



Autumn Term 2022 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.

Association for Physical Education Quality Mark



Orrets Meadow was extremely proud to retain the Quality Mark with Distinction from AfPE (The Association for Physical Education). It is the culmination of years of hard work by all the staff, governors and children; including the many challenges brought about by COVID-19. It was an extremely rigorous process involving a lengthy application process, validation visits and the final decision being made by a panel of national experts. The panel were so impressed by the quality of our application and the validator's feedback, that our application documentation has been submitted to the Department for Education as a model of good practice.

All young people are entitled to benefit from high quality physical education and there is significant evidence to show this supports other learning right across the curriculum. It also contributes to healthy and active lifestyles, improves emotional well-being, reduces poor behaviour, increases attendance and develops key skills such as leadership, confidence and social skills. The benefits of the afPE Quality Mark:

- Ensures rigour and sustainability in the planning, monitoring and continuous development of high quality physical education and sport

- Recognises and celebrates outstanding practice and innovation in physical education and sport so that the school 'stands out from the crowd'
- Raises the profile and promotes a positive message of physical education and sport at a local, regional and national level
- Provides a platform for sharing excellence and success

Leeds Beckett University Carnegie Mental Health Award



Orrets Meadow is extremely proud to have achieved the Leeds Carnegie School Mental Health Silver Award. This award takes a community approach to mental health providing a framework to evidence policies and initiatives that work towards improving mental health and wellbeing for both staff and pupils within the wider school community. Using a development framework, we evaluated our current mental health practices, identified gaps, developed and strengthened these and worked towards building an emotionally healthy community for all.

The award process took a whole school approach to mental health and covered eight key competencies each with a series of statements that we worked to embed. The eight competencies were:

- Leadership and strategy
- Organisational structure and culture - staff
- Organisational structure and culture - pupils
- Support for staff
- Support for pupils

- Staff professional development and learning
- Working with parents and carers
- Working with external services

The award process allowed us to make mental health and wellbeing a guided strategic priority for school development. Orrets Meadow developed an implementation plan and guided the school community through a process of building the skills and knowledge needed to bring about whole school improvements in mental health and wellbeing. We worked with an allocated coach to create a personalised action plan for the school. Together, developed a portfolio of evidence for our school set against the competencies of the framework. Our evidence was then verified against the three levels: bronze, silver and gold. We achieved silver as to achieve gold we would have to be involved as leaders at a national level, which may be of interest in the future. Orrets Meadow will continue to strive to promote positive mental health and wellbeing for all its stakeholders.

School Games Platinum Award



The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward and recognise school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active, and we are delighted to have been recognised for our success. Our physical activity and school sport achievements for 2021-22 included:

- **Whole-school SHEU data reported:**
 - 91% enjoy or really enjoy PE lessons
 - 93% try hard in PE
 - 76% are confident in PE lessons
 - 91% feel they are doing well in PE lessons
 - 89% feel they are getting better at PE
 - 31% belong to sports club outside of school
 - 64% had exercised at least 3 times per week

- 38% had exercised at least 5 times per week
- 98% believe being physically active is important
- 64% feel confident always or most of the time
- 93% happy or very happy with their life most of the time
- 18 children were involved in targeted PE interventions (following SHEU data) reported:
 - 100% enjoyed physical activity intervention sessions
 - 85% enjoy PE and sport
 - 77% think they are now physically fit
 - 100% feel they are better at physical activity
 - 100% now feel PE and sport are important
- 67% of OM children engaged with extra-curricular sports (July 2022)
- Level 1 school games opportunities: 22 sports
- Fit Fun Fests encouraging less physically active through inclusive activities
- PSHE – Healthy and Safe Week
- Magic Mile encouraging whole-school physical activity
- Girls Active and impact:
 - 92% of girls enjoy or really enjoy PE lessons
 - 100% of girls confident in PE lessons
 - 100% of girls think they are doing well in PE lessons
 - 92% of girls think they are getting better in PE lessons
 - 46% of girls belong to a sports club outside of school
 - 69% of girls think they are fit
 - 77% of girls had exercised at least 3 times per week
 - 46% of girls had exercised at least 5 times per week
 - 100% of girls happy or very happy with their lives
 - 85% of girls confident most or all of the time
- Inclusive Football at Leasowe
- Enrichment: Judo, Forest Schools, Full of Beans
- Movement Matters and Physical Literacy Exchange – Orrets Meadow children views contributing to national policies and programmes

We are extremely proud of our pupils for their dedication to all aspects of physical activity and school sport, including those young volunteers, leaders and officials who made our events possible. We are committed to using the School Games to try and engage those young people who haven't previously been active or represented our school and to try and ensure that all our students have a positive experience and want to try out new activities beyond school too in our community. We believe in the power of physical activity and school sport as a school and give opportunities to those young people that need it most either as a participant, leader, official or volunteer. As part of our application, we were asked to fulfil criteria in the areas linked to the five School Games outcomes and we are pleased that the hard work of everyone at our school has been rewarded this year.

The validators' report said, 'Your Platinum Case Study has really interesting data and displays how exceptional Orrets Meadow is. It's a testament to the outstanding provision you provide for school sport and PE. You have done your school, Clare Mount and Wirral School Games proud and we are privileged to work with such an outstanding school.'

Fit Fun Fests at Clare Mount Specialist Sports College

Rugby World Cup 2022



In October, Year 6 children enjoyed a highly energetic, creative and exciting rugby world cup-themed Fit Fun Fest. An inclusive carousel of activities included the Haka dance workshop, co-operative team games and passing drills delivered by Sale Sharks.



Christmas Fit Fun Fest

More of our Year 6 children went to Clare Mount to enjoy an inclusive Christmas Fit Fun Fest. Activities included a snowball fight, candy hockey, reindeer toss and collect Santa's presents.



Inspiration: Team GB Olympic Gymnast Dan Purvis

In October, our Year 6 classes received an invitation to meet international gymnast Dan Purvis for an inspirational talk and gymnastics workshop. The children were fascinated by Dan's life story and career and were keen to listen to his advice on determination, resilience and teamwork. The children enjoyed an assembly with awe-inspiring demonstrations by Dan, followed by a circuit of gymnastic activities including pommel horse, trampolines and climbing apparatus.



Little Hobbits



Orrets Meadow has continued to use some of its PE and Sport premium to provide our children with outdoor and adventurous activities.

Little Hobbits offers a unique stay and play Forest School experience. The sessions consist of exciting sensory and creative play experiences, as well as Forest School games and songs! The instructors are led and guided by the children's interests and passions. They provide a mixture of the following activities at our sessions:

- Sensory Play
- Messy Play
- Tree Climbing
- Bug Hunting
- Wood Carving
- Campfire Cooking
- Water Play
- Tool use
- Den Building
- Clay Sculpting
- Exploring Nature
- Woodland Adventures
- Woodland hunts
- Bug identification
- Hot drink & snack

As well as physical and functional skills, children also developed life skills such as teamwork, problem-solving, resilience, confidence, respect and empathy.



Judo

The autumn term saw the welcome return of Judo Education to Orrets Meadow. Year 6 children were delighted to participate in 6 weeks of judo. 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 past pupils who are still attending the club. Judo has been a great success at Orrets, and it can give so much more to children than just belts and medals. It can be a way of improving their day to day life and help them lead it in a more disciplined and respectful manner. One of the leading European Judo Federation's moral code sums up exactly what judo can do for children and it is *politeness, courage, sincerity, self-control, honour, modesty, friendship and respect*. These match our school's aims and values.



Mental Health Champions



In November our Year 6 children qualified as Mental Health Champions. The Mental Health Champion Training Programme is an engaging and empowering learning journey that teaches pupil's advanced insights into caring for their own mental health as well as supporting their peers. The programme enabled us to train pupils in Year 6 to make a positive impact across our whole school.

Pupils will learn and experience:

- A deeper understanding of their own mental health.
- The 5 key skills and 5 qualities of a great Mental Health Champion.
- Evidence based approaches to caring for their own mental health.
- Opportunities to practice and role play strategies.
- Practical tips for providing support to their peers.
- Develop an action plan of how they can promote positive mental health around school.



Impact of the PE and Sport Premium will be shown in future celebratory reports and on the website under 'Evidencing the Impact' on the school website.