

## Spring Term 2016 PE Review

Building on previous successes such as the Sainsbury's School Games Gold Award and our nomination for Merseyside Sport Primary School of the year, we have continued to look 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.

### **New Age Kurling**

In February a class of ASC pupils in Y4/5 enjoyed the opportunity to compete in a New Age Kurling tournament at South Wirral High School. NAK is an opportunity for SEND children to engage in a target and tactic driven sport. The game is designed to develop social and motor skills and is suitable for students with a variety of needs. The children were enthusiastic about the event and won a Sainsbury's School Games Award for showing Determination.





### **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.



## Intra-School Competition

The Spring Term has seen a wonderful schedule of intra-school fixtures. The 'Battle of the Planets' House System has seen children compete in activities such as tag-rugby, boccia and New Age Kurling. The children have balanced competition and a determination to win, with upholding the spirit of the games: Passion, Self-Belief, Respect, Honesty, Teamwork and Determination. The games have been assisted by school leaders who have done a superb job.



## Leadership

The major focus for the Spring Term has been the implementation of our Young Ambassador Leadership programme, building up to the Rio Olympic and Paralympic Games in the summer.

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 have used their training in leadership and inclusive activities to run the programme.

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 has been delivering **12 weeks/sessions of lunchtime activity** (or at another time during the school day) to pupils who have been identified as **not being fully engaged by the current sport offer**.

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 and Mr Hayes. The leaders have been brilliant leading sessions with confidence, commitment and skill. They have taken on roles such as equipment organisers, planners, officials and coaches. The participant children have enjoyed a range of new activities and games within the activity areas of boccia, New Age Kurling, athletics, sitting volleyball and goalball.



## Enrichment Activities

Alongside competitive events we have continued to provide a range of enrichment activities for the children. Dance Club has continued following the specialist dance sessions run by Miss Hutchinson from Clare Mount in the Autumn Term. Miss Wallace has shown a great enthusiasm to lead sessions after receiving some CPD.

Year 5 were delighted to participate in 5 weeks of Judo led by a former Commonwealth Games competitor for England. 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 many past pupils who are still attending the club. Judo has been a great success at Orrets, not only helping to instil sporting values such as respect and discipline but also helping to promote life-long participation in physical activity.



**Bike Right**



Year 6 pupils enjoyed a 2 day cycling course designed to teach them to ride a bike safely and responsibly. Specialist instructors led sessions to develop technique and skill and aimed to help make cycling journeys safer and more enjoyable, both on and off-road. The children began in a traffic-free environment, learning the basics of how to control their bike and make an offroad trip e.g. cycle paths. In the second session they were taught how to cycle on quiet roads but in real traffic conditions. From a PE perspective we hope such skills will guide children towards lifelong participation in cycling.

Children will be signposted towards local cycling clubs and events in addition to our own Orrets Cycling club.



### **Outdoor and Adventurous Activity**

OAA is a background priority on the PE SDP and the children have really enjoyed the activities during curriculum lessons, group interventions and extra-curricular clubs. Activities have included: den building, obstacle courses, nature trails, night-line rope courses and a variety of team building challenges. There is planned whole-staff INSET for OAA in the summer term to help embed it throughout the curriculum and in wider school life.



### **Staff training**

Staff have continued to be offered a rich and varied programme of CPD and training including follow-up sessions based on YA Leadership, the Road to Rio Programme and the Active Kids Paralympic Challenge. Mr Saul has led some theory based sessions focussing on assessment, practical activities and individual support sessions. This has been reinforced during lessons with Jon White from Clare Mount Specialist Sports College. Staff have been offered CPD opportunities such as AQA Swimming, TOPs Games, tennis and health and fitness.

As part of training, teaching staff have been involved in a comprehensive PE and school sport audit. The school has reviewed its current strengths and has highlighted areas for improvement.

## **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 assisted in morning sessions such as sensory circuits, extra-curricular activities and PE lessons every afternoon. He has been instrumental in the running of the leadership programme and intra-school competition. 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 audit and pupils answer a short questionnaire. However we are now in the third 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 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 (See Impact below).

As Orrets Meadow strives 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 to achieve our next aim: the Association for PE Quality Mark. Future reports will contain data evidencing progress towards such accreditations.

### **Impact on PE and School Sport (Academic Year 2015/6) so far:**

- 83% of pupils have participated regularly in extra-curricular activity
- 76% of all pupils participated in inclusive extra-curricular games and activities as a direct result of the YA Leadership programme
- 59% of pupils have represented their house in a competitive sports fixture
- 42% of pupils have represented Orrets Meadow in inter-school competition
- 100% of pupils have participated in a competitive sports fixture (including virtual competition)

#### Current pupil views:

- 99% of pupils say they are making progress in PE
- 69% of current pupils enjoy PE lessons; 31% say it is 'OK'
- Rugby, Judo and Boccia (activities directly influenced by the PE and Sport premium funding) are high ranked in favourite pupil activities

## 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%