

## Summer 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 and providing 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 aiming to achieve the AfPE Quality Mark.

### 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:

A group of our gifted and talented athletes went the Oval Athletics Track in Bebington to compete in Quadkids. Quadkids gives pupils the chance to participate in outdoor track and field athletics. It is inclusive, competitive, quick and fun and allows all pupils to compete in each of the four activities: a standing long jump, vortex howler throw, sprint and long distance run. The children had a super time and came back full of enthusiasm for athletics and trying to beat their personal bests.





Building on inspiration from the Euro 2016 football tournament, 10 Year 5/6 pupils were lucky enough to be invited to meet Rachel Brown, an English former football international goalkeeper who played in the 2012 Olympics and for Liverpool Ladies and Everton Ladies. The children enjoyed an action-packed afternoon including an inspirational talk, warm-ups and skill sessions culminating in a Unified Play model tournament. Pupils from different schools were put into mixed teams representing different countries at the European Championships. It was a wonderful afternoon with a friendly atmosphere, focused around the Olympic and Paralympic values. Children learned some valuable teamwork skills and made friends from other schools which will be very helpful in their transition to high schools.



We were also extremely privileged to invite Paralympic Gold medallist Liz Thompson to Orretts Meadow for an inspirational assembly and teamwork games sessions. The children were delighted to listen to Liz's story and to hold her bronze, silver and gold medals (as were staff)!



As part of National School Sport Week a group of children (the majority from our ASC base) went to take part in a boccia festival at Woodchurch High School. We are extremely proud to announce that as runners-up they qualified for a School Games Level 3 regional final to be held on 8<sup>th</sup> July in Liverpool. We wish them the very best of luck! The children enjoyed the morning and demonstrated excellent teamwork, friendship balanced with a determination to win.



Class 4 were lucky to be invited to take part in a SNAG Golf day at Clare Mount Specialist Sports College. The format provides an introduction to golf for beginners through a range of fun activities and challenges. The children had a fantastic time and all came back keen to take up further opportunities for golf in the future.



Within school, our Battle of the Planets system has continued to inspire and motivate the children. Teamwork, co-operation and a sense of community has been emphasised with activities such as football, tennis and cricket in the summer term. These activities follow the Level 1 School Games Intra-school

formats, culminating in an end of year celebration - the Sainsbury's School Games Day.

## Sainsbury's School Games Day

The School Games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport. Our participation in the games has built on our existing work to offer pupils a year-round programme of regular intra-school competition in a number of sports that culminated in a School Games Day on 24<sup>th</sup> June.

During the day each child was offered 2 hours of curriculum PE time and a range of break-time and lunch-time options. Staff were trained in using the resources to lead activities and events included:

- Boccia
- Dodgeball
- New Age Kurling
- Cycling
- Volleyball
- Football
- Handball
- Tennis
- Badminton
- Golf
- Orienteering
- Netball



There was a major focus placed on a set of values developed by young people called the 'Spirit of the Games'. The values are self belief, honesty, teamwork, respect, determination and passion. Each class in the school was assigned a value to focus on, learn about and attempt to demonstrate throughout the day.

Trophies and certificates were given out to those pupils demonstrating the values. One of the highlights of the day was the brilliant job done by our student leaders (School Sport Organising Crew/Young Ambassador Leaders) who took on roles such as planning, equipment organisation, media, officiating and coaching. An addition to this year's programme saw the leaders 'buddy up' with younger children to mentor, providing them with leadership opportunities. They showed great enthusiasm, maturity and independence and helped the rest of the children and staff to have a wonderful day.



## Enrichment Activities

Alongside competitive events we have continued to provide a range of enrichment activities for the children. The Summer Term has seen the continuation of the extremely popular Dance Club. We employed the services of a specialist dance teacher (assisted by Miss Wallace) to lead a group through a range of different styles of dance culminating in a street dance performance at a dance festival at Clare Mount Specialist Sports College in June. The dancers were our youngest ever group with boys and girls from Y3 - Y6. They gave an excellent stage performance full of energy and fun and they had a great time joining in a 'Rio-inspired' Zumba and learning dance routines for contemporary artists such as Justin Timberlake!



Two of our ASC classes were delighted to receive 5 weeks of fencing led by a specialist instructor. Many of the children described the fencing sessions as their favourite activity they have done so far at school. Adventurous activities such as fencing and judo help to instil sporting values such as respect and discipline. The instructor was full of praise for the children's behaviour, enthusiasm and determination to improve.



## Barnstondale Residential Trip May 2016



Year 6 had an amazing time on a 3-night residential trip to Barnstondale. It was an action-packed trip full of outdoor and adventurous activities such as climbing, abseiling, archery, kayaking, rifle-shooting, problem-solving and orienteering. The different groups of children mixed really well and both worked and played with a co-operative and collaborative spirit. Friendships were made and the children grew in confidence and maturity. Social activities such as the campfire, talent show and movie night helped to add to the fun had throughout the daytime activities. Since returning to school, the children have been positive towards all aspects of school life and most regard Barnstondale as the best experience of their school lives so far.



## Physical Education and Sport Apprentice Scheme

Using some of the PE Premium funding, Orrets Meadow recruited a full-time Physical Education and sport apprentice. Mr Hayes joined the staff assisting in morning lessons and 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 have included 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

The scheme has proved to be a great success this year and we owe a huge amount of thanks to Mr Hayes for his enthusiasm and hard work. He has helped to achieve many of the above aims and provided children with positive experiences of PE and school sport. Orrets Meadow is actively seeking a replacement for the next academic year as Mr Hayes moves into initial teacher training.

## **PE Scheme of Work**

Using some of the PE and school sport funding, Orrets Meadow purchased the Wirral Scheme of Work for PE in 2015. Mr Saul and staff have now embedded the scheme in PE lessons. Teachers have used the scheme to inform their lesson planning and when possible matched lessons to the appropriate year group expectations. Staff have used their acquired knowledge of the STEP framework and the Inclusion Spectrum to use a wide range of additional resources and make appropriate adaptations to meet the individual needs of their pupils. Mr Saul led further training on assessment during the Summer Term. Feedback from staff has been very positive with teachers and assistants feeling more confident about learning objectives, progression and assessment. Assessment has been completed for the academic year and assessment for learning will become more of a specific focus for the future.

## **Staff training**

Staff have continued to be offered a rich and varied programme of CPD and training including Striking and Fielding (Matalan TOPs), Outdoor and Adventurous Activities, assessment and Sainsbury's School Games. Much of the training has been run in partnership with Clare Mount Specialist Sports College. Mr Saul has led some theory based sessions, alongside individual support sessions. This has been reinforced by practical staff meetings, jointly-led with Jon White from Clare Mount Specialist Sports College. 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 development.

## **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. Mr McAteer (an OAA specialist) led a whole-staff INSET for OAA this term to help embed it throughout the curriculum and in wider school life. The school also enjoyed a dedicated OAA day in May.



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

After significant increases in staff subject knowledge and confidence (July, 2015 Appendix A), staff surveys were not repeated in the same way this year but rather specific areas for support were targeted and used as a basis for planning, mentoring and CPD for staff on an individual basis. The original Orrets Meadow surveys will be repeated periodically to help with quality assurance. The main focus for monitoring and assessing the impact of PE funding has been placed on pupil participation, pupil progress and pupil voice.

Since the beginning of the academic year, registers of extra-curricular clubs were closely monitored to identify trends and patterns within the school population. Less physically active pupils were identified and efforts were made to inspire those children to participate. Activities were matched to meet the needs of pupils within secure enjoyable environments. A major vehicle behind

this was the *Get Set Paralympic Challenge* programme running parallel to our Young Ambassador Peer Leaders Programme.

## 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 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 delivered a minimum of **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** and other pupils in school. The participants went 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 was repeated after 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 was 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.

### **Analysis of YA Peer Leader Programme**

The results of the YA Peer Leader Programme surveys have been overwhelmingly positive. Based upon pupil perception but also reinforced by register data, there have been significant improvements in areas such as happiness, confidence, rigorous physical activity levels and participation in school games and activities. This research is of course part of a holistic picture, with all areas of school life making a valuable contribution to development of our young people. The results will be used to inform current and future practice in PE and school sport at Orrets Meadow. Below are some selected results to highlight the impact of PE and Sport upon our young people's lives:

### YA Sports Leaders Surveys:

	Every Day		Most Days		Some Days		Never	
	Wk 1	Wk 12	Wk 1	Wk 12	Wk 1	Wk 12	Wk 1	Wk 12
Happy	58%	70%	29%	30%	13%	0%	0%	0%
Confident	43%	67%	43%	33%	14%	0%	0%	0%
More than 60 mins activity	27%	73%	73%	27%	0%	0%	0%	0%
Active	83%	100%	17%	0%	0%	0%	0%	0%

### Whole-school Surveys:

	Every Day		Most Days		Some Days		Never	
	Wk 1	Wk12	Wk 1	Wk12	Wk 1	Wk12	Wk 1	Wk12
Happy	43%	66%	22%	28%	33%	6%	2%	0%
Confident	40%	69%	35%	22%	19%	6%	6%	3%
More than 60 mins activity	35%	58%	25%	30%	35%	12%	5%	0%
Take part in activities/games in school	50%	69%	18%	22%	28%	9%	4%	0%

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:**

- 91% of pupils have participated regularly in extra-curricular activity
- 98% of all pupils participated in inclusive extra-curricular games and activities as a direct result of the YA Leadership programme
- 70% of pupils have represented their house in a competitive sports fixture
- 69% 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
- 90% of current pupils enjoy PE lessons; 10% say it is 'OK'
- Rugby, judo, fencing and boccia (activities directly influenced by the PE and sport premium funding) are high ranked in favourite pupil activities.

These results and preferences are 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. Assessment data will also be analysed at the end of the academic year to ensure all pupils are making good progress or better. Assessment for learning will be a major focus for PE in 2016-17.

## 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 Orretts 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%