



Summer 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. Our aim is to provide as many positive opportunities for our young people as possible and promote lifelong health and wellbeing. The summer term has been culmination of the year's plans with areas such as leadership, mental health and enrichment activities being further celebrated.

Festivals and Competitive Opportunities

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

Kin-Ball Fit Fun Fest



YOUTH SPORT TRUST
GIRLS ACTIVE



In June, the girls who have been part of our Girls Active programme were given another fantastic opportunity to participate in a 'Fit Fun Fest' at Clare Mount Specialist Sports College. The event saw girls from a range of partner schools come together to have fun and try out the activity of 'kinball'. It involved hitting a huge inflatable ball into a goal! They were helped to enjoy the activities by coaches from the Great Britain Kin-Ball Federation. At the end of the afternoon children were awarded 'Spirit of the Games' awards for showing outstanding honesty, teamwork, passion, determination, self-belief and respect! It was a fantastic event and the children were so positive about their experience.



Para Fun Fest



The 'Para Fun Fest ' is a Youth Sport Trust Paralympic Learning & Discovery Festival. It is aimed at children of all abilities and gives individuals the opportunity to try a range a Paralympic sports, such as Wheelchair Fencing, Boccia, Visually Impaired Athletics, Paralympic Badminton, Goalball and New Age Bowls.

Class 4 were lucky to be invited to the 'Para Fun Fest' at Leasowe Recreation Centre in June. The event was a cross-generational project and as part of this inclusive sport festival, Nautilus Mariners Home supplied refreshments and volunteers on the day; and Wirral Evolutions Adult Day Care Centres kindly donated use of the venue on the day and were co-leading activities with Weatherhead School Sports Leaders. Eight of the residents from Upton Grange Care Home were taking part in Para Active Age activities as part of this inclusive festival and loved trying out some new activities alongside young people.



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 culminated in a School Games Day on 24th May.

The emphasis this year was on leadership. Year 5 and 6 children had been trained as leaders during curriculum lessons and this was a great opportunity for them to lead some of our younger children through a variety of fun and inclusive activities. The children selected, organised and adapted games from Sports Leaders Cards and the Activity Alliance and led them for classes 1 and 2. The leaders were amazing and showed tremendous courage, confidence and enthusiasm. The sessions were really well-received by both children and staff.

Aside from the leadership activities, throughout the day each child was offered 2 hours of PE and sport time and a range of break-time and lunch-time activities. Staff were trained in using the School Games resources to lead activities and events included:

- Rounders
- Handball
- Golf
- Tennis
- Badminton
- Cycling
- Lacrosse
- Cricket
- Football
- Tag-rugby
- Golf
- 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. The main highlight 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 provided extensive leadership opportunities for 30 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 our children. Staff from Orrets Meadow have been given the opportunity to access some exciting CPD from Movema Dance Company. Movema are a Dance in Education Company based in Liverpool that focuses on Cultural Dance. They have produced a fantastic resource called 'World in a Box' which includes Schemes of Work, individual plans, a DVD of all choreography, a CD of all the music and props- including scarves, shakers and a mini globe. The company have been delivering the CPD since 2007 and have had lots of success with schools using it to cover many aspects of the curriculum.

With the help of specialist dance teacher Mrs Poynton, staff from classes 2 and 3 worked hard to lead a group through a range of different styles of cultural dances. This culminated in a 'World in a Box' performance at a dance festival at Clare Mount Specialist Sports College in June. It was remarkable to witness such courage and passion from a group of young children, many of whom have faced major barriers to participation in PE and sport in the past. They gave an excellent stage performance full of energy and fun and received very positive feedback from everyone there.



Fencing

Class 4 have loved receiving fencing sessions for 6 weeks. Many of the children described the fencing 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



As part of our 'Keeping Healthy and Safe Week', the whole school enjoyed a fantastic day of rugby coaching from St Helens Rugby League FC. The coaches shared their passion for the game and put our children through their paces with agility drills, ball skills and even a meeting with their team mascot Boots!



Health and Fitness Circuits



During the same week, Year 6 children also benefited from using the gym facilities at Clare Mount. Mr White ran an inclusive high-intensity fitness circuit based on Underground Training Station activities. Mr Willetts ran adapted versions of the circuits back at Orrets Meadow for our younger children.





A group of our gifted and talented athletes and a team of our less active pupils were invited to the Bebington Oval athletics track to compete in Quadkids. Quadkids gives pupils the chance to participate in outdoor track and field athletics. It is inclusive, competitive, quick and fun and allows all pupils to compete in each of the four activities: a standing long jump, vortex howler throw, sprint and long distance run. The children had a super time and came back full of enthusiasm for athletics and trying to beat their personal bests.



Barnstondale Residential Trip June 2019



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. 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. 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 more positive towards all aspects of school life and most regard Barnstondale as the best experience of their school lives so far.



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 June. YST Athlete Mentor Neil Danns led Mental Health Ambassador training for Y6 pupils. Y6 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 July.

YST NEIL DANNIS



Cycling Update and Bikeability



Orrets Meadow used some of the PE and Sport Premium and sugar tax money to invest in cycling facilities and equipment. The legacy of the spending will be 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 will be on preparing our Year 5 children to be able to ride bikes in time to participate in Bikeability. Level 1 is taught in a traffic-free environment, and children learn the basics of how to control their bike and make an off-road trip, for example on cycle paths. Level 2 is covered on quiet roads but in real traffic conditions. Children achieving level 2 will be able to make a trip to school or elsewhere on small roads. Our current Year 6 children enjoyed the 2-day Level 1 and 2 courses and are looking forward to using the theory they have learned on bike rides over the summer and after transition to high school.



Impact of the PE and Sport Premium

A full report on the impact of the funding can be found on our website. Some key indicators include:

- Regular extra-curricular participation has risen to 69% from 37%
- 99% of pupils have taken part in inter-school sports competition
- 100% of pupils have taken part in intra-school sports competition
- 46% of children experiencing regular extra-curricular leadership opportunities
- Current number of activities offered to children: 22