



Autumn Term 2018 PE Review

Building on previous successes (School Games Gold Award for four consecutive years, the Merseyside Sport Primary School of the Year Award in 2016, and achieving the AfPE Quality Mark with Distinction in 2017), we have continued to look for new and innovative ways of further improving our PE and school sport. Our aim is to provide as many positive opportunities for our young people as possible and promote lifelong health and wellbeing.

PE, sport and mental health

Mr Saul was appointed mental health lead last 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.

A bespoke health and well-being survey for pupils in Year 3 and above has been carried out 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

The data from the survey will help to inform and plan education programmes, identify pupils at risk of mental health difficulties and plan interventions. Some of the data will also help to inform and plan PE and school sport activities and initiatives.

Sportshall Athletics Virtual Competition

In partnership with a cluster of local mainstream schools we devised and competed in a virtual athletics competition. The inclusive event saw SEN children from each of the 6 schools compete in Sportshall Athletics events on their own site and then results were submitted to form a virtual competition. This followed a whole-school unit of work in the autumn term. Sportshall Athletics gives pupils the chance to participate in indoor track and field athletics. It is inclusive, competitive, quick and fun and allows all pupils to compete in a number of activities such as running, jumping and throwing. The feedback from staff and pupils has been extremely positive and will help to foster and strengthen relationships between the schools which will lead to more collaboration and future sporting events.

We were very proud of Orrets Meadow's team as they managed to beat a range of personal bests in the process. Events included the standing long jump, javelin, shuttle run and the target throw. The children had a fantastic time and their efforts are evidence of the hard work staff have put into teaching the athletics programme during the Autumn Term.



Orrets Meadow Football

Despite a huge change in the school demographic, football club has remained popular and this has led to several fixtures. A particular highlight was our first ever match against Leasowe Primary School's Hub (SEN base). It was their first match ever and the children all had a wonderful afternoon. The game was played in great spirits and the children showed values such as teamwork, passion and friendship towards others. There are more matches scheduled soon and plans to play other sports such as basketball and hockey.



Enrichment Activities

Alongside competitive events we have continued to provide enrichment activities for the children. The autumn term has seen the return of the popular Dance Club led by Mrs Poynton - a specialist dance teacher. This has coincided with curriculum dance lessons which have taken cross-curricular themes such as endangered animals, Greek dancing linking to a class topic on Greek myths and even Michael Jackson's Thriller!





Girls Active - Leadership

Girls Active supports schools to understand what motivates girls to take part in physical activity. It enables teachers to work with the 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 it is delivered in partnership with This Girl Can and Women in Sport. The Chief Medical Officers (CMO) 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.
- secondary-age girls are more likely to experience barriers to participation than boys
- 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.

The latest data shows that there is a confidence crisis in young girls stopping them from getting active from the age of seven. The research involved 5,454 boys and girls aged 7 to 11-years-old across England. It shows that even in primary school, almost twice as many girls as boys report that a lack of confidence stops them being active in school. Girls Active aims to tackle the negative attitudes that girls have towards their body image, improve their attitude towards PE, sport and physical activity, and to work with schools to make sport more relevant to girls' lives.

Under the guidance of Mr Saul, Miss MacGregor is leading the Girls Active programme at Orrets Meadow this year. She has acted as a positive female role-model for PE and sport and has assembled a group of volunteers from across the school to plan, organise and deliver a range of sporting activities and

events for girls in school. Surveys were conducted to help inform planning and also to monitor the impact on confidence levels, physical activity levels etc.

The girls received leadership training from Miss Corcoran (School Games Organiser based at Clare Mount Specialist Sports College). They were trained using the Move It Makers approach - a variation of Wake and Shake. The girls loved learning routines and how to lead others through activities.

The plan is for the girls to lead other classes in Move It Makers to help boost physical activity and fun for all. The girls will also receive Change4Life Champions training next term to help them promote Girls Active throughout the school. There are also plans for Orreets Meadow Girls Active leaders to work collaboratively with Y7 leaders from Clare Mount Specialist Sports College both during curriculum lessons and extra-curricular festivals and events. The feedback has been amazing so far and the girls are already showing increased confidence levels and enthusiasm for physical activity.



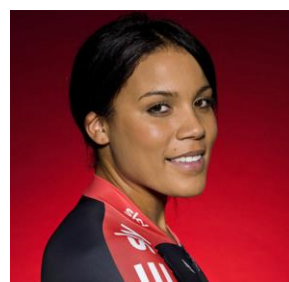
Staff training



Staff have continued to be offered a programme of CPD and training including a leadership session led by John White (Clare Mount Specialist Sports College) focusing on maximising leadership opportunities in PE through the multi-ability model: personal, physical, social, creative and thinking. This has been integrated into curriculum PE lessons and the feedback so far has been extremely positive from staff and children.



Inspiration



Following on from last year's HSBC Ready Set Ride programme, we were extremely lucky to enjoy a visit from three-time elite BMX world champion and two-time team sprint world champion Shanaze Reade. Shanaze led an inspirational assembly about her life and career and then delivered a teamwork masterclass to some of our Y6 children. Everyone had a fantastic time and left the assembly highly motivated! This event will help to inspire our children to take up further cycling opportunities this year as we have a focus on learning to ride bikes and re-launch cycling club.



Physical Education and Sport Apprentice Scheme

After the successful impact our PE assistants have made, the school appointed another full-time PE and Sport Assistant last term. Kieran Willets 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 helping to drive forwards our leadership programmes and intra-school competitions.

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

The impact of the PE and sport premium will be monitored and evaluated during the course of the year using measures such as the SHEU survey. It will be reported on a separate tool (AfPE and YST Evidencing the Impact) and will be available on the school website.