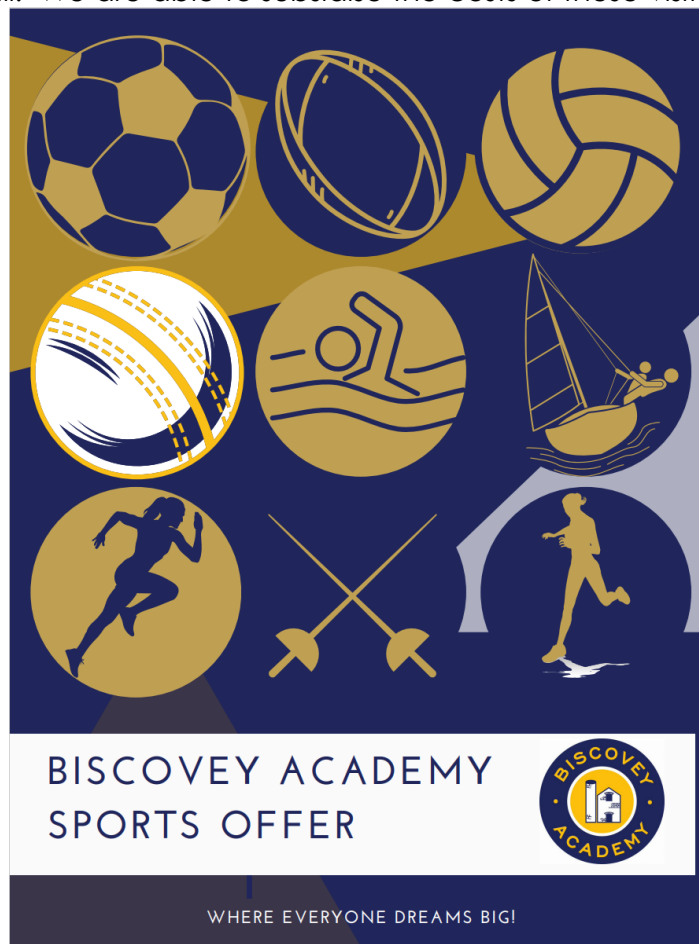
To ensure a high-quality provision, we have a CPD offer for all staff, which includes opportunities for them to work alongside an experienced P.E. lead. Where identified as a need, staff are able to access other training through the Youth Sport Trust, our Multi-Academy Trust and other agencies.

In addition to the twice weekly P.E. lessons, we include opportunities for children be active throughout each day, particularly at breaktimes. This is done with the support of Sports Leaders, who organise activities and encourage children to engage. Alongside the sports leader activities lie regular physical activity challenges, which encourage children to achieve their personal best, as well as ensuring an opportunity to compete as part of their house team against others.

Outside of the regular school day, we offer a range of clubs to all pupils. These clubs are run at minimal cost, with pupil premium children being able to attend for free. There are typically at least two active clubs per evening, with a range of different sports and activities offered. Linked to our sports clubs are opportunities to represent the school in competitions against other schools. We strive to include all children, with an

approach of 'Inclusive Excellence', whereby we ensure all children are able to be involved, whilst giving our most talented athletes the opportunity to compete at a high level, entering a range of local and county wide competitions.

Each term we aim to provide the children with the opportunity to experience watching live professional sports, such as Somerset Cricket, Exeter Chiefs Rugby and Bristol City Women's Football. We are able to subsidise the costs of these visits to ensure that it is affordable to all children.



PESSPA Impact Statement

The impact of this curriculum design will lead to good progress over time relative to a child's individual starting point and their progression of skills. By exposing our pupils to a diverse and challenging curriculum, we aim to develop learners who leave Biscovey Academy as well-rounded and healthy individuals. It is our belief that our PESSPA curriculum will also lead pupils to be enthusiastic about sport and leading a healthy lifestyle, evidenced by discussions with our learners and learning walks. The teaching of PE will be of a consistently high standard. We ensure that

children who are achieving well, as well as those who need additional support, are identified, and additional provision and strategies are planned in and discussed with class teachers. Achievements are celebrated in assemblies. Regular monitoring of teaching and learning will ensure curriculum coverage and consistency across all year groups.