

TISP

Physical Education





TENBY[™]
S C H O O L S
SETIA ECO PARK

At Tenby International School Primary, we believe in the holistic development of every child. Physical Education (PE) plays a vital role in this by nurturing physical, social, emotional, and cognitive development through movement and activity. Our programme is inclusive, engaging, and aims to promote lifelong participation in healthy physical pursuits.

Purpose

- Develops physical competence and confidence.
- Encourages active and healthy lifestyles.
- Builds self-esteem and resilience through success and failure in both cooperative and competitive settings.
- Enhances problem-solving, teamwork, and interpersonal skills.
- Fosters appreciation of personal and cultural differences.
- Prepares children for responsible citizenship and potential future vocations in sport and health sectors.

Aims and Philosophy

Our Physical Education program aims to:

- Provide a broad, balanced curriculum that includes games, dance, gymnastics, fitness, and outdoor adventurous activities.
- Encourage enjoyment and positive attitudes towards physical activity.
- Develop an understanding of fair play, rules, safety, and respect for others.
- Ensure equality of opportunity regardless of ability, background, or gender.
- Promote healthy lifestyle choices and the value of physical wellbeing.

Intentions & Implementation

- Curriculum Ethos: A spiral curriculum that progresses across key stages with increasing complexity.
- Delivery: All pupils receive structured lessons taught by specialist PE teachers.
- Timetable: Weekly timetabled lessons with additional opportunities during break/lunchtimes and after-school clubs.
- Progression: Structured across year groups to meet National Curriculum expectations with clear learning outcomes.

Assessment & Attainment

Assessment follows three developmental pathways:

Key Stage	Beginning	Developing	Mastering
EYFS	Basic control and coordination	Exploring skills with support	Applying skills with growing control
1	Emerging tactical awareness	Consistent coordination and understanding	Accurate application with fluency
2	Precision and tactical awareness	Advanced application and evaluation	Exceptional performance with leadership qualities

Each half term, one year group receives an assessment task which is shared with parents on Seesaw to show their progression. In addition to this, all students receive a termly PE report showing their attitude to learning and their performance grade.

In swimming all students are formally assessed at the beginning of their unit. This assessment is then used to put the students in ability groups. Continual assessment is used to recognise progression and students can move groups when appropriate.

Extra-Curricular Opportunities

Students can join school teams, compete in:

- House events
- AIMS and FOBISIA Games
- Friendly inter-school tournaments and festivals

We offer:

- After-school clubs
- Specialist training (e.g., swimming trials, athletics, multi-sports)

Clothing & Equipment Requirements

PE Kit (All pupils):

- Navy Blue Tenby PE t-shirt
- Tenby PE shorts
- White socks
- Comfortable and suitable sports trainers.
- Sun hat is advisable as some lessons may be conducted out on the school field.
- Long hair tied back
- No large or loose jewelry during lessons, and no large wrist watches to be worn. (except for small studs or items that are securely tucked in)

Swimming Kit:

- One piece swimsuit or trunks with rash top. (Must be swimming attire only)
- Please replace any over worn or loose-fitting swimwear.
- Towel, goggles and optional swim cap.

All items should be clearly labelled.

Kit & Participation Policies

Incorrect Kit Policy

- Pupils without proper kit receive an "NK" mark.
- Spare kit or functional alternatives are encouraged to allow participation.

Non-Participation Policy

Medical reasons must be supported by:

- School nurse slip (for injuries during school)
- Parental note or doctor's letter (for external illness/injury)
- Students' attendance at PE is recorded and those who are missing lessons often without a valid reason will be contacted by the PE team.
- Any student who is not participating in the lesson will still be expected to attend.

Staff Contacts

Name	Position	Contact Email
Liam Streat	Director of Sport	liam.streat@tenby.edu.my
David Evans	Head of Primary PE	david.evans@tenby.edu.my
Rory Murphy	Head of Secondary PE	rory.murphy@tenby.edu.my
Ivana Sonia	PE Teacher	ivana.sonia@tenby.edu.my
Emma Welch	PE Teacher	emma.welch@tenby.edu.my
Arrissa Najihah	PE Teacher	arissa.najihah@tenby.edu.my
Sherrie Carvalho	Head of Aquatics	sherrie.carvalho@tenby.edu.my
Mr. Soon	External Swim Coach	n/a

Closing Statement

At Tenby Schools Setia Eco Park, we are committed to nurturing a passion for physical activity and ensuring that all children grow in confidence, skill, and character through our Physical Education program. Our goal is for every child to leave primary school with the foundation of a healthy, active lifestyle and the positive values that sport and movement bring.