



Spring Term 2020 PE, Sport and Mental Health 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.

Movement Matters



Orrets Meadow has been proud to take part in an academic study in partnership with Liverpool John Moores University (led by Dr Sam Downs), during the spring term. The Movement Matters project is 'assessing motor competence levels of children with learning disabilities and the associations between motor competence and physical activity levels.' The project is looking at physical activity levels and physical development (kicking, throwing, jumping etc.) of children with learning disabilities. It will also look at the relationship between physical activity and physical development.

Children with learning disabilities engage in less physical activity than their peers without learning disabilities. Research has shown that children without

disabilities who have good physical development tend to be more physically active and this continues into later life. We would like to see if this is the same for children with learning disabilities so that we can introduce appropriate ways to increase physical activity levels for these children.

Physical Development

Children were asked to undertake height, weight, sitting height and waist measurements and perform different movement tasks to assess their movement skills (e.g. hop, jump, catch and throw) and coordination.

Physical Activity Monitoring

Children wore a little gadget called an activity monitor (also known as an accelerometer) on their right hip every day for 7 days to see how active they were. They were asked to wear it for 24 hours a day, except when taking a bath or shower or going swimming. They were given the monitor in school and asked to wear it at home too.

The potential benefits of our school taking part are as follows:

- We will be helping to add to this relatively new research area
- We will help to inform the design of future programmes aimed at improving the health and wellbeing of children with learning disabilities in Wirral, Liverpool and across the UK



30:30 Wristband Challenge



Matching Orreets Meadow's aim of promoting lifelong physical activity, the goal of the 30:30 Wristband Challenge is to change children's daily physical activity habits. By being more active, children will become fitter and develop permanent habits that lead to a healthier lifestyle.

The 30:30 Wristband Challenge has been launched by the Carnegie School of Education at Leeds Beckett University to help primary and secondary schools boost pupils' and staffs' motivation for physical activity. Addressing new government recommendations that primary and secondary schools provide 30 minutes of physical activity for children per day towards their daily target of 60 minutes, the scheme will see pupils earning bronze, silver and gold wristbands as they hit their targets over the remainder of the school year and future years.

What is 'physical activity'?

We want children to be physically active so they will feel warmer, breathe quicker and feel their heart beat faster - but still be able to maintain a conversation over a period of time. Activities such as a brisk walk, cycling and swimming are just some examples. It's not just about sport!

Competitive Opportunities

In February, some of our less physically-active children enjoyed the opportunity to compete in a sitting volleyball tournament at Leasowe Recreation Centre. The inclusive adapted format of the game allows teams to compete with a range of mixed abilities. Despite the emphasis being on fun and social skills, we were proud of our team who managed to win 3 of their 6 matches. The sport has since proved extremely popular back at school.



Due to persistent poor weather there have been few opportunities for football fixtures but we did manage to play a match against Leasowe Primary school. It was a fantastic inclusive match and the children mixed well showing tremendous respect for each other and fair play during the game.

In January, some of our less-active children were given a fantastic opportunity to participate in a 'Fit Fun Fest' at Clare Mount Specialist Sports College. Children from a range of schools came together to have fun and learn some new sports and activities. Each participant experienced some boxing, ultimate Frisbee, box-fit, tennis and yoga. They were helped to enjoy the activities by Clare Mount 6th form sports leaders, PE teachers and School Games

Organisers. It was a fantastic event and the children were very positive about their experience. This has helped some of those young people to become more active in school and take up a variety of our different activities at lunchtimes.



In February, a group of our less-active children took part in an inclusive festival of boccia and a carousel of mini-games held at Clare Mount and led by students from Liverpool John Moores University. The children loved the variety of colourful, active games and the opportunity to socialise with children from other schools.

Enrichment

Dance

Alongside competitive events we have continued to provide a range of enrichment activities for our children. Staff from Orrets Meadow have been given the opportunity to access some CPD from specialist dance teacher Miss Willis from Clare Mount. Orrets Meadow staff from Sharks and Foxes classes worked hard to lead children through a range of different styles of cultural dances. This will culminate in a performance at a dance festival in June.



Military Education

Orrets Meadow has used some of its PE and Sport premium to provide our children with activities led by Military Style Education. The tutors use British values to deliver a programme of study for mental and physical well-being. MSE have developed this course to comply with the recommendations from the Government's recent green paper 'Transforming Children and Young People's Mental Health Provision' and from consultations with local headteachers.

Team building will encourage children to become self-aware by identifying their own skills and attributes as well as their classmates and together build upon them. Through working together children will excel in their listening skills, understand and respect that everyone has a voice, be able to manage conflict, share and explore one another's ideas and in a combined team effort be able to problem solve effectively. Every child will experience leadership which will boost their confidence. Activities so far have included building shelters, bushcraft, art using natural materials, campfires and team games.

'Little Lifesavers' and 'Young Lifesavers Award' are certificated first aid qualifications available for primary aged children. Little Lifesavers Award is for KS1 and Young Lifesavers Award is for KS2. The courses teaches children the skills, knowledge and builds the confidence to be an effective first aider through a step by step guide of how to handle different life-threatening situations.

Teaching the ethos and values the tutors learned in the military and by being positive role models for pupils they will also improve the following:

- Mental health
- Well-being
- Behaviour
- Attendance
- Attainment
- Teamwork
- Resilience
- Confidence
- Self-awareness
- Soft skills
- Respect
- Empathy
- Tolerance
- Self-discipline
- Social and motor skills
- Problem solving
- Self Esteem
- Healthy living



FA Primary Teachers Award



Mrs Wynne and Mrs Walsh enjoyed the fantastic opportunity of completing the FA Primary Teachers' Award held at Tranmere Rovers FC. It is developed specifically to provide those delivering PE in primary schools with the knowledge, skills and confidence to plan and deliver engaging and inclusive PE and school sport. The course focuses on planning and delivering lessons on movement skills and invasion games, linking the National Curriculum and the England FA DNA to pupil learning. It also explores managing difference, holistic child development and using a games-based approach in PE.

The course has enabled our staff to:

- Recognise the role invasion games have in KS1 and KS2 PE purpose and study
- Explain The FA's playing and coaching philosophy

- Set up organised football lessons
- Organise basic FUNdamental games to help develop movement skills
- Modify learning activities to manage difference
- Set up small sided games for young players
- Help with school teams and provide further playing opportunities for pupils
- Access further information and knowledge of football coaching

Active in Mind

YST ACTIVE IN MIND

Why Active in Mind?
 1 in 10 children have a diagnosable mental health disorder – that’s roughly 3 children in every classroom. In 2017/18 some 18,870 children under the age of 11 were referred for specialist mental health support. Both the physical and mental benefits of engaging in physical activity are well documented as having an impact on mood, reducing stress and anxiety, and building emotional resilience and positivity.

Active in Mind offers peer mentoring support to young people experiencing mental wellbeing issues as well as creating innovative sport and physical activity opportunities for a targeted group of young people. The idea is to not only increase levels of physical activity, but also provide a safe and supported environment to improve their mental and physical health.

Active in Mind (in partnership with Clare Mount) began in February. YST Athlete Mentor Neil Danns led Mental Health Ambassador training for Y6 pupils. He led them through a range of physical and mental challenges and wellbeing training. The trained pupils are then to work with younger children during PE leadership activities and act as mentors for physical and mental

health. Neil is a 2x former British Skateboarding Champion and European Skateboard Champion. He also represented the UK in the Eurovision Song Contest in 1987 as a disco dancer! He gave the children a fascinating and inspiring talk about his life and resilience against a range of problems. There is a celebration festival planned for later in the year.



Cycling Update and Bikeability



Orrets Meadow used some of the PE and Sport Premium and sugar tax money last year to invest in cycling facilities and equipment. This year we have facilitated the training of three members of staff to lead Ready Set Ride. The legacy of the spending will be to maximise the number of children who can ride bikes and promote lifelong healthy lifestyles. Bike club has begun at lunchtime and is proving extremely popular as children tackle the obstacle courses! Additional needs groups to teach those children who cannot ride a bike are scheduled to begin shortly.

Impact of the PE and Sport Premium

A full report on the impact of the funding can be found on our website (Evidencing the Impact March 2020). Some key indicators (which will be added to in summer term) include:

- Regular extra-curricular participation 57%
- 58% of pupils have taken part in inter-school sports competition