



## Summer 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. Our aim now is to maintain the standards we have reached and look to develop practice even further in areas such as health and wellbeing and leadership.

### Competitive opportunities

Each half termly scheme of work delivered in school culminates in a Level 1 intra-school event to engage as many youngsters as possible. This then feeds into a Level 2 inter-school event to be held in the last week of each half term. As much as possible, events coincide with national and international events to have the "Wimbledon effect" on youngsters and inspire them to participate in sports beyond the school gates.

This term we have taken part in a number of sports festivals and opportunities:

### Merseyside School Games Seated Volleyball Final

We were extremely proud of Class 4 who qualified for the Merseyside final of seated volleyball. The children enjoyed the final at Wavertree Sports Park in Liverpool, representing Wirral against the other districts of Merseyside. Wearing their official Wirral t-shirts and bringing back medals, the children played brilliantly and showed the spirit of the games: teamwork, honesty, self-belief, determination, passion and respect. We are extremely proud of their 3rd place finish.

# SCHOOL GAMES



## Inter-School Fixtures

As well as our usual schedule of football fixtures we have played our neighbours Sandbrook Primary school in our first cricket match against them. Class 6 enjoyed playing an inclusive version of Diamond Cricket which allows high levels of engagement and rigorous physical activity through a fast-paced, exciting format.



## 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-school competition in a number of sports that culminated in a School Games Day on 13<sup>th</sup> June.

The day began with an opening ceremony including a performance by the dance club. During the day each child was offered 2 hours of curriculum PE time and a range of break-time and lunch-time options. Staff were trained in using the resources to lead activities and events included:

- Boccia
- Dodgeball
- Badminton
- Lacrosse
- Football
- Golf
- Handball
- Tennis
- Cycling
- Orienteering
- Equestrian
- Table-tennis



There was a major 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. Trophies and certificates were given out to those pupils demonstrating the values. One of the highlights of the day was the fantastic job done by our student leaders (School Sport Organising Crew/Young Ambassador Leaders) who took on roles such as planning, equipment organisation, media, officiating and coaching. This year's programme saw the leaders 'buddy up' with other children to mentor, providing leadership opportunities for over 20 of our children. They showed great enthusiasm, maturity and independence and helped the rest of the children and staff to have a wonderful day.





## Enrichment Activities

### Dance

Alongside competitive events we have continued to provide a range of enrichment activities for the children. The summer term has seen the continuation of the popular dance club - this year with a wide range of ages and abilities. We employed the services of a specialist dance teacher Mrs Poynton to lead a group through a range of different styles of dance culminating in a street dance performance at a dance festival at Clare Mount Specialist Sports College in June. They gave an excellent stage performance full of energy and fun and received very positive feedback from judges.



## Archery

Class 7 were delighted to receive 5 weeks of archery led by a specialist instructor. Many of the children described the archery sessions as their favourite activity they have done so far at school. Adventurous activities such as fencing, taekwondo and judo help to instil sporting values such as respect and discipline. The instructor was full of praise for the children's behaviour, enthusiasm and determination to improve.



## St Helens Rugby

The whole school enjoyed a fantastic day of rugby coaching from St Helens Rugby League FC. The four coaches shared their passion for the game and put our children through their paces with agility drills, ball skills and even tackle mats!



## Give it Your Max

As part of the Give It Your Max programme we have been lucky to enjoy 4 sessions of specialist tennis coaching delivered by Chris Thelwall from Bidston

Tennis Centre. As a follow-up to the training Mrs Amer received earlier in the year, they have worked together to increase participation in tennis throughout the school. The partnership will continue next year and will culminate in a festival.



### Ready, Steady, Ride Celebration Event

As a follow-up to the Ready, Steady, Ride programme (which we have embarked on to help our youngest children learn to ride a bike), some of our more confident Year 6 children were invited to Clare Mount Specialist Sports College for a high-energy celebration cycling event. The children had a fantastic time racing around the cycle track and getting instruction from expert cyclists. Unfortunately the scheduled Olympian GB World Champion Shanaze Reade could not make the event but will be visiting Orrets Meadow in the near future to provide an inspirational presentation.



## Barnstondale Residential Trip June 2018



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 kayaking. The different groups of children mixed really well and both worked and played with a co-operative and collaborative spirit. Friendships were made and the children grew in confidence and maturity. Social activities such as the campfire, sports and movie night helped to add to the fun had throughout the daytime activities. Since returning to school, the children have been positive towards all aspects of school life and most regard Barnstondale as the best experience of their school lives so far.





## 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 have since led a programme in school designed to engage girls in physical activity.

### 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 nationally 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.

*Wake and Shake Programme:*

The girls have embarked upon leading a wake and shake programme across the school. They have received training from Miss Corcoran (from Clare Mount Specialist Sports College) and Miss MacGregor will continue to help the leaders get as many girls active as possible. The plan will be to create a legacy which continues at Orrets even after the leaders have left.

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

Building upon past successes new specific areas for support were targeted and used as a basis for planning, mentoring and CPD for staff on an individual basis. A large focus has been on health and fitness (knowledge and practical) during lessons and this has been monitored during lesson observations, assessment scrutinies and learning walks. We have continued to monitor and assess the impact of PE funding is having on pupil participation and pupil progress.

Since the beginning of the academic year, registers of extra-curricular clubs have been closely monitored to identify trends and patterns within the school population. Less physically active pupils were identified and efforts were made to inspire those children to participate. Activities were matched to meet the needs of pupils within secure enjoyable environments. This has been helped further by the leaders from Y6.

## **Impact on PE and School Sport (Academic Year 2017/18) so far:**

- 88% of pupils have participated regularly in **extra-curricular** activity
- 90% of all pupils participated in inclusive **extra-curricular** games and activities as a direct result of the **YA Leadership programme**
- 90% of pupils have represented Orrets Meadow in **inter-school competition**
- 100% of pupils have participated in a **competitive sports fixture** (including intra-school and virtual competition)

## **Pupil progress:**

- 97% of pupils making **good progress or better** (July 2016 - July 2017)
- 12% of pupils making **better than expected progress** (July 2016 - July 2017)

## **Current pupil views:**

- 97% of pupils say they are making good progress in PE
- 95% of current pupils enjoy PE lessons; 5% say it is ok

- dance, tennis and martial arts e.g. judo, taekwondo (activities directly influenced by the PE and sport premium funding) are high-ranked in favourite pupil activities and several pupils have joined our local club links in judo and taekwondo.

These results and preferences are used to inform planning of lessons, festivals and competitive opportunities. The results are also monitored to see if other activities covered at Orrets grow in popularity due to high quality teaching and learning or increased opportunity. This has certainly been the case for dance, taekwondo, judo and fencing.

As Orrets Meadow strives to further improve the quality and quantity of PE and school sport, applications will be made to maintain our current School Games Gold Award and we hope to be eligible to apply for the Platinum Award next year.