

The Impact of our P.E & Sport Funding

Our Lady & St Benedict Catholic Academy

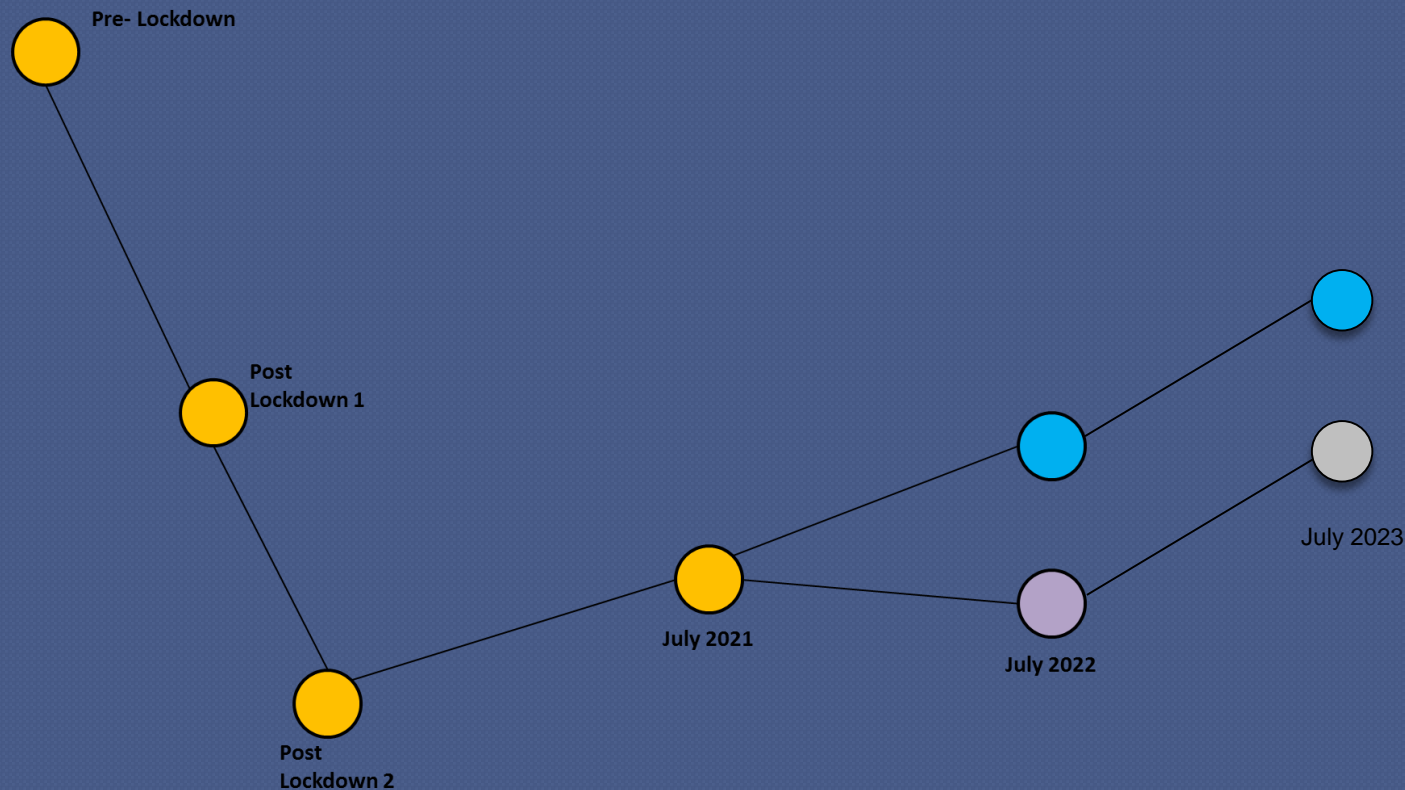
Please feel free to investigate the different ways we have been getting Physically Active!



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 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.**



Post Lockdown Collegiate Bleep Test Results



All KS2 children have completed a Bleep Test since returning to School. These scores have been collated to produce a mean score for each group. To contextualise the current score will be placed alongside a mean score from the last bleep tests (pre-lockdown)

Class of 2026		Class of 2025		Class of 2024	
July 2022	July 2023	July 2022	July 2023	July 2022	July 2023
4.2	5.83	3.4	4.92	2.96	4.1

Progress in 'The delivery in P.E'

- Every year our teachers evaluate our experiences of P.E.
- 'Green' statements show where our School is doing well, 'Red' shows where we are trying to get better!

	Statements classified as 'Green'	Statements classified as 'Amber'	Statements classified as 'Red'
OLSB (09/2013)	7	30	12
OLSB (09/2014)	17	25	7
OLSB (09/2016)	33	12	4
OLSB (09/2017)	34	12	3
OLSB (09/2018)	34	12	3
OLSB (09/2019)	34	14	1
OLSB (09/2020)	33	14	2
OLSB (09/2021)	31	14	4
OLSB (09/2022)	31	13	3
OLSB (09/2023)	33	15	1



Lockdown didn't help us!

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

- **Area 1:** Specialist coaches that are used are very organized and well planned.
- **Area 2:** Pupils exercise regularly, eat sensibly and know the importance of hydration.
- **Area 3:** Pupils show very high levels of physical fitness and can work for prolonged periods of time.
- **Area 4:** Teachers and coaches use assessment data to plan further challenges for more able pupils and provide additional support for less able pupils.
- **Please turn over to find out how we are doing it!**

Specialist coaches that are used are very organized and well planned.

At OLSB we recognise the importance of every lesson, during 2022/23 we hired an external provider to lead our P.E lessons within EYFS. After careful monitoring we made a decision to no longer work with the organisation.

We feel that at our Staff will be placed to deliver an engaging, challenging and structured curriculum for our children. All teaching staff will now benefit from regular CPD with Mr. Sigley and upskilling all our teaching skill will ensure a better P.E offer for all of our pupils.

Pupils exercise regularly, eat sensibly and know the importance of hydration.

We have made strides since coming back from lockdown, children are playing as we want them too at lunch and break times, and extra-curricular clubs are running back at normal.

We have entered more extra-curricular competitions than ever before. (12!) All classes benefit from very active engaging and challenging PE lessons.

Within school we are reaching our capacity in terms of what we can offer the children in PE. The next step as a school community is to begin the conversations with what happens out-side of school. As a school we fear that some of our families are leading an increasingly sedentary lifestyle. We aim to begin to address in the next academic year. We will be running various competitions and initiatives for the families to participate in as well as running a Healthy Lifestyles week within the School where all areas of the curriculum will focus on how to keep healthy.

Mr. Sigley will also continue to run our increasingly popular 'Active Family', workshops throughout the academic year.

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

Bleep test data shows children's VO2 Max has increased as a result of ex-curric participation, effort levels in curriculum time.

But as a School we still feel there is room for improvement. We understand how important it is for our children to strive to lead a happy, healthy lifestyle and we will continue to encourage this.

Ms. Adams is in the process of creating effort bags to be awarded for children who push themselves in P.E. We want to create a culture of excellence in P.E, which means progression for every child and every child feeling that P.E is for them and they can succeed!

Teachers and coaches use assessment data to plan further challenges for more able pupils and provide additional support for less able pupils.

Moderations to be made to existing Collegiate assessment system to ensure it also indicates where children have met their NC targets as well as Collegiate ones

We have set high targets for our pupils but we're in the process of making some tweaks to make our assessment clearer for everyone.

This will be rolled out to all staff before the end of Summer 2 so we can hit the ground running in 23/24.



Swimming!



Class of 2022: 4/30 (13%) of the class of 2022 can swim a full length competently.

Although this figure is small all of the children in the class have made considerable progress this term. We now have 18/30 (60%) able to swim a width.

Class of 2023:

22/31 (71%) who met the national curriculum swimming and water safety requirements.

17/31 (55%) of the class of 2023 could swim a full length competently.

The class of 2023 /2024 will continue to swim regularly and we hope to see continued progress to increase our data.

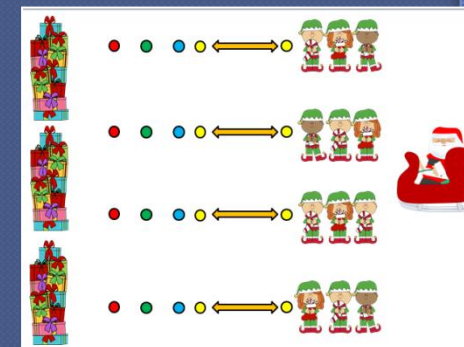
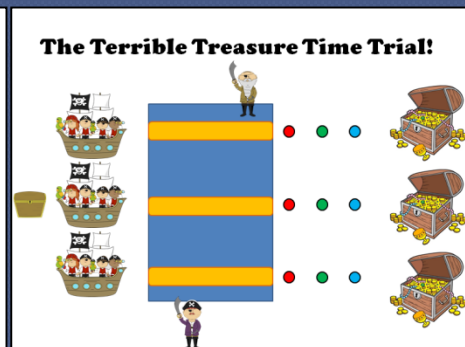
Let the fun begin!

Fitness Focused Inter-House

At OLSB this year our children will be focusing on getting as fit as possible and staying healthy!

Children at OLSB 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!)



Pupil Voice!

- Logan – “I fell in love with basketball at School and now I’ve found a team to join!”
- Tiffany – “P.E is very challenging but in a fun way”
- Marcus – “I like being competitive. I like feeling like I’m getting better at something”

At Our lady and St Benedict we make sure everybody is challenged to be their best!

- 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. Remember these faces!



**Meeting and training with
Olympic gold medalist
Ellie Watton!**

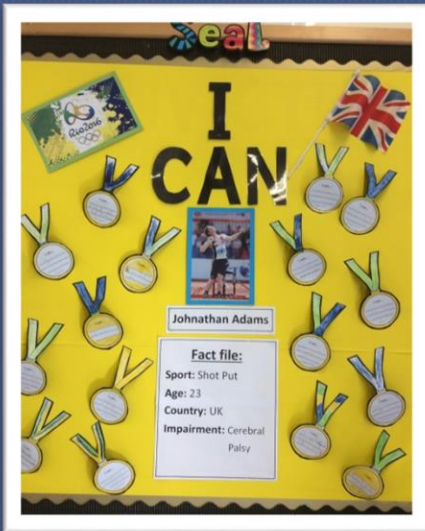


**Inspiration morning at Port
Vale Football Club**

The Wall of Fame!!!



Cross Curricular links & finding new role models!



Look at us in action!



Look at us in action!

