



## Spring Term 2018 PE Review

Orrets Meadow was extremely proud to be awarded the Quality Mark with Distinction from AfPE (The Association for PE). It is the culmination of years of hard work by all the staff, governors and children. It was an extremely rigorous process involving a lengthy application process, a number of validation visits and the final decision being made by a panel of experts.

All young people are entitled to benefit from high quality physical education and there is significant evidence to show this supports other learning right across the curriculum. It also contributes to healthy and active lifestyles, improves emotional well-being, reduces poor behaviour, increases attendance and develops key skills such as leadership, confidence and social skills.

The benefits of the afPE Quality Mark:

- Ensures rigour and sustainability in the planning, monitoring and continuous development of high quality physical education and sport
- Recognises and celebrates outstanding practice and innovation in physical education and sport so that the school 'stands out from the crowd'
- Raises the profile and promotes a positive message of physical education and sport at a local, regional and national level
- Provides a platform for sharing excellence and success

**Some of the reasons for our award with distinction as outlined by AfPE:**

### *Achievement*

Outstanding. 97% of pupils making good progress or better since July 2016. 12% of pupils making better than expected progress since July 2016.

### *Quality of teaching*

Outstanding. Following the excellent upskilling programme provided by the subject leader and the specialist teacher from the link Sports College - funded by the PE and SS Premium - all teachers enjoy teaching the subject. They are

confident and competent and deliver lessons which are always good and mostly outstanding.

### *Curriculum provision*

Outstanding. Curriculum is adapted to meet the needs of the children resulting in excellent progress and achievement. The school follows the LA's schemes and units of work. The subject leader was on the working party which wrote the documentation and was responsible suggesting adaptations to suit the needs of pupils with SEN.

### *Leadership and management*

'Pupils benefit from exceptional opportunities for their personal development. Leaders have ensured that physical education and activities to promote educational well-being assume a central role within the curriculum' Ofsted October 2017

Excellent support for Physical Education. A TLR2 post for the SL has been appointed to raise standards of teaching and learning across the school using national funding. In April 14 a HMI visited the school as part of a national survey on the PE and SS premium and highlighted 'the leadership and management of the PE funding as outstanding' From the school's SEF 2017/18

Focused Priority in school's SIP - 'Continue to maximise the quality of PE of all pupils, with a focus on improving physical and mental well-being'

### **Youth Sport Trust Girls Active - Stepping Up For Change**



Girls Active supports schools to understand what motivates girls to take part in physical activity. It enables teachers to work with girls - through consultation and leadership - to make the necessary changes to their physical education (PE), sport and physical activity provision. Developed by the Youth Sport Trust, and delivered in partnership with Women in Sport and This Girl Can, Girls Active is run in partnership with Sport England.

In March three Y5/6 girls identified by their potential leadership skills were invited to join a Youth Sport Trust training day held at Bolton Arena. They worked in partnership with Clare Mount Specialist Sports College, Lingham Primary and Castleway Primary in addition to other schools from around the North of England. The girls (and Mr Saul in staff sessions) enjoyed theory sessions, practical workshops and physical activities to help learn about girls' leadership and marketing PE and sport for girls. It was a very busy, rigorous but enjoyable day. The girls will now lead a school project pledging to increase the physical activity levels of girls in school.

### **Why is Girls Active Needed?**

The Chief Medical Officers recommend that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

Research shows that by age 7 girls are already less active than boys and this disparity widens as they move from childhood into adolescence. The biggest drop off occurs during the transition from primary to secondary school, with disruption to friendship groups and declining body confidence affecting girls' participation in PE and sport.

Girls who are meeting the physical activity requirement:

27% (Aged 5-7)

12% (Aged 11-12)

7% (Aged 13-15)

The aim of our project will be to engage as many girls in PE and sport as possible and develop leadership skills, raise self-esteem and build resilience.

### **Competitive Opportunities**

#### **New Age Kurling**

In February, a selection of children from throughout the school enjoyed the opportunity to compete in a New Age Kurling tournament at South Wirral High School. NAK is an opportunity for SEND children to engage in a target and tactic driven sport. The game is designed to develop social and motor skills and is suitable for students with a variety of needs. The children were enthusiastic

about the event and won a Sainsbury's School Games Award for showing Determination.

### **Seated Volleyball**

In February, class 4 were chosen to represent the school in a seated volleyball festival. The inclusive adapted format of the game allows teams to compete with a range of mixed abilities. Despite the emphasis being on fun and social skills, we were very proud of our team who managed to qualify for the Level 3 Merseyside School Games final in the summer. The sport has since proved extremely popular back at school.



### **Inter-School Competition**

As well as attending festivals and tournaments Orrets Meadow has continued to enjoy football fixtures against other schools such as Sandbrook and Hayfield. The children have not only performed well during games but they have displayed fantastic sporting behaviour mirroring the Olympic values which are embedded throughout our school life: determination, equality, inspiration, respect, courage, friendship and excellence. Plans are in place to extend the range of independently organised sport fixtures.



## Enrichment Activities

Alongside competitive events we have continued to provide a range of enrichment activities for the children. In January Class 6 were delighted to participate in 5 weeks of Judo led by a former Commonwealth Games competitor for England. Many of the children described the Judo sessions as their favourite activity they have done at school. Since the sessions, some of the children have expressed an interest in joining the local judo club we have links with. This is in addition to many past pupils who are still attending the club. Judo has been a great success at Orrets, not only helping to instil sporting values such as respect and discipline but also helping to promote life-long participation in physical activity.



During international week in February, children enjoyed trying Tai Chi and receiving support sessions from Clare Mount's dance specialist Miss Hutchinson for flamenco dancing. Class 3 then showcased their flamenco skills with a video in front of the school.



## Staff training

Staff have continued to be offered a rich and varied programme of CPD and training including follow-up sessions. Miss MacGregor has become the latest member of staff to attend the National Autistic Society Autism in PE course. Mrs Amer attended Give it Your Max tennis course. Mrs Tunna enjoyed the Run, Jump, Throw athletics training. Mr Saul has led some theory based sessions focusing on health and fitness, practical adaptations and individual support



sessions. This has been reinforced during lessons with Jon White from Clare Mount Specialist Sports College. Teaching Assistants have continued to receive mentoring and coaching from Mr White with targeted objectives tailored to meet the needs of the individual and class.



### **Physical Education and Sport Apprentice Scheme**

Mr Kenny left the staff in December having found permanent employment. We have been very fortunate to find an excellent replacement in Mr Willett, who adds an expertise in football and basketball. Mr Willett leads sessions such as sensory circuits, extra-curricular activities and assists in PE lessons every afternoon. Additional duties include managing and organising equipment and updating the school website and social media. He will be driving forwards the leadership programme and intra-school competition.

The value the position of a PE apprentice can bring to school includes:

- Role-models for pupils in school. Young men or women contributing to society by working with passion and enthusiasm
- They assist with PE lessons enabling teachers to enhance their practice, provide differentiated learning and in some instances the apprentices can lead parts of lessons and advise on coverage of units and session ideas
- They contribute to other subjects e.g. reading, maths and groups interventions
- Help to transform extra-curricular sport and activities
- Help to get less active young people interested in sport and physical activity thus contributing to their general health and well-being
- Lead on competitive sports opportunities through schemes such as the School Games

## **Monitoring and assessment of the impact of PE funding**

### **PE and sport surveys**

Staff completed comprehensive PE audits and pupils answered short questionnaires. The answers have been used to inform our strategy - different targets for improvement have been developed this year with their own monitoring tools and success criteria. Teaching Assistants have also completed the surveys - they were not included in the past. More targeted support has been put in place for TA's this academic year, matched to their individual needs. Mr Saul and Mr White and conducted lesson observations and learning walks with specific foci. The results have been very encouraging with observations of excellent practice in areas such as TA deployment, differentiation and assessment for learning. Data from these will be reported at the end of the academic year.

As Orrets Meadow strives to further improve the quality quantity of PE and school sport, applications will be made to maintain our current Gold Award from the School Games and to build towards our targets for the next time we apply for the Association for PE Quality Mark. Future reports will contain data evidencing progress towards such accreditations.

Mr Saul was appointed mental health leader at the beginning of the academic year with the aim of promoting positive mental health across the whole-school. Mental health is closely linked with physical health and so a holistic approach has been taken, making use of some of the PE sport premium funding to help.

One of the first tasks was the creation of a bespoke health and well-being survey for pupils in Year 3 and above, in partnership with the SHEU (Schools Health Education Unit). The survey was completed online and questions covered a range of aspects of life including:

- levels of physical activity
- emotional health and wellbeing
- diet
- sleep habits
- levels of worry
- use of technology
- attitudes towards school
- safety and bullying
- leisure time

Mr Saul and the mental health working group (containing representatives from a range of stakeholders) have been using data from the survey as well as other

measures to help create a mental health policy, inform and plan education programmes, identify pupils at risk of mental health difficulties and plan interventions. Some examples of using the data in PE and sport are listed in the events above where pupils have been selected.