



Autumn Term 2017 PE Review

Building on previous successes such as winning the Sainsbury's School Games Gold Award for the past three years and the Merseyside Sport Primary School of the year award in 2016, 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. Orrets Meadow School is striving to maintain its Gold Award again for this academic year and is also waiting to find out if it has achieved the AfPE Quality Mark.

PE, sport and mental health

Mr Saul was appointed mental health leader at the beginning of the academic year with the aim of promoting positive mental health across the whole-school. 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.

One of the first tasks was the creation of a bespoke health and well-being survey for pupils in Year 3 and above, 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

Mr Saul and the mental health working group (containing representatives from a range of stakeholders) will use data from the survey as well as other measures to help create a mental health policy, inform and plan education programmes, identify pupils at risk of mental health difficulties and plan interventions.

HSBC Go Ride Cycling



A group of 8 of our youngest children have begun a fantastic new cycling programme. HSBC UK Go-Ride Go, is a programme of activities and games aimed at getting children riding balance and pedal bikes with confidence. HSBC UK Go-Ride Go has been developed jointly by British Cycling and the Youth Sport Trust. Every child deserves the opportunity to learn to ride a bike - this programme aims to empower schools and parents to help children learn to ride a bike and use it to explore their world. There is no time limit on learning to ride - some children take to it like a duck to water, while for others it's a much longer process and sometimes it's the adults that need a guiding hand!

The programme began in November with a session delivered by a specialist cycling coach and is now being followed up by Mrs Doyle and Mrs Mervyn in school. Parents attended and have also received resources to encourage practice with their children at home. HSBC UK Go-Ride Go breaks down learning to ride into easy to follow steps, supported by fun games and activities, both on and off the bike. Prepare 2 Ride - activities off the bike, Skills 2 Ride using a balance bike and then onto Skills 2 Ride Pedals. At the end of each set of games there's a series of challenges to successfully complete, the reward is a certificate! Where children start their journey depends on the individual. The whole family can help children prepare to ride, learn to pedal and keep cycling for life. All of the games developed can be used for 1 to 1 or to help a group of children. The games can be scaled up for 2, 3 or a whole class.



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:

Table Cricket



LORD'S
TAVERNERS



In November a group of children from across the school had a fantastic afternoon playing the inclusive game of table cricket. Table Cricket provides the opportunity for all to play in a competitive game of cricket. The emphasis is on teamwork and sportsmanship in an informal and enjoyable environment. The game is played on a table tennis table. Side panels and sliding fielders are placed around the table to create an arena, a small ball and ramp are used to bowl, and a wooden bat enables players to score runs, simulating a game of cricket. Led by England disability Cricket Captain Chris Edwards, the children enjoyed the strategic battle between bowlers, batters and fielders.



Sportshall Athletics

Following on from the inspiration of the Athletics World Championships in London, 10 children from Year 5&6 were selected to compete at the Sportshall Inclusive Athletics event at the Kingsway Academy in December. 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.

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 popular Dance Club led by Mrs Hutchinson, a specialist dance teacher. This has coincided with curriculum dance lessons which have taken cross-curricular themes such as the Romans and pirates.



Orrets Meadow was delighted to provide the return of one of the most popular activities of last year - Taekwondo! Employing the services of Wirral Taekwondo, Classes 5 & 7 were lucky to receive 6 sessions building on their taster sessions from last year. 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, receiving stickers, certificates and trophies in the process! We are partners with Wirral and Chester Taekwondo and a number of our pupils continue to enjoy the club outside of school. 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 a health and fitness session led by John White (Clare Mount Specialist Sports College) focusing on warming up and cooling down in PE. External CPD has included Autism in PE run by the National Autistic Society.

Inspiration

A group of 12 Year 4 and 5 children got the amazing opportunity to receive a tennis masterclass and coaching session from Jade Windley as part of the Give it Your Max programme. After an assembly and masterclass they will receive further coaching sessions in school in the spring term. Jade Windley is a former professional tennis player and has proudly represented Great Britain throughout her career. Jade has won 19 professional titles and has achieved her lifelong dream of competing in the main draw of The Championships, Wimbledon.

Jade joined the GiveBack Team in 2016. Jade has also been working for the Youth Sport Trust since 2014, involving programmes for the Tennis Foundation and Sky Sports Living for Sport. Jade feels that her role as an Athlete Mentor is the best job in the world and to be able to inspire young people and nurture their aspirations for the future is a very fortunate position to be in. Jade feels incredibly privileged to be able to offer support and motivation to others and to help them to overcome their own adversities in life, work towards their personal goals and ultimately be the best that they can be. Jade is a big believer that success comes to those who keep on trying. Our children came back inspired and Jade had identified a few as tennis stars of the future!



In November to celebrate the Rugby League World Cup, a group of our Year 5 and 6 children were treated to an inspirational talk and masterclass from an England youth international rugby league player Ben Leaford. There will be a rugby league festival to follow the sessions where each school will represent a different country.



Physical Education and Sport Apprentice Scheme

After the successful impact our assistants made with us last year, the school has appointed another full-time PE and Sport Assistant. Connor Kenny 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. He will be driving forwards the upcoming 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

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.