



## Autumn Term 2023 PE and Sport Review

Building on successes such as the Platinum School Games Award (2019-), the Merseyside Sport Primary School of the Year Award in 2016, and achieving the AfPE Quality Mark with Distinction in 2017 and 2022), 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.

### PE, Sport and Mental Health

In the autumn term, a bespoke health and well-being survey for pupils in Year 3 and above was 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 been analysed and has 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.

## Mental Health Champions



In October our Year 6 children qualified as Mental Health Champions. The Mental Health Champion Training Programme is an engaging and empowering learning journey that teaches pupil's advanced insights into caring for their own mental health as well as supporting their peers. The programme enabled us to train pupils in Year 6 to make a positive impact across our whole school.

Pupils will learn and experience:

- A deeper understanding of their own mental health
- The 5 key skills and 5 qualities of a great Mental Health Champion
- Evidence based approaches to caring for their own mental health
- Opportunities to practice and role play strategies
- Practical tips for providing support to their peers
- Develop an action plan of how they can promote positive mental health around school



## Open Court Tennis Festival

In November Year 6 children enjoyed the opportunity to take part in an inclusive tennis event held at Bidston Sports Centre. The children got to try out a range of activities and challenges including wheelchair tennis, walking tennis, social tennis, match tennis and have fun with inflatable challenges!



## Fit Fun Fests at Clare Mount Specialist Sports College

In November Year 6 children enjoyed the opportunity to take part in an inclusive Tennis Fit Fun Fest at Clare Mount Specialist Sports College. Everyone had a fantastic time trying out tennis games and developing skills. The Tennis Vision programme will also involve tennis coaching later in the year. There will also be a Christmas Fit Fun Fest in December.



## Nestlings Forest School

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.



## Judo

The autumn term saw the welcome return of Judo Education to Orrets Meadow. Year 6 children were delighted to participate in 5 weeks of judo. 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 past pupils who are still attending the club. Judo has been a great success at Orrets, and it can give so much more to children than just belts and medals. It can be a way of improving their day to day life and help them lead it in a more disciplined and respectful manner. One of the leading European Judo Federation's moral code sums up exactly what judo can do for children and it is *politeness, courage, sincerity, self-control, honour, modesty, friendship and respect*. These match our school's aims and values.



## Total PE+ New Scheme of Work for PE



Using part of our PE and Sport Premium funding we have purchased the Total PE+ Scheme of work from local CIC Edsential. It is an ongoing subscription service with support. PE Lead David Saul and John White from Clare Mount Specialist Sports College have been coaching and mentoring staff in embedding the new scheme. CPD through staff meetings has also been offered.

Total PE+ is a modern approach to the teaching of primary PE, with ambitious learning plans that develop Physical, Thinking and Social skills in every lesson and encourage a deeper understanding of Healthy Lifestyles. Total PE+ has been developed and continues to be updated by current and practicing primary PE professionals.

300+ detailed learning plans

Easy to follow learning structure with clear outcomes for each aspect of the lesson

- EYFS to Year 6
- New plans added each month
- Key questions in every lesson
- Thematic over sport specific approach to games in KS2
- Health and Fitness/Equality and Diversity/OAA units included

100+ videos to support teaching and learning

- Step-by-step videos to support teachers
- Gymnastics skills
- Dance techniques and key teaching points
- Key skills in all games activities
- Latest news and expert blogs



## Skill progression plans

- Track the progression of skill from EYFS to KS2
- Physical Competence
- Thinking and Decision Making
- Social Skills
- Healthy Active Lifestyles

## Knowledge Organisers

- Overview of learning for all series of teaching
- Key Outcomes
- Vocabulary
- Prior learning
- End points
- Available for every series of learning from EYFS to Year 6







Feedback so far has been very positive from staff and children and support will be ongoing throughout the year.

Impact of the PE and Sport Premium will be shown in future celebratory reports and on the website under 'Evidencing the Impact' on the school website.