



**SPORTS
NUTRITION
WELLBEING
LEARNING**

"Providers of outstanding
primary physical education,
school sports, and health and
wellbeing programmes"

How can The PE Academy support your needs?

Here at The PE Academy we aim to provide primary schools with the very best service and support through our extensive range of Physical Education and Health & Wellbeing skill-based programmes.

The PE Academy programmes have been designed to complement the School National Curriculum, by experts in the field of sports, fitness, nutrition and Health & wellbeing. Each individual programme is delivered to a set high standard, through planning, preparation and effective assessing of learning objectives and development targets achieved by each active participant.

Equally important for us is providing the opportunity for all primary school aged children to gain a passion for all things sports and health related, from building confidence and knowledge to supporting their own health and fitness.

We ensure that using sport, fitness and dance as our tool, children gain and develop lifelong skills and embed values such as fairness and respect which will form a basis to help them develop beyond their primary school years.

New guidelines have been set by the UK Government from September 2019 targeting each school setting to provide a healthy school environment for all primary school aged children in a prevention strategy to reduce childhood obesity. By utilising our services, we can ensure that you can maximise the benefit of the school's sports premium with measurable impact on your school children by developing and supporting a whole school approach to healthy lifestyles.

UK Government Policy: - Child Obesity: A Plan For Action part 2 (PHE, 2018)

“Ofsted is developing a new framework for September 2019. This will consider how schools build knowledge across the whole curriculum and how they support pupils’ personal development more broadly, including in relation to healthy behaviours”

Provisions

OUR AIM

The PE Academy aims to offer affordable and beneficial skill-based programmes in support of a whole school approach towards; Physical Education participation, pupils Health & Wellbeing knowledge, and active participation and enjoyment in School Sports Games to support fitness and embed lifelong skills and values.

We offer a wide variety of choice to meet each schools needs and the growing demands placed upon them from new government guidelines.



PROGRAMMES		PAGE NO
Curricular Time Support	PE, PPA and CPD	4
Extra Curricular	Breakfast club / Active breakfast club Active lunchtimes After school games / clubs	5
Health and Wellbeing	Healthy lifestyle workshops Fitness classes for staff and children Yoga and Mindfulness Cooking classes The school running challenge	6
WOW Days	Sports days Fitness days Around the world dance Themed WOW days (choice of topics) Sports of the world	7
Creative	Dance and Drama	7

PE And CPD Programmes

OUR PE SUPPORT OFFERS OUTSTANDING PROVISION

We look at your needs, ensuring we give you a step by step guide on how to arrange your yearly PE in order to maximise children's potential

We offer the full range of the P.E curricular from net and wall games, invasion games, striking & fielding, gymnastics, athletics, ball skills, dance and much more.

We differentiate from each age group ensuring all children are on the right path to succeed to meet new targets set by the education department

Sessions can relate to class topics all within a learning environment using sport as our tool of development.

We utilise a unique cloud-based planning and assessment tool to which we give you FREE access, all included when working with TPEA.

Continuity throughout the academic year with your own designated member of the TPEA in your school dependant on your chosen topics.

STAFF DEVELOPMENT AND CPD PROGRAMMES

Our CPD programme was developed over 5 years ago and implement with staff development. With great success, this was launched to schools the following year and we have supported teachers and teaching assistants ever since in raising the bar in P.E.

We offer a one to one mentor throughout the academic year

We provide all planning access on the cloud free of charge

We offer a step by step phase and plan, depending on teacher's background

Session feedback is logged and combined with targets, aims, goals and success in each teacher's very own CPD folder which is updated each term.

Best of all this is zero extra work for the school or teachers, we do the paperwork while your staff develop confidence and the knowledge needed to provide better P.E.

It's a long lasting and effective way to use your PE budget, as outlined within the sports premium budget criteria.

Breakfast, Lunch and After School Clubs

Our extra-curricular programmes offer a diverse range of activities for children.
We offer some familiar and more unique sports.



ACADEMY
WORLD
FOOTBALL



FITNESS



TAG RUGBY



BASKETBALL



DODGE BALL



HANDBALL



NETBALL



TENNIS



BADMINTON



ULTIMATE
FRISBEE



TRI GOLF



ROUNDERS



CRICKET



ATHLETICS



LACROSSE



VOLLEYBALL

We also offer a **Multi-Sports club**, which is a mixture of your favourite activities condensed into one club
We ensure that the sports are delivered in a fun and safe environment, and flexible around the school needs

Health And Wellbeing

THE SCHOOL AND NUTRITION HEALTH ACADEMY

The School Nutrition & Health Academy is founded on a whole school approach, in support of the Governments Child Obesity Strategy: 'A Plan For Action', naming the school setting as a key stakeholder in creating a healthy environment for children to learn about healthy nutrition and participate in moderate to vigorous physical activity play.

Encouraging children to be active and eat well as part of their daily lifestyle is a key component in setting good habits for later life.

Each individual education school programme has been developed to support The National Curriculum underpinned by the most up-to date evidence based research on nutrition and physical activity requirements in childhood.

The School Nutrition & Health Academy provide fun and interactive healthy lifestyles sessions and health days suitable for both key stages 1 and 2 supporting PSHE delivery, designed to be inclusive and achieve learning objectives



Health & Wellbeing
THE PE ACADEMY

SESSIONS CAN INCLUDE

Food and where it comes from

Why looking after our bodies on the inside and out is important

Healthy eating and food groups - 5 a day

Fitness classes for teachers and children

Making healthy meal choices

Rainbow Foods - Texture and Taste

Physical activity and food energy sources (Practical based)

Yoga and Mindfulness

John O Groats to Land's End challenge

Our sessions can be booked over 4, 8 or 12 week blocks.
Schools have used their schools sports fund for additional Health & Wellbeing programmes

Creative, Events and WOW days

CREATIVE

Creative is our dance and drama-based academy, aiming to inspire the next generation and capture imaginations.

Creative is a 10 week course, exploring the dance and arts from around the world with cross curricular links to history and geography.

Our course is available for **EYFS, KS1 and KS2** and can be worked around your own curriculum to meet the needs of current class topics.

[Ask about our free trial session!](#)



EVENTS AND WOW DAYS

We can support your school with a wide range of events to give your school a unique experience. Our days can be booked year around and include;

Sports days

Health and fitness days

Around the world dance days

Sports of the world

Intra school tournaments on selected sports
Themed WOW days

Our days can be funded via the Pe sports premium and cost as little as £199.99 per day



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The P.E Academy



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Enquire about our **FREE** trial session today