

# The Impact of our P.E & Sport Funding

St. John The Evangelist



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



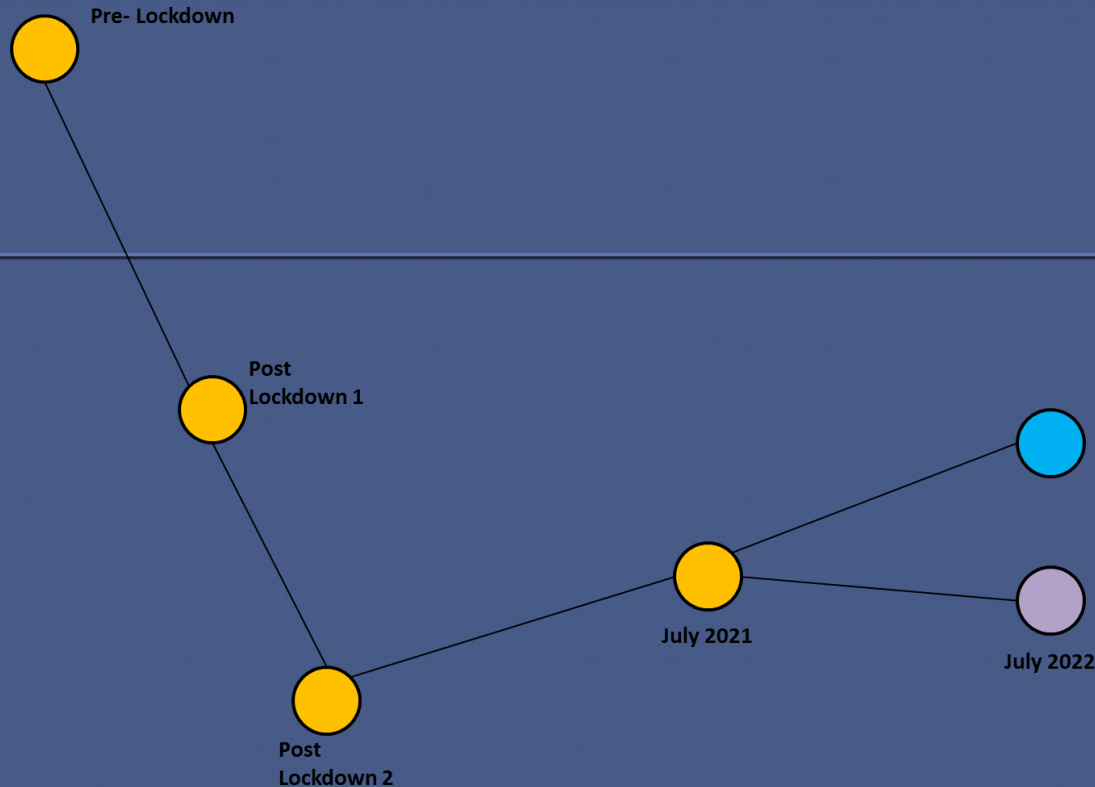
# 2022/2023 The Lockdown fightback continues...

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- ◉ 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 2022/23 our children and Staff are going 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!







- **We track our pupils performance in P.E in a range of ways, one method is through tracking cardio-vascular fitness.**
- **Our data shows that our children responded to the return from lockdown favourably. We restructured lessons and staged a fightback. A large percentage of our children have kicked on and have shown real progress in P.E. But as a School we are also aware that we have a percentage of our children who are struggling to shake off the sedentary lifestyle lockdown forced them to adopt. We are aware of this and have planned multiple initiatives as a response.**

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

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- **Orange 1:** Teaching in PE is highly physical and strenuous.
- **Orange 2:** Pupils show very high levels of physical fitness and can work for prolonged periods of time.
- **Orange 3:** Links exist with other schools, clubs and sports organizations, which contribute to extending the range and quality of opportunities provided for pupils.



**Orange 1:**Teaching in PE is highly physical and strenuous.

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**Action Plan response:**

- At St. John's we carefully monitor the progress of our teachers competence teaching P.E. We know our teachers are getting a broader range of skills and deeper subject knowledge in many topics.
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- One thing our team of Staff will be considering as a collective is how active each lesson is, can we make plenaries snappier. Can we ensure the children move as possible and are all activities differentiated appropriately.
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- Mr. Sigley will continue to work 1-2-1 with staff, he will also run regular staff meetings to afford attention to the aforementioned issue.
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- During the Autumn Mrs. Rigby will plan a learning walk to check that our lessons are engaging, challenging and hard work!

**Orange 2:** Pupils show very high levels of physical fitness and can work for prolonged periods of time.

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### **Action Plan response**

- At St. John's this year our children will be focusing on getting as fit as possible and staying healthy. Lockdown stopped a lot of us participating in lots of different types of exercise and some of us are finding it tricky to find our 'mojo'!
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- In all P.E lessons our children will get used to finding out exactly what their bodies are capable of!
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- We have restructured our P.E lessons so that our children are as active as possible when they are in a P.E lessons. 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!
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- We will aim to inspire all of our children to get active outside of School by celebrating success within and outside of School.
- Mr. Sigley will meet with our families when the School hosts 'Active Family' workshops.



**Orange 3:** Links exist with other schools, clubs and sports organizations, which contribute to extending the range and quality of opportunities provided for pupils.

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**Action Plan response:**

- ⦿ At St. John's we will be doing everything we can to promote a healthy, active lifestyle for our children outside of School. Mr. Sigley and Mr. Wiggs will be championing our active children by celebrating them in a School newsletter.
- ⦿ We will also be running an Olympic themed challenge to encourage ALL children to get as active as possible.
- ⦿
- ⦿ We will also be celebrating our active role models with the Wall of Fame, anyone who is taking part in organised, physical activity outside of School will go up on the Wall of Fame! (We then hope more children will be inspired to feature on the wall of fame).
- ⦿
- ⦿ If COVID restrictions allow we hope to invite local clubs into School to provide taster sessions – in the hope that children will seek out more movement in the community!
- ⦿ All children and Staff will have access to the Collegiate activity brochure so they can seek out exciting, active opportunities.

# We will be meeting parents!

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Mr. Sigley likes to meet with the parents to discuss all things P.E at St. John's and issues in the local area surrounding activity levels and sedentary lifestyles.

It involves the children joining in and we all play fun games that involve little equipment and are easy/fun to play!

In 2022/23 we can start to run these again – and we can't wait!



# Inspiration Day at Port Vale!



# Fitness Focused Inter-House!

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

Children at St. John'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'!

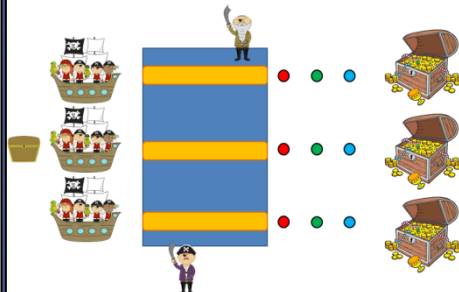
This new addition to the already vibrant P.E offer will hopefully inspire the children to getting even fitter (and it will be also be great fun!)



## The Terrible Treasure Time Trial!



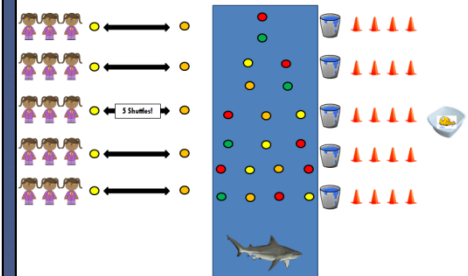
### The Terrible Treasure Time Trial!



## The Superhero Slalom!



### The Superhero Slalom!





# Our Olympic Challenge!

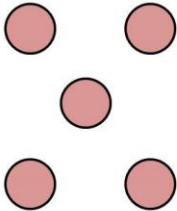


## Future Olympian Challenge!

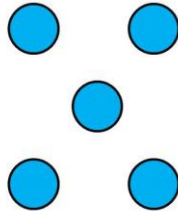
Tick all of the boxes to get your certificate



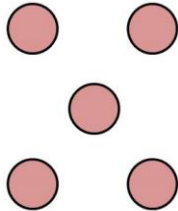
**Adam Peaty**  
Go for a swim!



**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!

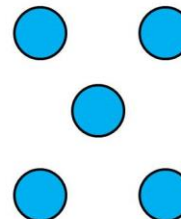


## Future Olympian Challenge!

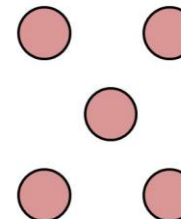
Tick all of the boxes to get your certificate



**Beth Shrievers**  
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!

