



Autumn Term 2019 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. We are extremely proud to have achieved the School Games Platinum Award in 2019. Our overall 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

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 5 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



Our first 'fit fun fest' of the year was football themed and we were really grateful to Tranmere Rovers for helping to run the festival at Clare Mount Specialist Sports College. A group of our less active children were invited to take part in a festival comprising of skills, challenges and competitive football matches. The children enjoyed coaching from TRFC coaches, meeting children from other schools and playing a football tournament at the end. Our children showed great enthusiasm and passion for playing and demonstrated excellent sporting behaviour.



The game was played in great spirits and the children showed values such as teamwork, passion and friendship towards others.



Orrets Meadow has also played some fixtures against other local school such as Christchurch and Leasowe Primary. There are more matches scheduled soon and plans to play other sports such as basketball and hockey.

Enrichment Activities

Judo

Alongside competitive events we have continued to provide a range of enrichment activities for the children. In November Year 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.



Staff training

YST TOP SPORTSABILITY



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 practical application of TOP Sportsability. This has been integrated into curriculum PE lessons and the feedback so far has been extremely positive from staff and children.



Three members of staff went to Clare Mount Specialist Sports College to receive HSBC Ready Set Ride training. Ready to Ride is a programme of activities and games developed jointly by British Cycling and the Youth Sport Trust, aimed at getting children riding balance and pedal bikes with confidence. Every child deserves the opportunity to learn to ride a bike - this programme aims to empower schools and parents to help children learn to ride a bike and use it to explore their world.



The programme will begin in spring 2020 with sessions being delivered by the staff who received training. Children will also receive resources to encourage practice at home. Ready Set Ride breaks down learning to ride into easy to follow steps, supported by fun games and activities, both on and off the bike. Prepare 2 Ride - activities off the bike, Skills 2 Ride using a balance bike and then onto Skills 2 Ride Pedals. At the end of each set of games there's a series of challenges to successfully complete, the reward is a certificate! Where children start their journey depends on the individual. The whole family can help children prepare to ride, learn to pedal and keep cycling for life. All of the games developed can be used for 1 to 1 or to help a group of children. The games can be scaled up for 2, 3 or a whole class.

Physical Education and Sport Apprentice Scheme

After the successful impact our PE apprentices have made, the school appointed our previous apprentice as a full-time PE and Sport Teaching Assistant. 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 assistant 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 they 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.