

Autumn Term 2015 PE Review

It has been another busy term for PE and school sport at Orrets Meadow. We were extremely proud to be nominated for the Merseyside Sport Primary School of the Year Award. It was a great achievement for a school of our size and context. Following on from obtaining the Gold Mark Award from Sainsbury's School Games, 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:

World Cup Tag Rugby Festival



On the 17th of September 2015 Orrets Meadow took part in Tag Rugby festival in celebration of the Rugby World Cup. A selection of year 5 and 6 pupils were chosen to compete in the competition. The festival was held at New Brighton Rugby Club and organised by the RFU and Clare Mount Specialist Sports College.

Each school entering the competition was given a country to represent. Orrets Meadow were representing Fiji! At the beginning of the festival there was an opening ceremony which allowed the pupils to proudly fly the flag of the country they were representing. Following this, every team took part in a mass Haka!

Orrets Meadow played 4 matches, winning 2 and narrowly missing out of victories in their other 2 games. This then placed us in the playoffs for a possible 3rd or 4th finish. The pupils rallied together and after an exceptional performance full of quick running and accurate passing they won the game, finishing in a very respectable 3rd place. Congratulations to all the pupils and staff involved for this achievement.



Gifted and Talented Boxing

In November, a group of Year 6 gifted and talented athletes and leaders enjoyed an afternoon masterclass from Olympic boxers Natasha Jonas and Courtney Fry. One of the aims of the day was to help the children to become leaders and health ambassadors. The aims helped to meet areas which Ofsted highlighted in a recent review of PE Premium:

- * Health - How do you promote and record the impact of health interventions, especially on the least active pupils in your school?
- * Cross-curricular - How do you engage other subjects?
- * Gifted and talented - How do you push your talented pupils to aim higher?

The children heard the inspirational life stories of Natasha and Courtney and how they became successful. Both athletes are Sky Mentors and within the context of the Olympic and Paralympic Games in Rio 2016, they talked about values such as determination, respect and excellence. The children were taught how to deliver a mixture of fun, competitive and even silly games designed to help inspire less active people to become more active. They were then given a boxing masterclass using boxing pads. It was an exhausting but exciting session! Two of our pupils go to boxing outside of school and this sort of session can only motivate and inspire them further. The children were delighted to wear Commonwealth games gold medals and one lucky boy even got to wear a Commonwealth Heavyweight Belt!





Sportshall Athletics

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 (even beating the scores of some pupils in Y7 and Y8!) 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.



SPORTSHALL



Leadership

A big focus for Orrets Meadow this year is leadership. 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 10 volunteers from Y6 enjoyed training in leadership and inclusive activities.

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.

YA Peer Leader Journey



Each YA Peer Leader will deliver **12 weeks/sessions of lunchtime activity** (or at another time during the school day) 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:

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. The surveys are run in conjunction with the University of Canterbury who will provide a report.

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 Mr Hayes. So far the leaders have made an excellent start showing confidence and commitment. The participant children have enjoyed a range of new activities such as shrinking circles boccia, guided athletics, sitting volleyball and goalball.



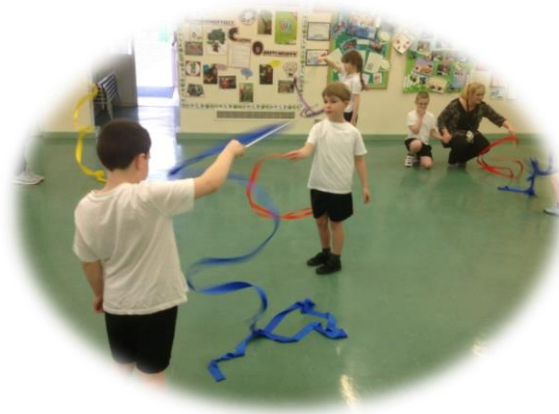
Inter-School Competition

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. Plans are in place to extend the range of independently organised sport fixtures.



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. We employed the services of a specialist dance teacher to lead a group through a range of different styles of dance culminating in a performance at a Christmas assembly. Dance has also been a focus during PE lessons with most classes receiving a rich and varied programme taught from the Wirral Scheme and 2 classes receiving specialist dance teaching. Styles of dance have included animal and sea creatures, seasons dance, Bollywood, African dancing, the Twist, the Jive, 70s Disco and a war dance!



Barnstondale

Classes 3, 6 and 7 went to Barnstondale in September for a day to sample the exciting outdoor adventurous activities it has to offer. Pupils tried activities such as: abseiling, climbing, archery and a variety of team-building and problem-solving challenges. The pupils thoroughly enjoyed the experience and look forward to the 3-day residential trip in May.





Staff training

Staff have continued to be offered a rich and varied programme of CPD and training including Outdoor and Adventurous Activities, Leadership, the Road to Rio Programme and the Active Kids Paralympic Challenge. 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 with Jon White from Clare Mount Specialist Sports College. Further training in assessment will take place during the Spring Term.

Physical Education and Sport Apprentice Scheme

Using some of the PE Premium funding, Orrets Meadow has recruited a full-time Physical Education and Sport apprentice. Mr Hayes has joined the staff assisting in morning lessons and sessions such as sensory circuits, extra-curricular activities and PE lessons every afternoon. Additional duties include managing and organising equipment and updating the school website and social media.

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

The usual starting point in September is to find out how pupils and staff feel about PE and then tailor our plans accordingly. Staff usually complete a comprehensive PE self-audit and pupils answer a short questionnaire. However we are now in the third academic year of monitoring and assessing the impact 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 would be 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.

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

APPENDIX A: Impact of PE funding 2013-2015 (July 2015)

Results below are based on percentage of responses. At the end of a two-year cycle, the results from the beginning of the PE funding in 2013 have been included.

Aspects of Teacher Survey	Rated 3 or higher			Rated 4 or higher		
	Sept 13	Sept 14	July 15	Sept 13	Sept 14	July 15
Confidence	20%	100%	100%	0%	43%	100%
Knowledge	38%	76%	97%	16%	40%	95%
Assessment	40%	86%	100%	0%	43%	100%
Use of resources	60%	86%	100%	0%	58%	100%
Knowledge of fitness, health and well-being	100%	100%	100%	40%	86%	100%

Qualitative data such as perceived strengths and areas for improvement was also taken and has been used as a basis for planning, mentoring and CPD. There were lots of positive comments regarding the new scheme of work and the training provided for it. Most requests for CPD have now been facilitated during this academic year.

Pupil Survey

Pupils answered a child-friendly survey about PE at Orrets Meadow. Children were also asked about their favourite activities and whether they played sports outside of school. Results included:

How much do you enjoy PE at school?

	Sept 2013	Sept 2014	July 2015
Enjoy it	65%	73%	88%
It's OK	33%	20%	12%
Don't enjoy it	2%	7%	0%

What are your 3 favourite activities?

Results included:

1) Swimming 2) Football 3) Basketball

These preferences have been used to inform planning of lessons, festivals and competitive opportunities. The results are also monitored to see if other activities covered at Orrets grow in popularity due to high quality teaching and learning or increased opportunity. This has certainly been the case for dance, gymnastics, judo and fencing.

Children were also asked whether they played sports outside of school.

Do you play at a sports club out of school? :

41 children said that they played sport outside of school. This was in stark contrast to September when very few children gave a positive response and an increase of 2 since March. Activities out of school included:

Trampolining, Gymnastics, Rugby, Horse Riding, Swimming, Athletics, Judo, Football, Dance, Boxing, Basketball, Karate and Tennis

With assessment a key focus for PE a new question has been added since the initial survey:

Do you think you are getting better at PE?

	December 2014	March 2015	July 2015
Getting better	-	93%	99%
Not getting better	-	3%	1%
Don't know	-	4%	0%