



Spring Term 2019 PE Review

YOUTH SPORT TRUST
GIRLS ACTIVE

Girls Active – Leadership



Girls Active supports schools to understand what motivates girls to take part in physical activity. It enables teachers to work with the 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 it is delivered in partnership with This Girl Can and Women in Sport. The Chief Medical Officers (CMO) 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.
- secondary-age girls are more likely to experience barriers to participation than boys
- 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.

The latest data shows that there is a confidence crisis in young girls stopping them from getting active from the age of seven. The research involved 5,454 boys and girls aged 7 to 11-years-old across England. It shows that even in primary school, almost twice as many girls as boys report that a lack of confidence stops them being active in school. Girls Active aims to tackle the negative attitudes that girls have towards their body image, improve their attitude towards PE, sport and physical activity, and to work with schools to make sport more relevant to girls' lives.

The project at Orrets Meadow, aiming to increase physical activity levels of girls, has followed on from a Youth Sport Trust training day held at Bolton Arena last year. Under the guidance of Mr Saul, Miss MacGregor has led the Girls Active programme at Orrets Meadow this year. She has acted as a positive female role-model for PE and sport and has assembled a group of volunteers from across the school to plan, organise and deliver a range of sporting activities and events for girls in school. Surveys were conducted to help inform planning and also to monitor the impact on confidence levels, physical activity levels etc.

Following on from leadership training (Move It Makers/Change4Life Champions) delivered by Miss Corcoran and Mr White (Clare Mount Specialist Sports College), the girls have led activities such as dance, wake and shake, Zumba, boccia, seated volleyball, health and fitness circuits and New Age Kurling. The aim is to boost physical activity levels and enjoyment for all. The feedback has been amazing so far and the girls are already showing increased confidence levels and enthusiasm for physical activity. Less-active girls in school have begun to join in the Girls Active activities and some girls are now attending more traditional sports clubs in schools.

Girls Active - Football Festival with LJMU

As part of our partnership with Clare Mount Specialist Sports College, a Girls Active football festival event was held at Orrets Meadow led by teachers from Liverpool John Moores University. It was a fun-filled session for 14 of our girls, packed with warm-up games, skill development games and finished with a mini-tournament. The girls also took on leadership roles including photographer, timekeeper, scorer and officials. All the girls received certificates and had a fantastic time. The plan is for a girls-only football club at lunchtime and for some of the girls to join in the main football lunchtime club.



Peer Leadership – Curriculum

Following on from leadership CPD given to staff (by Mr White and Mr Saul) during the autumn term, Class 3 and Class 6 worked on a 5 week programme of leadership within their PE lessons. This culminated in a PE festival of dance and tag-rugby. Class 3 learned leadership through dance during the programme and Class 6 learned leadership through tag-rugby. All children were involved in leading others through warm-ups, skills sessions or games. Other roles included equipment organisers, planning, media, officiating and scoring. Girls Active also contributed to the event by leading a wake and shake dance for both classes. The festival was a wonderful event with children showcasing their leadership skills. They demonstrated confidence, enthusiasm, good communication skills and resilience. It was a credit to all of the staff and children involved.



Competitive Opportunities

In February, some of our younger less-active children enjoyed the opportunity to compete in a New Age Kurling tournament at Leasowe Recreation Centre. NAK is an opportunity for SEND children to engage in a target and tactic driven sport. The game is designed to develop social and motor skills and is suitable for students with a variety of needs. The children were enthusiastic about the event and we are proud that they achieved 3rd place.

As part of the same event, 8 Year 6 children were chosen to represent the school in a seated volleyball festival. 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 very proud of our team who managed to win 2 of their 4 matches. The sport has since proved extremely popular back at school.



Inter-School Competition

As well as attending festivals and tournaments Orrets Meadow has continued to enjoy football fixtures against other schools. The children have not only performed well during games but they have displayed fantastic sporting behaviour mirroring the Olympic values which are embedded throughout our school life: determination, equality, inspiration, respect, courage, friendship and excellence. A mixture of pupils from different classes enjoyed an opportunity to play boccia with Hayfield School. It was a fantastic match with the emphasis on inclusion, participation and friendship. The children all had a chance to be a captain and make decisions for their teams.



Enrichment Activities

Judo

Alongside competitive events we have continued to provide a range of enrichment activities for the children. In January Class 3 were delighted to participate in 5 weeks of Judo led by a former Commonwealth Games competitor for England. 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 many past pupils who are still attending the club. Judo has been a great success at Orrets, not only helping to instil sporting values such as respect and discipline but also helping to promote life-long participation in physical activity.



Give It Your Max – tennis coaching



We have continued the Give It Your Max tennis programme this year following an extremely successful experience last year. Chris Thelwall (Prenton Tennis Club) has been coaching Class 5 and Class 7 in tennis skills, leadership and in a new initiative called 'cardio tennis' – a high intensity fun indoor version of tennis played to dance music! The children have loved the sessions and the plan will be to extend this through Mrs Amer's tennis club, held daily at lunchtime.



On 29th 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. The event saw 66 young people from Orrets Meadow and partner schools Lingham and Holy Spirit come together to have fun and learn some new sports and activities. Each participant experienced some trampolining, box-fit, tennis and Zumba and they were helped to enjoy the activities by Clare Mount 6th form sports leaders, PE teachers and partner coaches Gemma Rigby from @KidsfitWirral and Chris Thelwall from Prenton Tennis Club. At the end of the afternoon different 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. This has helped some of those young people to become more active in school and even one of the children has now taken up trampolining club out of school!



Staff training



Staff have continued to be offered a rich and varied programme of CPD and training including follow-up sessions. Mr Saul and Mr White led additional training building upon the National Autistic Society Autism in PE course. The session was based upon the YST publication 'All About Autism All About Me' and in-depth practical demonstrations were shown to staff based on the using the inclusion spectrum in curriculum lessons. This has been reinforced during weekly lessons with Mr White. Teaching Assistants have also continued to receive mentoring and coaching from Mr White with targeted objectives tailored to meet the needs of the individual and class.

Dance – World in a Box



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. The plan is for the staff who received the training to cascade this back to other members of staff and Mrs Poynton (dance specialist from Clare Mount) will come in to school to help the resource be implemented within curriculum lessons. The feedback so far has been incredibly positive and it is an exciting development in dance at Orrets Meadow.

FA Primary Teachers Award



Mr Willets (PE Apprentice) enjoyed the great opportunity of completing the FA Primary Teachers' Award held at Tranmere Rovers FC. We've developed it 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 Mr Willets 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

