



Autumn Term 2020 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. We are extremely proud to have achieved the School Games Platinum Award in 2019. Our overall aim is to provide as many positive opportunities for our young people as possible and promote lifelong health and wellbeing.

PE, Sport and Mental Health

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 than ever this year 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 has 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 will help to inform and plan education programmes, identify pupils at risk of mental health difficulties and plan interventions. Some of the data will also help to inform and plan PE and school sport activities and initiatives.

On returning in September, the whole school followed the Dimensions Curriculum 'Let's start again' lessons, specifically designed to help children settle back into school after a prolonged time away. The programme focussed on building back social and personal relationships, gratitude, hope, dealing with anxiety and creating a sense of community. In addition to these lessons, PE lessons included a focus on relaxation and mindfulness with the whole-school having access to yoga.



Health, Fitness and 'Start To Move'

Using data from our intra-school sportshall athletics programme and SHEU survey, positive health and fitness programmes were put in place for some of our physically less active children and those who have challenges around obesity, developmental milestones or co-ordination linked to their additional needs. 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.

With many children's physical activity levels dropping during lockdown, school has been in a very strong place to address this challenge using the return to school. Last school year Liverpool John Moores University data showed that some children at school really needed extra support to access their PE lessons

on an equal level with their peers. This year Orrets Meadow has moved a step further by selecting pupils for a package of extra support across a range of health and fitness areas such as fun circuits to increase fitness, sensory circuits with more variety of activities to help the pupils be ready for their learning in PE and using a programme of fun but essential activities (such as skipping, hopping and balancing). The programme is based on an initiative called 'Start to Move' from the Youth Sport Trust.

Mr Willets reports that the sessions are going very well, using the resources and sessions in consultation with Mr White at Clare Mount. Crucially, Mr Willets reports that the sessions have been found very enjoyable by the children selected to take part. The 'Start to Move' approach is a nationally recognised high quality COVID recovery intervention and has been shared with the DfE National Inclusion 2020 Steering group by Mr White.



Enrichment Activities

Giraffe class have taken part in an exciting virtual dance project with a number of other Wirral schools. The children have enjoyed 6 online live dance classes via Zoom which culminated in a virtual dance performance in December. The project was led by Lucy Poynton from Clare Mount Specialist Sports College as part of her work with ParaDance UK and director of SHaDoW Dance (Social, health and dance wellbeing). Staff reported high levels of pupil engagement and increases in children's confidence and physical fitness.



My Personal Best



**YOUTH
SPORT
TRUST**

YST MY PERSONAL BEST PRIMARY



Despite the limitations caused by Covid-19, staff at Orrets have continued to be offered a programme of CPD and support. This included twilight INSET led by John White (Clare Mount Specialist Sports College), focusing on the YST programme 'My Personal Best'. The pilot for this project has been integrated into curriculum PE lessons and the feedback so far has been extremely positive from staff and children. Orrets Meadow is the first primary special school in the UK to be delivering this programme as a part of their curriculum using their own staff and PE specialist support (rather than an external agency delivering all lessons).

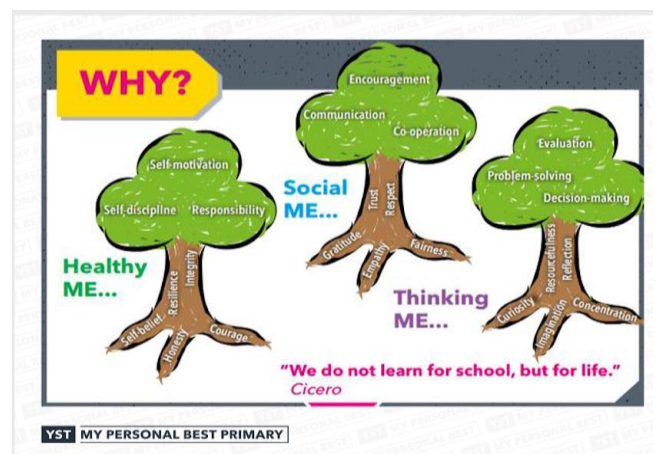
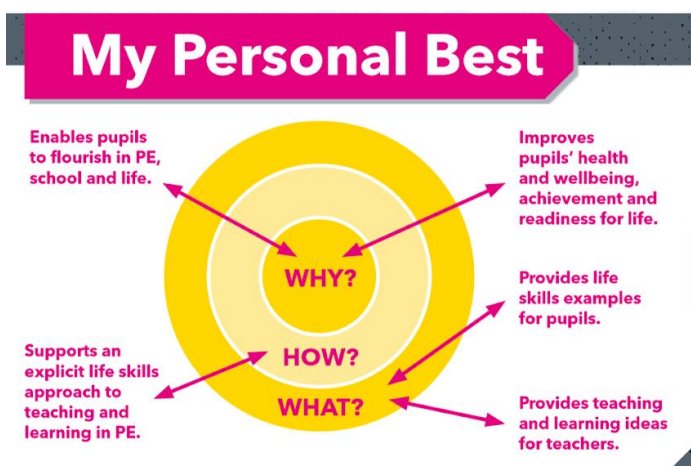
My Personal Best uses an explicit life skills approach to teaching PE. It supports every child and young person to flourish and to achieve their personal best in PE, school and life.

My Personal Best life skills are grouped into three areas:

Healthy Me - supports pupils to develop the personal traits that underpin good health and wellbeing and their personal achievement.

Social Me - supports pupils to develop the traits that help them to understand others and work well with other people.

Thinking Me - supports pupils to develop the cognitive and creative traits that enable them to create opportunities, overcome challenges and make choices.

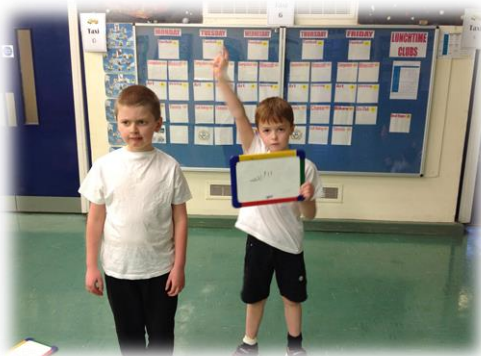


My personal best suggests teaching and learning methods that maximise - and make explicit - the development of pupils' life skills. These are based on a process that supports pupils to become more independent - whatever their ability. It recognises that pupils with complex and additional needs may need more support or take longer to adopt these learning methods but supports school and families to have high aspirations for all children and young people.

Methods include:

- Leading
- Reciprocal Teaching
- Peer-coaching
- Personal goal-setting
- Self-review

- Peer-review
- Problem-solving
- Creating
- Team roles
- Whole-part-whole
- Big task



This year Orrets Meadow has trained all staff in how to teach life skills (such as honesty, responsibility and communication) in lessons using PE activities. The training has been led by Mr Saul and Mr White (our specialist PE teacher from Clare Mount Specialist Sports College using the PE and Sport Premium Funding). At the beginning of the autumn term, Mr White delivered four sessions of training to help staff understand the programme and to stress its importance to school. Teaching assistants have also had full access to the training so that they can, as ever, support pupil progress effectively. During the second half term, Mr White has been working with Mrs Gordon and Mrs McGregor to 'upskill' these staff in how to teach My Personal Best (My PB). Both teachers

have consulted with Mr White on planning, delivery and impact. Staff teach their My PB lessons and then complete a reflection on their teaching. Teaching and support staff from both classes have reported that the programme is enjoyable to teach and is making a huge impact to the life skills of their children. Staff have also reported how refreshing it is to focus on a single character trait such as 'resilience' and to teach this through a fun practical lesson. The feedback from children has also been positive so far.

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.