



Spring Term 2023 PE and Sport Review

Building on successes such as the Platinum School Games Award (2019-22), 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.

PE, Sport and Mental Health

In the autumn term, a bespoke health and well-being survey for pupils in Year 3 and above was been carried out 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 been analysed and has 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.

Using data covering a wide range of lifestyle areas from the SHEU survey, positive mental health and health and fitness programmes have been put in place for children. Wellbeing programmes included: Sports Hall Athletics, Leadership, Gross Motor & Physical Me, Least Active and Well-Being Boost.

In consultation with Mr Saul and Mr White, PE assistant Mr Willets has led tailor-made sessions for children across the whole-school (minimum of two sessions per week per child) 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). The programme is largely based on an initiative called 'Start to Move' from the Youth Sport Trust.

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.

The sessions will continue through the summer term with full impact statement.

Edsential Total PE+ Scheme of Work 2023



Orrets Meadow has been successfully following the Wirral PE scheme of work since 2014. Using part of our PE and sport Premium (under SLA with Clare Mount Specialist Sports College), we have purchased the license for the new Total PE+ Scheme of work from local CIC Edsential. The scheme adopts a modern approach to the teaching of PE, with ambitious learning plans that

develop Physical, Thinking and Social skills in every lesson and encourage a deeper understanding of Healthy Lifestyles. Total PE+ has been developed and continues to be updated by current and practicing primary PE professionals.

Recognised by recent 'Deep Dives' as a key driver behind a successful PE curriculum, Total PE+ delivers planning, assessment and more. The planning provides useful progression documents which illustrate how all the strands are covered from Year 1 to year 6. The key knowledge and vocabulary for each unit of work, for each year group, has been clearly identified on the knowledge mats provided. The scheme includes over 100 videos to support teaching, which are short and easy to follow with accompanying instructions. There are over 300 detailed learning plans from EYFS to Year 6 with an easy to follow learning structure with clear objectives for each aspect of the lesson. Key questions are included in all lessons. The progression takes a thematic approach over a sport-specific approach to games in Key Stage 2. Health and fitness, equality and diversity and outdoor learning are embedded throughout the scheme.

Total PE+ uses an easy to follow assessment tool which assesses attainment in all 4 aspects of planning. The system also offers graphs and visuals to identify key trends whilst requiring low maintenance and it uses a realistic inputting model.



Skill progression plans help to track the progression of skills from EYFS to KS2 across areas such as

- Physical Competence
- Thinking and Decision Making
- Social Skills
- Healthy Active Lifestyles
- Health and Fitness/Equality and Diversity/OAA

Knowledge organisers provide an overview of learning for all series of teaching including: objectives, vocabulary, prior learning and end points.



The scheme is currently being studied and evaluated by Mr Saul and Mr White before being trialled in the summer term with a view to being implemented across the school in September 2023.

Staff CPD

Our main priority for CPD this year has been the coaching and mentoring of new teaching and support staff in our established PE and sport practice (school has expanded and new staff were appointed for September 2022). Mr Saul has co-ordinated this CPD with Mr White working with both teachers and teaching assistants. Opportunities for observation, team-teaching and reflective practice have been promoted. Both Mr White and Mr Saul have been available for modelling good practice and as an ongoing support network. Teaching staff involved have reported increased subject knowledge and confidence and observations have shown good or outstanding practice.

Mr White has also continued to work with our teaching assistants in their PE lessons on how to support all our pupils to achieve in PE. The teaching assistants have been applying the strategies from their 'All About Autism' e-learning so that all our pupils can fully access PE lessons. The modules were developed by the Youth Sport Trust and The National Autistic Society and were based on the guide written by Mr White and his colleagues at Clare Mount.

Staff have been encouraged to reflect on their learning and knowledge from the accredited e-learning. Staff have reflected on what strategies they have used to support a pupil or pupil's to achieve in the lesson, using their All About Autism learning, the Inclusion Spectrum teaching model and STEP tool. Each member of

staff is encouraged to reflect on 'what went well' and 'even better if' after each lesson. Teaching assistants and staff have also been trained in the idea of a sensory sanctuary and a sport sanctuary so that pupils can be supported in moving from sensory activities to PE lessons.



Golf CPD



In March, Mrs Walsh was offered the fantastic opportunity to be a part of the Golf Foundation National Primary School's Programme. She enjoyed a 2-hour teacher training workshop focusing on FUN practical activities, curriculum delivery, inclusion, Skills for Life and developing links with your local HSBC Golf Roots Centre. Using the training, Mrs Walsh will lead golf with her class and potentially to others during a club. Orrets Meadow will also receive a bag of golf equipment worth £395 to help implement the programme. This will link well at a local level with the upcoming Open Championship at Royal Liverpool, Hoylake in July.

Delivering fun and meaningful golf sessions in primary schools to introduce more children to golf. This structured programme aims to help pupils learn the basic golf skills at school, develop skills for life, be active and have the opportunity to continue to progress at a local golf club.

Programme Benefits to the child:

- Provide an opportunity to sample golf at school in their familiar environment
- Acquire the key skills for golf in a fun and safe way
- Be introduced to an individual sport. Golf is a great way to set personal best scores, work out how to improve next time and track progress

- Develop 'Skills for Life' tools such as emotional control, focus, visualisation and self-reflection and also the importance of honesty, respect, perseverance and teamwork.

Programme Benefits to the school:

- Offers a non-traditional school sport
- A vehicle to teach positive values and the power of sport (Skills for Life)
- Offers an individual sport as an alternative to team sports
- An ideal choice for all pupils or an alternative approach to engage hard to reach groups
- Creates a community school - club link with a local club and coach
- Prepares pupils to be part of a team for a School Games Golf Competition
- The Golf Foundation can provide teacher training and resources to increase their confidence, knowledge and skills in delivering golf in PE and sport sessions.

FA Girls #LetGirlsPlay 'Biggest Ever Football Session'



The FA Girls #LetGirlsPlay 'Biggest Ever Football Session' took place on the same date as International Women's Day - Wednesday 8th March 2023. During this day, FA Girls Partnerships from across the country aimed to engage as many girls as possible in footballing provision. Orrets Meadow attended a #LetGirlsPlay Festival at Leasowe Recreation Centre.

The Football Association has recently launched a campaign to ensure girls have the same access to football in schools and in clubs by 2024 as boys do.

#LetGirlsPlay is a call for change.

Research shared as part of the campaign shows that football is very popular amongst girls and that the numbers of girls engaged in football is continuing to grow. Whilst football is the most popular team sport for young people in England, only a third of girls aged 5-18 years participate each week. The research findings show that that 90% of girls that play, enjoy it, 60% of these girls that play football in schools want to play more and 91% of girls that don't play, want the opportunity to do so.

As part of the same research girls were asked what they thought the benefits to playing football were and how football made the girls feel. Their responses identified physical and holistic benefits:

- 88% play to keep fit and healthy.
- 73% plan to learn/develop social skills.
- 73% play because it increases their self-confidence.
- 52% play to relieve stress and worry and 92% play because it is fun.

The girls played brilliantly and showed tremendous sporting values and character throughout the competition. For many it was their first time ever playing in a match and they were delighted to win one of their games!



Panathlon



RIVERSIDE BOWL

In February, children from across the school were lucky to be invited to play in the Wirral Ten Pin bowling at the Riverside Bowl, New Brighton. The Panathlon Foundation is a National Charity (www.panathlon.com) that works with SEN/Disabled young people and it teamed up with Wirral School Games to host the competition for SEN primary children. Our children (and staff!) had a fantastic time at the event.



Inter-House Football

The spring term has seen the ever-popular return of the inter-house football competition between the four planets of the school: Earth, Mars, Saturn and Neptune. It has been a fantastic opportunity for children from across the school to participate in competitive sport - the emphasis on fun while fostering teamwork, a sense of identity and community spirit. The competition has seen over 30 children take part and both the quality of play and sporting values on show have been amazing. The competition continues...



Impact of PE and Sport Premium

The impact of the PE and sport premium will be monitored and evaluated during the course of the year using measures such as the SHEU survey. It will be reported on a separate tool (AfPE and YST Evidencing the Impact) and will be available on the school website.