





Healthy Schools



DDMIX



Implementation:

To implement the above, we ensure that high quality Physical Education is delivered to all children by focusing on the following 5 Key Indicators:

1. The engagement of all pupils in regular physical activity of 60 mins or more each day, 30 mins of which should be in school.
2. The profile of PE and sport is raised across the school as a tool for whole school improvement.
3. The increased confidence, knowledge and skills for all staff in teaching of PE and sport.
4. Broader experience of a range of activities offered to all pupils.
5. Increased participation in competitive sport.

To support this, we use the Youth Sport Trust 'CompletePE' planning document, with linked initiatives and training. We are also part of the Crofty Schools PE Alliance which provides further opportunities for a range of different activities, and competitive sport.


To view the implementation information please see below:



Primary PE and Sport Premium - Key Indicators

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport they offer. **There are 5 key indicators that schools should expect to see improvement across:**

1. Increased confidence, knowledge and skills of all staff in teaching PE and sport
2. Engagement of all pupils in regular physical activity
3. The profile of PE and sport is raised across the school as a tool for whole school improvement
4. Broader experience of a range of sports and activities offered to all pupils
5. Increased participation in competitive sport

 association for Physical Education



PE Offer at Treloweth School 2025-2026

The PE scheme of work used at Treloweth School is Complete PE (supported by the Youth Sport Trust)

Complete P.E. is an interactive, online resource for schools to deliver high-quality physical education, providing progressive units of work, interactive videos, and assessment tools that cover the National Curriculum for England from Early Years to Year 6. It aims to support teachers in creating a broad and balanced curriculum and helps schools track pupil attainment in physical, cognitive, social, and emotional areas, thus supporting whole-school improvement and meeting requirements like [Ofsted](#) criteria. The platform is designed to increase teacher confidence, improve student engagement, and promote a lifelong love of physical activity.

Key features and benefits

- **Curriculum and planning:** Offers over 225 units of work that are progressive and sequential, covering the entire primary PE National Curriculum. It includes a curriculum mapping builder to help schools design their own curriculum.
- **Interactive resources:** Includes over 6,500 interactive videos demonstrating age-related learning, and thousands of differentiation cards to adapt lessons for all pupils.
- **Assessment tools:** Provides inbuilt assessment tools to accurately record pupil attainment in PE and track their physical activity levels.
- **Teacher support:** Features a subject support area with guidance, webinars, and training for PE subject leaders and teachers. It is designed to build teacher confidence in delivering high-quality lessons.
- **Whole child development:** Focuses on success outcomes for the "whole child" by developing physical, cognitive, social, and emotional skills, not just physical ability.
- **Inclusivity and impact:** Aims to be inclusive by providing resources to support all pupils and helping schools to increase participation in physical activity and

school sports. It also helps schools meet requirements like Key Indicator 2 of the PE and School Sport Funding requirements, say [Complete PE](#).

- **afPE approved:** The platform has been recognised by the [Association for Physical Education \(afPE\)](#) as an approved curriculum resource, signifying its quality and alignment with best practices.

Treloweth School Curriculum Map 2025-2026

Curriculum Mapping



| Year/Term | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|------------|-------------------------|------------------------|--|---------------------------------|---------------------|--|
| Foundation | Jumping 1 Walking 1 | Hands 1 | High, Low, Over, Under Moving | Rackets Bats Balls and Balloons | Feet 1 | Hands 2 |
| Year 1 | Jumping 1 Running 1 | Hands 1 | Wide, Narrow, Curled Body Parts | Rackets Bats and Balls | Feet 1 | Hands 2 |
| Year 2 | Jumping 1 Dodging 1 | Hands 1 | Linking Pathways | Rackets Bats and Balls | Feet 1 | Hands 2 |
| Year 3 | Netball Orienteering | Handball Basketball | Symmetry & Asymmetry Canon and Unice | Football Tag Rugby | Cricket Rounders | Athletics Tennis Running Throwing & Jumping |
| Year 4 | Netball Orienteering | Handball Basketball | Bridges Levels and Direction | Tag Rugby Football | Cricket Rounders | Tennis Athletics Running Throwing & Jumping |
| Year 5 | Netball Orienteering | Handball Basketball | Counter Balance & Counter Tension Flight | Tag Rugby Football | Cricket Rounders | Tennis Athletics Running Throwing & Jumping |
| Year 6 | Netball | Handball | Creating Sequences | Football | Rounders | Tennis |

| Year/Term | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|-----------|----------|----------|-------------------|--------|----------|--------------------|
| | Swimming | Swimming | Swimming & Memory | Rugby | Swimming | Swimming & Jumping |
| | | | | | | Athletics |
| | | | | | | Running |



Swimming at Treloweth 2025-2026

Swimming in 2025-2026 will include a six-week block of one hour swim lessons for all Year 6 pupils in the summer term at Carn Brea Leisure Centre. All children will complete regular assessments during this period of intensive learning. The Swim England Schools lesson plans and resources are used by all staff and swim teachers. Children will also learn how to use self-rescue strategies and understand water safety concepts.



The
Bikeability
Trust



Cycling Development at Treloweth 2025-2026

120 children in Years 5 and 6 will have the opportunity to take part in the Level One Bikeability qualification this year.

All Year 5 children who completed Level One Bikeability in 2024-2025 will move onto the Level Two Bikeability Course.

All Year 4 children will be offered Level 1 Bikeability.

Courses will be delivered by Active Cornwall and PE lead Patrick Shaughnessy.



Active Travel - Sustrans Big Walk/Wheel

Each year at Treloweth we promote active travel to parents and children across the whole school. This can involve children travelling to school by scooter, bike or walking. Our active travel data will be collected and sent to Sustrans for the big walk and wheel.

Crofty Sports Events 2025-2026

Treloweth are members of the Crofty Sports Alliance which includes competitions in the following sports: Boys Football, Girls Football, Cross Country, Netball, 3v3 Basketball, Benchball, KS1 Football, Year 3 & 4 Football, Swimming, Dodgeball, T1 Rugby, Cricket, Tennis, Gymnastics, Year 5 & 6 mixed Football, and Golf.

Children from Treloweth will also compete in the following Peninsula Competitions: Netball, Football, Quadkids, 3v3 Basketball, T1 Rugby and Gymnastics.

The Crofty MAT have the largest number of children in Cornwall attending competitive events.

In-house competitions have also taken place after each six week block of sport within our curriculum, events such as Handball, Netball, Football and Dodgeball. All children have had the opportunity to take part in our year group sports days in the summer term which are always enjoyable and well attended. Sports days are linked to the Cornwall School games, events include: 50m sprint, SLJ, Vortex, Beanbag Shuttle, Obstacle Race, Egg and Spoon, Sack Race, Speed Bounce and the space hopper race.





Moki Technology at Treloweth 2025-2026

Moki Bands are screen-free activity trackers designed for schools. They count steps and active minutes throughout the day - helping you deliver a healthier, more active curriculum for every child.

Here at Treloweth we believe Movement is key to better behaviour, focus, and overall well-being in schools.

With real-time activity tracking, friendly competitions, and dynamic lesson ideas, Moki helps schools create a culture where staying active becomes a habit that lasts a lifetime. It also gives schools a clear picture of activity levels and helps target individuals or groups that might need a boost.

Here at Treloweth we target our least active children with after school clubs, interventions, and active enrichment opportunities.

**MOKI
BANDS**





Outdoor Education at Treloweth 2025-2026

In 2025 Enrich Education helped us design a bespoke orienteering infrastructure which enables us to maximise the capacity for OAA and active outdoor learning on our school site.



The Means to Unlock the Potential of Outdoor Adventurous Activities (OAA)

Enrich Education's custom orienteering courses, diverse range of resources, and accredited staff training empower teachers to deliver excellent OAA lessons within PE, creating unique opportunities for students to develop teamwork, problem-solving, communication and map reading skills, as well as qualities such as resilience and self-confidence.



Over 500 Physically Active, Cross-Curricular Lessons

With a wealth of active lesson plans in subjects across the whole curriculum, continually developed and extended in consultation with schools and teachers and tailored for students from EYFS to KS4, Enrich provide schools with the means to deliver regular physically active learning experiences within all subjects that are both fun and effective.



Seasonal and Thematic Resources

Schools can access complimentary Enrich resources for special events in the school calendar, such World Book Day and National School Sport Week, together with seasonal activities such as Christmas and Easter, providing fresh and exciting outdoor learning activities throughout the school

Treloweth Packed Lunch Policy

As part of our commitment to Healthy Schools here at Treloweth, we continue to uphold our 'Packed Lunch' policy. The aim of this policy is to ensure that all of our children are eating healthy, nutritional lunches which keep them appropriately fuelled for our exciting and active school day. Our intention behind this is not to tell families what they can and cannot eat, but is simply an attempt to ensure healthy meals for all whilst also supporting our mission to reduce plastic packaging.



Some DOs and DON'Ts:

PLEASE DON'T:

- make the lunch too big!
- duplicate sugary items, eg two yoghurts
- forget to include a staple carbohydrate
- pack lots of chocolate or sweets (one treat item only)
- use sugary fillings for sandwiches, e.g no chocolate spread or jam fillings
- include squash or other sugary drinks (water only please)
- use lots of plastic wrapping/packaging, like cling film, lunchable pots etc



PLEASE DO:

- start the lunch with a staple carbohydrate (e.g sandwich or pasta salad)
- include fruit & vegetables (one portion = 50g/child's handful)
- if including a chocolate treat, use a child-size portion (1 treat only please)
- use water in your child's drinks bottle (or water with a slice of fruit in it)
- use a healthy sandwich filling, e.g ham, tuna, cheese etc
- use reusable containers or compartment lunch boxes
- continue to avoid nuts or products with nuts in, we have children with specific nut allergies in our school.

Our suggestions, of course, are not exhaustive, so do feel free to get creative. However, an example of a good packed lunch would be:

A cheese sandwich, popcorn/veg sticks, a child-size treat, an apple

We will monitor packed lunches each term and will send a letter home if a child's packed lunch does not meet the standards above. **Of course, we do understand that some variation may be necessary for any children with additional needs or specific dietary requirements.**

If you have any queries, do please let us know - we are here to help!