



## Summer Term 2024 PE and Sport Review

Building on previous successes (School Games Gold Award for four consecutive years leading to the Platinum award 2018-), 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. The summer term has been culmination of the year's plans with areas such as inclusive practice, mental health and enrichment activities being further celebrated.

### **PE, Sport, Mental Health and Wellbeing**

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. This has been more poignant over recent years given the impact of Covid-19 on life, both in school and across wider society. A bespoke health and well-being survey for pupils in Year 3 and above was carried out back in the Autumn Term, 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 once again 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.

### **Health and Wellbeing Interventions**

Using data covering a wide range of lifestyle areas from the SHEU survey, positive health and fitness programmes were put in place for children. Wellbeing programmes included: Sports Hall Athletics, Leadership, Gross Motor & Physical Me, Least Active and Well-Being Boost. This has complimented work within PE lessons which school staff have targeted to meet children's specific needs.

In consultation with Mr Saul and Mr White, PE assistant Mr Willets has led tailor-made sessions for children across the whole-school with an aim of making activities enjoyable, accessible and raising physical fitness levels. These have included fun circuits to increase fitness, sensory circuits with more variety of activities to help the pupils be ready for their learning and essential activities (such as skipping, hopping and balancing).

They have also chosen to use the Path to Paris programme to engage and enthuse the children into being more physically active. The children have loved the programme so far and are reporting positive attitudes towards movement and activity. Path to Paris is a programme for schools, families and local communities designed to help children and their families to get active together, try new things and most importantly: have fun. It's all about team spirit and building a habit of physical activity. Path to Paris uses the inspiration of the Paris 2024 Olympic and Paralympic Games, to challenge children across the country to virtually travel to Paris by getting active. By taking part, children will grow in confidence and learn vital skills, such as teamwork and resilience.

The sessions have gone brilliantly, using the resources and sessions in consultation with Mr White at Clare Mount. There have been fun and motivating activities in agility, balance and coordination for Mr Willets to work with the students on. Each lesson had an intervention focus (such as agility, balance or coordination). These areas are important for young people to develop both in a PE context and in terms of linking in with the school curriculum e.g. strength in handwriting activities or using exercise circuits to fire neural pathways. The children who have been selected to take part have enjoyed the sessions and this will hopefully lead to increased activity levels going forward.

The interventions were designed to be short, enjoyable and appropriate for the age and stage of the young people. The aims of our physical activity and PE interventions were for targeted pupils to meet their needs around mental and physical health and to support attainment in PE and in the wider curriculum. PE interventions were also based on student voice and feedback. Children were selected for this intervention based on a range of data sources or recommendation. Some children were selected based on their baseline data in Sportshall Athletics activities; some children were selected based on their response to the SHEU survey; and some pupils were identified by teachers on the basis that physical activity can support their needs.

**Impact:** 18 pupils were selected for these interventions. Pupils have reported better confidence, increased self-esteem and more enjoyment in PE lessons:

- ✓ 93% enjoyed taking part in the physical activity intervention sessions
- ✓ 100% enjoy PE and sport
- ✓ 100% feel more confident in PE
- ✓ 93% think they are now physically fit
- ✓ 100% feel they are better at physical activity
- ✓ 100% now feel PE and sport are important



## Being Healthy and Safe Week

As part of our 'Keeping Healthy and Safe Week', the whole school enjoyed a range of activities including:

- yoga
- litter picking
- art and mindfulness
- healthy eating workshops
- making healthy smoothies
- 'super soul sanctuary'
- problem-solving circuits (and Y6 high-school transition)
- health and fitness circuits
- dental hygiene
- wake and shake
- rugby

### Rugby

The whole-school was treated to rugby coaching sessions. The focus was on fun, teamwork and developing some basic skills such as dribbling and passing.



## Yoga and Soul Sanctuary

Also as part of 'Keeping Healthy and Safe Week', all of our children took part in yoga and soul sanctuary classes with trained instructors. They learned about the meditative, calming nature of yoga and the expressive qualities of a variety of dances. Staff also took part during their own wellbeing session.



## Problem-Solving Circuits and Health and Fitness Circuits

Year 6 children enjoyed trying out problem-solving circuits at Clare Mount. The children were introduced to the sports hall space during their separate sessions. One of the games was 'Human Pac-Man!' This was co-created as a line tag game using Pacman characters with Mr White. This formed the basis for a discussion and teaching about healthy and active lives. There was a focus on the minimum Chief Medical Officer guidelines for pupils with additional needs linked to the work Orrets Meadow pupils consulted on with the government last year.

A further focus was what activities help pupils to reach the 60 minute active 30:30 target (30 minutes in school and 30 minutes at home).

The children were then introduced to the Clare Mount PE fitness suite. A small challenge was set to all pupils to use the KO8 fitness equipment to hold their body weight and activities were linked to proposed activities for year 7.

One more challenge was set around bringing their body weight up and down and using the bands safely to do this. A small co-discovery activity around sensory circuits was offered to both groups in their sessions to find out if they could design a calming activity using the bands. The trip was a fantastic opportunity to support transition.



The rest of the school enjoyed health and fitness circuits delivered by Mr Willetts. There was a wide range of activities including running, jumping, throwing, traditional playground games and skittles!



The summer term saw the successful launch of Disney Shooting Stars as a lunchtime club. Designed as a club, children can unlock their inner superheroes and get lost in the magic of Disney storytelling all whilst getting physically active, developing fundamental movement, speaking, and listening skills. Coaches call in the help of Disney smash hits such as Frozen, Aladdin, Toy Story, The Incredibles, Guardians of the Galaxy, and Avengers to support children to develop their physical literacy and introduce them to basic football skills via the power of play.

The Disney-themed football sessions attracted children who might have otherwise not accessed extra-curricular sporting opportunities. The sessions were led by Will Thomas and he was assisted by some of our Year 6 leaders. Children who attended loved the opportunity to play as their favourite characters and it helped to blend their creativity with love of movement. As a legacy some of the children involved have begun to access some of our other extra-curricular sporting activities.



## Active in Mind - Neil Danns

### 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. YST Athlete Mentor Neil Danns led Mental Health Ambassador training for Y6 pupils. 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. He then led a skateboarding session for all of the Y6 children outside on the playground - focussing on resilience, confidence and with a few flicks and tricks thrown in too!

### YST NEIL DANNIS





A highlight of the year was our return to the Wirral Schools' Dance Festival at the Floral Pavillion Theatre, New Brighton. With over 30 school groups performing it was another momentous occasion full of energy, atmosphere and colour. 15 of our children worked tirelessly over a half-term to prepare for the performance. The lunchtime sessions were led and choreographed by Mrs Walsh and supported by festival organiser and specialist dance teacher Gemma Corcoran from Clare Mount. Our dance was a diversity-themed dance full of sweeping rhythmical movements, blend of unison and canon and also individual freestyling. Each performer has their own t-shirt which said 'I am...' completed by their own individual characteristics. The children performed brilliantly and showed tremendous courage and passion. The crowd in the theatre went wild at the end of our performance!



## Staff Training

Mr Saul reviewed and celebrated successes of the new scheme of work for PE (Total PE+) which has been implemented and embedded throughout this academic year. The CPD involved evaluating the scheme, reviewing the long term plan and assessment. Teachers also enjoyed time for some practical activities in tennis and striking and fielding games. It was fun and even quite competitive in parts!



## Inclusive Football

As part of our cluster with Clare Mount Specialist Sports College and in partnership with Wirral School Games, we were lucky to continue an inclusive football league at Leasowe Recreation Centre. Featuring mainstream and special schools from across Wirral, our Y5/6 team has enjoyed playing 4 matches. Amazingly they managed to win all 4 of the 4! It was a fantastic experience for all involved and the children showed great passion, determination and teamwork whilst also behaving with respect and responsibility. Other fixtures against mainstream schools were played too.



## Taekwondo

Year 5 have enjoyed 6 weeks of taekwondo during their PE lessons. They have also learned discipline, respect and responsibility.



## Major League Baseball First Pitch

MLB  
FIRST PITCH

Zebra class were thrilled to be invited to a Major League Baseball festival in Liverpool, as part of the MLB First Pitch Programme. They built upon lessons led by Jon White which culminated in a fun festival. The children loved meeting children from other school, receiving some expert coaching and playing fun baseball games. MLB will continue as a club next year.



## Barnstondale Residential Trip May 2024



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 search and rescue. 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 hot and the obstacle courses were long and challenging. Friendships were made and the children grew in confidence, independence and maturity. Responsibility was encouraged with children taking up roles such as cleaners, waiting staff and even making their own beds! Teamwork was encouraged when den-building, lighting fires or facing the dark peril of 'nightline'! Social activities such as the campfire, adventure playground, 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.





## 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 culminates in a School Games Day to celebrate and offer a wide range of sporting opportunities. Staff were trained in using the School Games resources to lead activities including:

- Rounders
- Golf
- Badminton
- Netball
- Football
- Golf
- Handball
- Tennis
- Cycling
- Cricket
- Boccia
- Goalball



There has been a 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.



## **Impact of the PE and Sport Premium**

The impact of the PE and sport premium has been monitored and evaluated during the course of the year using measures such as the SHEU survey, staff and pupil voice, learning walks and lesson observations. It will be reported on a separate tool (AfPE and YST Evidencing the Impact) and will be available on the school website.

## **Development Targets for 2024-25**

1. Embed inclusive activities and/or disability sports into the long-term PE plan
2. Coach and mentor new teachers and teaching assistants
3. Introduce 'Rise Up' trauma-informed mental health in PE programme