



Summer Term 2022 PE Review

Building on previous successes (School Games Gold Award for four consecutive years leading to the Platinum award, 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 to promote lifelong health and wellbeing. The summer term has been culmination of the year's plans with areas such as inclusive practice, mental health and enrichment activities being further celebrated.

PE, Sport, Mental Health and Wellbeing

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. This has been more poignant over the past two years given the impact of Covid-19 on life, both in school and across wider society. A bespoke health and wellbeing 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 has once again been used to inform and plan education programmes, identify pupils at risk of mental health difficulties and plan interventions. Some of the data has also helped to inform and plan PE and school sport activities and initiatives.

Health and Wellbeing Interventions

Using data covering a wide range of lifestyle areas from the SHEU survey, positive health and fitness programmes were put in place for children. Wellbeing programmes included: Sports Hall Athletics, Leadership, Gross Motor & Physical Me, Least Active and Well-Being Boost.

In consultation with Mr Saul and Mr White, PE assistant Mr Willets has led tailor-made sessions for children across the whole-school (minimum of two sessions per week per child) with an aim of making activities enjoyable, accessible and raising physical fitness levels. These have included fun circuits to increase fitness, sensory circuits with more variety of activities to help the pupils be ready for their learning and essential activities (such as skipping, hopping and balancing). The programme is largely based on an initiative called 'Start to Move' from the Youth Sport Trust.

The sessions have gone brilliantly, using the resources and sessions in consultation with Mr White at Clare Mount. There have been fun and motivating activities in agility, balance and coordination for Mr Willets to work with the students on. Each lesson had an intervention focus (such as agility, balance or coordination). These areas are important for young people to develop both in a PE context and in terms of linking in with the school curriculum e.g. strength in handwriting activities or using exercise circuits to fire neural pathways. The children who have been selected to take part have enjoyed the sessions and this will hopefully lead to increased activity levels going forward.

The interventions were designed to be short, enjoyable and appropriate for the age and stage of the young people. The aims of our physical activity and PE interventions were for targeted pupils to meet their needs around mental and physical health and to support attainment in PE and in the wider curriculum. PE interventions were also based on student voice and feedback. Children were selected for this intervention based on a range of data sources or recommendation. Some children were selected based on their baseline data in Sportshall Athletics activities; some children were selected based on their response to the SHEU survey; and some pupils were identified by teachers on the basis that physical activity can support their needs.

Impact: 20 pupils were selected for these interventions. Pupils have reported better confidence, increased self-esteem and more enjoyment in PE lessons:

- ✓ 100% enjoyed physical activity intervention sessions
- ✓ 73% enjoy PE and sport, 100% enjoy PE and sport sometimes
- ✓ 60% think they are now physically fit
- ✓ 93% feel they are better at physical activity
- ✓ 93% now feel PE and sport are important



Being Healthy and Safe Week

As part of our 'Keeping Healthy and Safe Week', the whole school enjoyed a range of activities including:

- yoga
- football
- litter picking
- art and mindfulness
- 'super soul sanctuary'
- golf (and Y6 high-school transition)
- health and fitness circuits
- dental hygiene
- wake and shake

Football

The whole-school was treated to football coaching sessions. The focus was on fun and developing some basic skills such as dribbling and passing.



Yoga and Soul Sanctuary

Also as part of 'Keeping Healthy and Safe Week', all of our children took part in yoga and soul sanctuary classes with trained instructors. They learned about the meditative, calming nature of yoga and the expressive qualities of a variety of dances. These were widely regarded as the highlights of the week.



Golf

Year 6 children enjoyed trying out golf at a transition event at Clare Mount.



A highlight of the year was the Wirral schools' dance festival at the Floral Pavillion Theatre, New Brighton. With 28 school groups performing it was a momentous occasion full of energy, atmosphere and colour. 12 of our children worked tirelessly over a period of 6 weeks to prepare for the performance. The lunchtime sessions were led and choreographed by festival organiser and specialist dance teacher Lucy Poynton from Clare Mount and assisted by Miss MacGregor. Our dance was a chair dance with children mainly dancing from chairs but also moving around the stage and swapping chairs throughout. They performed brilliantly and showed tremendous courage and passion.



Transition Fit Fun Fest - Clare Mount

Year 6 children enjoyed the trying out some activities at Clare Mount Specialist Sports College, with a focus on fun and also as an opportunity to help transition to high school. There was a carousel of activities including tennis, table-top games and Kinball. The children showed a range of our school values including friendship, responsibility and respect.



Staff Training

MLB - First Pitch



Following on from two members of staff being trained and involved in the pilot of MLB last year, the rest of the staff received training from Jon White in its delivery through cross-curricula lessons (PE, character education and life skills)

Healthy pupils are more likely to be effective learners. PE, physical activity and sport are fundamental to the development of children and young people's health and wellbeing, and their ability to lead healthy, active lifestyles. They are also a powerful way to develop pupils' wider skills, personal qualities and character development, along with opportunities to develop aspirations as participants, leaders and organisers - which all improve the overall school environment. MLB First Pitch provides innovative, inspiring and exciting resources to support this. MLB First Pitch offers a sense of achievement for all participants with opportunities for clear physical and personal skill development. It is designed to give young people the opportunity to experience baseball themed activities, create excitement and increase confidence around a new sport. The MLB First Pitch resources can be used flexibly to meet our schools' needs, including;

- To integrate the activities into a multi-skills club.
- To plan new sequenced PE lessons selecting appropriate activities to meet National Curriculum programme for PE in KS2.
- Use as an intervention activity for a targeted of pupils.
- To create vibrant out of school clubs featuring baseball skills for pupils in KS2.
- To support the intra- school competition offer.

MLB First Pitch is a grassroots resource introducing young people all over the world to baseball. MLB First Pitch offers fun and inclusive resources to spark an interest in physical activity and sport through play and basic skill development. The MLB First Pitch resource is set out as an 8 week programme, but can be viewed as a range of tools to dip into and integrate elements of, into existing schemes of work in PE, a multi skills or baseball out of school club opportunity.



MLB First Pitch follow playful learning principles

Joyful

Fun first and foremost without the need for direct technical instruction or coaching.

Purposeful

Tangible signs of progress across skills applicable beyond baseball.

Immersive

Deliver playful learning experiences via free play, guided play and games.

Continuous

Skills are revisited and built upon in each session.

Connected

Focus on social play, teamwork and collaboration.

MLB First Pitch will also nurture a number of personal skills

Critical thinking

Ability to evaluate information and determine appropriate response.

Leadership

Ability to motivate a group to move toward achieving a common goal.

Resilience

The ability to bounce back from adversity, failure or challenge.

Self-esteem

How individuals value themselves and their abilities.

Teamwork

Working together to achieve a desired result.

The feedback has been highly positive from staff and children who have taken part so far. With the inclusive plans and equipment offered by the programme the children have been able to access and enjoy the sport of baseball and develop a range of social and physical skills.

Little Hobbits

Orrets Meadow has continued to use some of its PE and Sport premium to provide our children with outdoor and adventurous activities.

Little Hobbits offers a unique stay and play Forest School experience. The sessions consist of exciting sensory and creative play experiences, as well as Forest School games and songs! The instructors are led and guided by the children's interests and passions. They provide a mixture of the following activities at our sessions:

- Sensory Play
- Messy Play
- Tree Climbing
- Bug Hunting
- Wood Carving
- Campfire Cooking
- Water Play
- Tool use
- Den Building
- Clay Sculpting
- Exploring Nature
- Woodland Adventures
- Woodland hunts
- Bug identification
- Hot drink & snack

As well as physical and functional skills, children also developed life skills such as teamwork, problem-solving, resilience, confidence, respect and empathy.



Barnstondale Residential Trip June 2022



Year 6 had an unforgettable time on a 3-day residential visit to Barnstondale. It was an action-packed trip full of outdoor and adventurous activities such as climbing, abseiling, archery, rifle-shooting, problem-solving, orienteering and search and rescue. The different groups of children mixed really well and both worked and played with a co-operative and collaborative spirit. The children showed a growing resilience - particularly when the weather was not kind! Friendships were made and the children grew in confidence, independence and maturity. Teamwork was encouraged when den-building, lighting fires or facing the darkness of 'nightline'! Social activities such as the campfire, adventure playground, sports and movie night helped to add to the fun had throughout the daytime activities. Since returning to school, the children have been more positive towards all aspects of school life and most regard Barnstondale as the best experience of their school lives so far.



Cycling Update and Bikeability



Orrets Meadow has previously used some of the PE and Sport Premium and sugar tax money to invest in cycling facilities and equipment. This initiative has been refreshed this year following the disruption of COVID-19. The legacy of the spending has been to maximise the number of children who can ride bikes and promote lifelong healthy lifestyles. In conjunction with the HSBC Ready to Ride programme, the focus has been on preparing our younger children to be able to ride bikes in time to participate in Bikeability, when in Year 6.

The Ready Set Ride programme has been running every day during lunchtime clubs for Y4-6 children and during additional needs groups for Y1-3 children. Staff used CPD from previous years to deliver and cascade to other staff. The Ready Set Ride task cards and website help children to ride a bike. Feedback and progress so far has been very positive.

School Games Day

The School Games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport. Our participation in the games has built on our existing work to offer pupils a year-round programme of regular intra and inter-school competition in a number of sports. This culminates in a School Games Day to celebrate and offer a wide range of sporting opportunities. Sadly due to COVID-19 the usual day of events has not been possible to recreate for the previous two years. Therefore there has been a great desire to refresh the format and regain its countless benefits.

Staff were trained in using the School Games resources to lead activities including:

- Rounders
- Golf
- Badminton
- Lacrosse
- Football
- Golf
- Handball
- Tennis
- Cycling
- Cricket
- Tag-rugby
- Table-tennis



There has been a focus placed on a set of values developed by young people called the 'Spirit of the Games'. The values are self-belief, honesty, teamwork, respect, determination and passion.

Impact of the PE and Sport Premium

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.

Development Targets

1. Coach and mentor new members of teaching and support staff in our established PE and sport practice (school is expanding and new staff have been appointed for September 2022)
2. To explore the further sharing of PE and sport practices and facilities with other schools
3. To further develop the moderation of assessment for PE