

Newman Catholic Collegiate

Physical Education

St.Mary's Catholic Academy

School Action Plan:

All 'Area's to Improve' were aspects highlighted as red on the Collegiate P.E audits completed at the completion of this Academic year (2023-24). (Three 'Orange' areas have been added to allow the School to focus on three area's in 2024-25)

Area to improve	Pupils show very high levels of physical fitness and can work for prolonged periods of time.
School action	<p>At St. Mary's this year our children will be focusing on getting as fit as possible and staying healthy. Although it was a little while ago, Lockdown stopped a lot of us participating in lots of different types of exercise. In all P.E lessons our children will get used to finding out exactly what their bodies are capable of and which activities we love!</p> <p>At St. Mary's we track progress in a range of ways, one of which is through measuring our pupils cardio-vascular physical capacity. This data has shown that our pupils are continuing to improve their physical capacity since returning back to normality – but we have not finished yet!</p> <p>We have restructured our P.E lessons so that our children are as active as possible when they are in a P.E lessons (Lunch and break times too!). We will continue to develop our skills and knowledge in various activities – but we will also ensure our children spend significant periods of time playing 'fun first' games that develop our pupils physically whilst ensuring everyone is smiling or laughing!</p> <p>We will aim to inspire all of our children to get active outside of School by celebrating success within and outside of School, aided by the new 'School Sport and Activity Action Plan'.</p> <p>Mr. Sigley will continue to meet with our families when the School hosts 'Active Family' workshops.</p>
Area to improve	Sound subject knowledge ensures pupils are shown the step-by- step stages needed to acquire new skills, and how to apply the skills in different activities and situations (effective transfer of skills).
School action	<p>One issue we've found can be tricky for both Staff and children is to how to make it really clear what the steps are to improve in each subject. Time is precious in P.E and we like are children to be as active as possible in P.E lessons – but we also want it to be clear for our children on what they need to do to improve (and how to do that).</p> <p>Mr. Sigley has created some 'mountains' which will help the children to be able to</p>

	reflect on their performance/depth of knowledge – these have been trialled and worked really well. From September 2024 onwards these mountains will be used for all P.E lessons, children will be able to identify where they are on their P.E learning journey and how to continue improving!
Area to improve	Pathways from school to community sport and physical activity exist.
School action	<p>We think our children are amazing at St. Mary's – especially in P.E! We think it's time our local community knows it too.</p> <p>Throughout 2024/25 we aim to encourage our children to become as active as possible outside of School. We will be strengthening links to community sport and physical activity and tracking how many of children are engaging with it.</p> <p>Ultimately we want our children to lead a healthy, happy and safe life. A great way to do that is to join in organised exercise outside of School.</p>