



## Autumn Term 2016 PE and Sport Review



It has been another busy and successful term for PE and school sport at Orrets Meadow. We were extremely proud to be named the Primary School of the Year for PE and Sport by the Merseyside Sports Partnership. It was a remarkable achievement for a school of our size and context. The award followed on from maintaining the Gold Mark Award from School Games and we have looked for new and innovative ways of further improving our PE and school sport.

### Competitive opportunities

Each half termly scheme of work delivered in school culminates in a Level 1 intra-school event to engage as many youngsters as possible. This then feeds into a Level 2 inter-school event to be held in the last week of each half term. As much as possible, events coincide with national and international events to have the "Wimbledon effect" on youngsters and inspire them to participate in sports beyond the school gates.

This term we have taken part in a number of sports festivals and opportunities:

#### Sportshall Athletics

Following on from the inspiration of the Rio Olympics, in November 10 children from Year 5&6 were selected to compete at the Sportshall Inclusive Athletics event at the Kingsway Academy in Wallasey. This followed a whole-school unit of work and the top 10 children assessed over 10 decathlon events were sent to represent the school. Sportshall Athletics gives pupils the chance to participate in indoor track and field athletics. It is inclusive, competitive, quick and fun and allows all pupils to compete in a number of activities. Pupils participated in all of the activities and collected points for their team. There were also relay races as a grand finale.





We were very proud of Orrets Meadow's athletics team as they managed to win the competition, beating a range of personal bests in the process. Events included the standing long jump, javelin, speed bounce, target throw, hi-stepper and the chest push. The children had a fantastic time and their efforts are evidence of the hard work staff have put into teaching the athletics programme during the Autumn Term.

### Polybat

8 pupils from our ASC classes enjoyed the opportunity to compete at a Level 2 polybat competition. Polybat is a simplified form of table tennis. The game does not require the ball to bounce on the table so is ideal for those who have difficulties with co-ordination or balance. The game can be played seated or standing so is suitable for all. The children had a wonderful time and we are very proud to announce they won the competition and have qualified for the Level 3 Merseyside Polybat final! They also won awards for honesty and respect.



## Leadership

Orrets Meadow is looking to build upon the successes of last year's Young Ambassador Peer Leader. Improving the independence of pupils is a whole-school priority and leadership through PE and sport can help to achieve these aims. We have embarked upon the Young Ambassador Peer Leader Programme and 12 volunteers from Y6 enjoyed training in leadership and inclusive activities. This will then be extended to Y5 pupils later in the academic year.

YA Peer Leaders is an intervention, funded by the Department for Education, providing young people in Years 5-9 the opportunity step onto the leadership ladder. YA Peer Leaders receive training to develop their leadership skills and improve their delivery of inclusive physical activities through learning and applying the STEP principle. Each YA Peer Leader will deliver **12 weeks/sessions of lunchtime activity** with priority given to pupils who have been identified as **not currently being fully engaged by the current sport offer**. The participants selected will go through the following journey on the programme:

### YA Peer Leader Journey



### Participant Journey



The programme aims to increase the activity levels of young people in KS1-2 and provide them with the motivation to seek further opportunities in both leadership and school sport.

Pupils were surveyed for their views and levels of activity in week 1 of the programme and that will be repeated in week 12 to measure progress.

Young Ambassador Peer Leaders will:

1. Be the youth voice for PE and school sport in their school and community
2. Promote the positive values of sport
3. Be a role model and will champion PE and school sport
4. Increase participation opportunities and healthy lifestyles for everyone

The programme has begun and is being co-ordinated by Mr Saul with assistance from Miss McDonough. So far the leaders have made an excellent start showing confidence and commitment. The participant children are enjoying a range of inclusive activities such as shrinking circles boccia, guided athletics, sitting volleyball and goalball.

### Inspiration

A group of 8 Y5/6 children were lucky to be invited to an inspirational assembly at Clare Mount Specialist Sports College. The 'DARE TO ASPIRE' session was an hour long interactive assembly type interactive show. Led by ex-South Africa rugby player George Fouche, it challenges students from year 1 to year 13 to look at the qualities needed to become successful, how to overcome hardships and follow their ambitions without giving up on their dream careers. The children were captivated by the charisma of George and his amazing life story and they came back inspired to work hard, never give up and to 'dare to aspire'!





## Inter-School Competition

As well as attending festivals and tournaments Orrets Meadow has continued to enjoy success in independent 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.

Mr Kophamel has used the new minibus to increase the amount of away fixtures the school can play. This has given more children the opportunity to play and has given more opportunities for social interaction ahead of future transition. Schools played have included Lingham, Liscard, Hayfield and Sandbrook. There has been a conscious effort to include younger children and those with additional needs such as ASC in a friendly and fun environment. Plans to replicate this model for a wider range of sports are in place.



## Enrichment Activities

Alongside competitive events we have continued to provide a range of enrichment activities for the children. The Autumn Term has seen the return of the extremely popular Dance Club led by a specialist dance teacher. Mrs Walsh received some training during these sessions and will be using her talents to continue the club, with an emphasis on fun and health and fitness.



Orrets Meadow was delighted to provide a new exciting opportunity - Taekwondo! Employing the services of Wirral Taekwondo, Classes 1,2,4 & 7 were lucky to receive 5 taster sessions. Taekwondo is an ancient form of unarmed combat practiced for many centuries in Korea. Tae means to jump, kick or smash with the foot, Kwon means to punch, strike or destroy with the hand and Do is art, method or way. It is proven to be the most powerful system of self-defence ever devised. To the Korean people Taekwondo is more than a mere use of skilled movements. It also promotes a way of life with a strong sway towards the more philosophical side, particularly instilling a concept and spirit of self-imposed discipline and an ideal of noble moral re-armament.

With training in Taekwondo and the content of the classes and the way they are run, the children will develop: self-defence skills, improved self-confidence, higher self-esteem, improved communication skills and interaction within groups.

The sessions were a great success and the children loved it. Feedback indicated that 93% would like to do Taekwondo again in the future. Following on from the course, 6 children have taken up Taekwondo and have joined Wirral and Chester Taekwondo Club. This outcome fits well with our ultimate aim of inspiring life-long participation in physical exercise and sport.



## Staff training

Teaching staff have continued to be offered a rich and varied programme of CPD and training including inclusion and differentiation in PE & the STEP framework, deployment of Teaching Assistants and assessment for learning in PE. Training has been extended this year to Teaching Assistants, with the focus on assessment for learning and differentiation in PE. Some of the training has been run in partnership with Clare Mount Specialist Sports College. Mr Saul has led some theory based sessions, practical activities and individual support sessions. This has been reinforced during lessons and meetings delivered by Mr White from Clare Mount Specialist Sports College.

## **Physical Education and Sport Apprentice Scheme**

After the highly successful impact Mr Hayes made during his time with us last year, the school has appointed another full-time PE and Sport Assistant. Miss McDonough has joined the staff and leads sessions such as sensory circuits, extra-curricular activities and assisting in PE lessons every afternoon.

Additional duties include managing and organising equipment and updating the school website and social media. She will be driving forwards the leadership programme and intra-school competition.

The value the position of a PE apprentice can bring to school includes:

- Role-models for pupils in school. Young men or women contributing to society by working with passion and enthusiasm
- They assist with PE lessons enabling teachers to enhance their practice, provide differentiated learning and in some instances the apprentices can lead parts of lessons and advise on coverage of units and session ideas
- They contribute to other subjects e.g. reading, maths and groups interventions
- Help to transform extra-curricular sport and activities
- Help to get less active young people interested in sport and physical activity thus contributing to their general health and well-being
- Lead on competitive sports opportunities through schemes such as the School Games

## **Monitoring and assessment of the impact of PE funding**

### **PE and sport surveys**

Traditionally one of the first tasks has been to find out how pupils and staff feel about PE and sport and then tailor our plans accordingly. Staff have completed comprehensive PE audits and pupils answer short questionnaires. However we are now in the fourth academic year of monitoring and assessing the use of our PE funding. The results from July 2015 (shown in Appendix A) were so positive that despite continuing to use them to inform our strategy,



different targets for improvement have been developed this year with their own monitoring tools and success criteria.

Pupils have been surveyed in conjunction with the YA Peer Leader Programme and staff continue to be provided with tailored support and CPD. The Orrets Meadow surveys will be repeated periodically to help with quality assurance. Teaching Assistants have completed the surveys, however, as they were not included in the past. More targeted support will be put in place for TA's this academic year.

As Orrets Meadow strives to further improve the quality quantity of PE and school sport, applications will be made to maintain our current Gold Award from the School Games and to achieve our next aim: the Association for PE Quality Mark. Future reports will contain data evidencing progress towards such accreditations.