

The Impact of our P.E & Sport Funding

St. Mary's Catholic Academy



Please feel free to investigate the different ways we have been getting Physically Active!



2023/2024 The Lockdown fightback continues...

- Lockdown forced all of our pupils to be less active, since returning to School we've had lots of fun in P.E and found that some things feel trickier after a big break!
- In 2023/24 our children and Staff are going to continue to have lots of fun getting active. We're going to learn lots, improve skills & work hard to ensure we all get even faster, fitter and stronger!



Our School is in the process of improving the following areas....

- ◉ **Orange 1:** Pupils show very high levels of physical fitness and can work for prolonged periods of time.
- ◉ **Orange 2:** 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).
- ◉ **Orange 3:** Rigorous lesson monitoring, regular staff training and the sharing of best practice have eradicated weaknesses, adding greater consistency to teaching and learning.

Orange 1: Pupils show very high levels of physical fitness and can work for prolonged periods of time.

Action Plan response:

- ◉ 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!
- ◉ 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!
- ◉ 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!
- ◉ 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'.
- ◉ Mr. Sigley will continue to meet with our families when the School hosts 'Active Family' workshops.

Orange 2: 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).

Action Plan response

All staff within the School benefit from regular P.E CPD, team teaching with the Collegiate specialist and also attending regular P.E focused staff meeting.

In addition to the aforementioned Mr. Sigley and other members of staff at St. Mary's are developing a new curriculum progression model that will aid differentiation throughout P.E lessons and ensure all pupils at St. Mary's are appropriately challenged. Once completed all members of Staff will be trained on the benefits of the model, supporting their ability to teach P.E effectively further.

Orange 3: Rigorous lesson monitoring, regular staff training and the sharing of best practice have eradicated weaknesses, adding greater consistency to teaching and learning.

Action Plan response:

- At St. Mary's we have decided to ensure all of our P.E lessons are taught by our own staff. We feel the quality of lessons will increase and it will enable our School as a whole to place P.E at the heart of School life.
- We have created a robust CPD schedule and system that will allow our Staff to enjoy and flourish when teaching Physical Education.

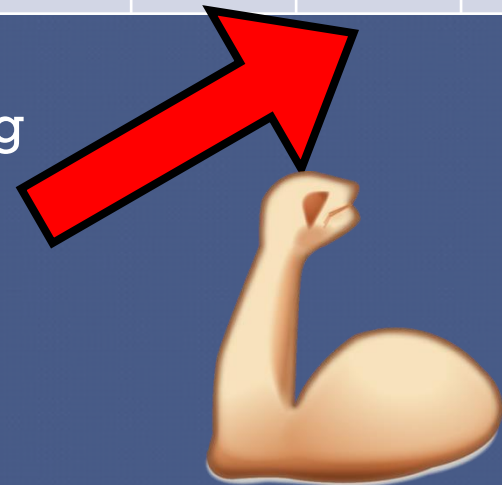
We now enter more Sports Competitions!

Amount of Extra-curricular events/competitions entered

Pre-Funding	1 st Year of Funding (2013-14)	(2014-15)	(2015-16)	(2016-17)	(2017-18)	(2018-19)	(2019-20)	(2020-21)	(2021-22)	(2022-23)
8	15	17	17	18	19	21	16!	2	23!	25!

Pretty good considering we had to stop running ex-clubs from March!

Last year the fightback began – look how well we did....



We had so much fun representing our School and won a few things too!



At St.Mary's we make sure everybody is challenged to be their best!

● 'Change 4 Life Program' & Activ8

- The 'Change 4 Life' club is full of children who are just starting to get active! They are enjoying getting fitter and stronger with our Playground leaders on a lunchtime! After School our Activ8 club encourages children to have fun and move more!

● 'Sports Stars'

- Our 'Sports Stars' are a group of pupils who have shown an extra exciting level of potential! This group works hard to get even better at clubs and special events through the Collegiate. They have met an Olympian, have special challenges and visit inspiring places!

Look at us in action!



We meet with our Parents!



Mr. Sigley likes to meet with the parents to discuss all things P.E at St. Mary's and issues in Stoke-on-Trent surrounding activity levels and sedentary lifestyles.

Then the kids came to join us and we all played fun games that involve little equipment and are easy/fun to play!

In 2022/23 we were able to run these again – and we loved it!

We will continue to do so in 2023/24!

8th October! We welcomed some families back in!





Longton Rugby Club Taster Sessions

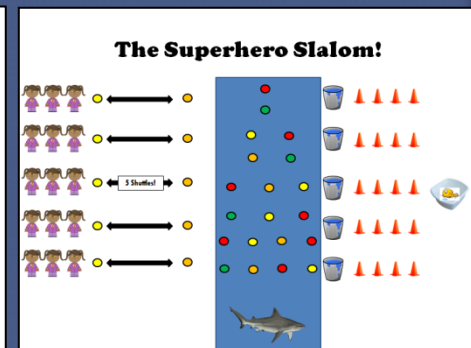
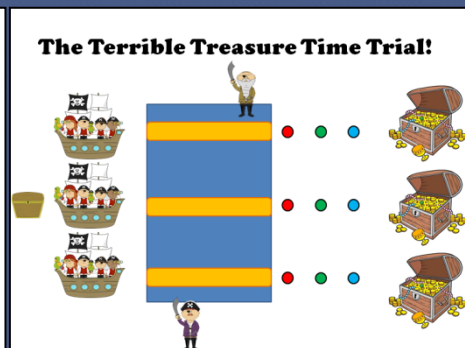


Fitness Focused Inter-House!

At St. Mary's this year our children will be focusing on getting as fit as possible and staying healthy!

Children at St. Mary's will compete in our brand new, fitness focused, Inter-House competitions once every term. They will find out what the competition entails at the start of each term and the competition will take place at the end of the term. Playground leaders will set up and lead the activities involved at dinner times, allowing the children to train for the upcoming event. First up in Autumn is 'The Terrible Treasure Time Trial' and in Spring the children will negotiate the 'Superhero Slalom'!

This new addition to the already vibrant P.E offer will hopefully inspire the children to getting even fitter (and it will be also be great fun!)



Our Olympic Challenge!

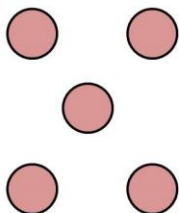


Future Olympian Challenge!

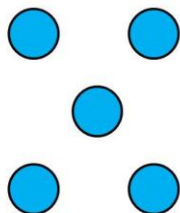
Tick all of the boxes to get your certificate



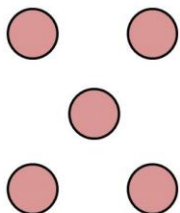
Adam Peaty
Go for a swim!



Sky Brown
Try something physically active
you don't do very often!



Team GB
Take part in a physical activity that
requires you to be in a team!

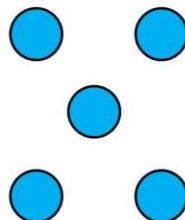


Future Olympian Challenge!

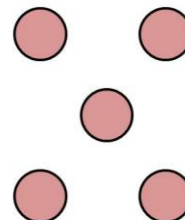
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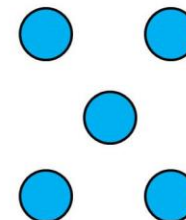
Beth Shriever
Go for a bike ride!



Max Whitlock
Practice your gymnastics or do an exercise
that will improve your strength!



Laura Muir
Go for a jog – the longer, the better!



Cheeky Champion Challenge!

(For EYFS)



Cheeky Champions!



I know how to do a forward roll!

I know how to ride on a bike or scooter demonstrating balance and control!

I know how to hold my own body weight with my hands for 10 seconds or more (hanging from a bar)!

I know how to hop on one leg in a straight line 20 times or more!

I can walk over a bench, stopping and turning 360 degrees in the middle – without falling off!

I move whilst controlling a ball with my feet and can kick a ball at targets with precision & accuracy

I know how to run continuously without stopping for 2 minutes 30 seconds!!

I know how to hold myself in a press up position for 60 seconds or more!

I know how to throw and catch a bean bag to myself without dropping it 10 times in a row!

I know how to use an under-arm throw for accuracy and an over-arm throw for distance!

I know how to get changed all by myself!

I know how to use a knife and fork correctly!

Bronze = 3 boxes ticked



Silver = 6 boxes ticked



Gold = All boxes ticked

