



Summer Term 2023 PE and Sport Review

Building on previous successes (School Games Gold Award for four consecutive years leading to the Platinum award 2018-), the Merseyside Sport Primary School of the Year Award in 2016, and achieving the AfPE Quality Mark with Distinction in 2017 and 2022), 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 and to promote lifelong health and wellbeing. The summer term has been culmination of the year's plans with areas such as inclusive practice, mental health and enrichment activities being further celebrated.

PE, Sport, Mental Health and Wellbeing

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. This has been more poignant over recent years given the impact of Covid-19 on life, both in school and across wider society. A bespoke health and well-being survey for pupils in Year 3 and above was carried out back in the Autumn Term, 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

The data from the survey has once again been used to inform and plan education programmes, identify pupils at risk of mental health difficulties and plan interventions. Some of the data has also helped to inform and plan PE and school sport activities and initiatives.

Health and Wellbeing Interventions

Using data covering a wide range of lifestyle areas from the SHEU survey, positive health and fitness programmes were put in place for children. Wellbeing programmes included: Sports Hall Athletics, Leadership, Gross Motor & Physical Me, Least Active and Well-Being Boost. This has complimented work within PE lessons which school staff have targeted to meet children's specific needs.

In consultation with Mr Saul and Mr White, PE assistant Mr Willets has led tailor-made sessions for children across the whole-school with an aim of making activities enjoyable, accessible and raising physical fitness levels. These have included fun circuits to increase fitness, sensory circuits with more variety of activities to help the pupils be ready for their learning and essential activities (such as skipping, hopping and balancing). The programme is largely based on an initiative called 'Start to Move' from the Youth Sport Trust.

The sessions have gone brilliantly, using the resources and sessions in consultation with Mr White at Clare Mount. There have been fun and motivating activities in agility, balance and coordination for Mr Willets to work with the students on. Each lesson had an intervention focus (such as agility, balance or coordination). These areas are important for young people to develop both in a PE context and in terms of linking in with the school curriculum e.g. strength in handwriting activities or using exercise circuits to fire neural pathways. The children who have been selected to take part have enjoyed the sessions and this will hopefully lead to increased activity levels going forward.

The interventions were designed to be short, enjoyable and appropriate for the age and stage of the young people. The aims of our physical activity and PE interventions were for targeted pupils to meet their needs around mental and physical health and to support attainment in PE and in the wider curriculum. PE interventions were also based on student voice and feedback. Children were selected for this intervention based on a range of data sources or recommendation. Some children were selected based on their baseline data in Sportshall Athletics activities; some children were selected based on their response to the SHEU survey; and some pupils were identified by teachers on the basis that physical activity can support their needs.

Impact: 14 pupils were selected for these interventions. Pupils have reported better confidence, increased self-esteem and more enjoyment in PE lessons:

- ✓ 93% enjoyed the physical activity intervention sessions
- ✓ 100% enjoy PE and sport
- ✓ 100% feel more confident in PE
- ✓ 93% think they are now physically fit
- ✓ 100% feel they are better at physical activity
- ✓ 100% now feel PE and sport are important



Being Healthy and Safe Week

As part of our 'Keeping Healthy and Safe Week', the whole school enjoyed a range of activities including:

- yoga
- litter picking
- art and mindfulness
- healthy eating workshops
- making healthy smoothies
- 'super soul sanctuary'
- problem-solving circuits (and Y6 high-school transition)
- health and fitness circuits
- dental hygiene
- wake and shake
- football
- rugby

Rugby

The whole-school was treated to rugby coaching sessions. The focus was on fun, teamwork and developing some basic skills such as dribbling and passing.



Yoga and Soul Sanctuary

Also as part of 'Keeping Healthy and Safe Week', all of our children took part in yoga and soul sanctuary classes with trained instructors. They learned about the meditative, calming nature of yoga and the expressive qualities of a variety of dances. Staff also took part during their own wellbeing session.



Problem-Solving Circuits and Health and Fitness Circuits

Year 6 children enjoyed trying out problem-solving circuits at Clare Mount. The children were introduced to the sports hall space during their separate sessions. One of the games was 'Human Pac-Man!' This was co-created as a line tag game using Pacman characters with Mr White. This formed the basis for a discussion and teaching about healthy and active lives. There was a focus on the minimum Chief Medical Officer guidelines for pupils with additional needs linked to the work Orrets Meadow pupils consulted on with the government last year.

A further focus was what activities help pupils to reach the 60 minute active 30:30 target (30 minutes in school and 30 minutes at home).

The children were then introduced to the Clare Mount PE fitness suite. A small challenge was set to all pupils to use the KO8 fitness equipment to hold their body weight and activities were linked to proposed activities for year 7.

One more challenge was set around bringing their body weight up and down and using the bands safely to do this. A small co-discovery activity around sensory circuits was offered to both groups in their sessions to find out if they could design a calming activity using the bands. The trip was a fantastic opportunity to support transition.



The rest of the school enjoyed health and fitness circuits delivered by Mr Willetts. There was a wide range of activities including running, jumping, throwing, traditional playground games and skittles!



Active in Mind - Neil Danns

YST ACTIVE IN MIND

Why Active in Mind?

1 in 10 children have a diagnosable mental health disorder - that's roughly 3 children in every classroom. In 2017/18 some 18,870 children under the age of 11 were referred for specialist mental health support. Both the physical and mental benefits of engaging in physical activity are well documented as having an impact on mood, reducing stress and anxiety, and building emotional resilience and positivity.

Active in Mind offers peer mentoring support to young people experiencing mental wellbeing issues as well as creating innovative sport and physical activity opportunities for a targeted group of young people. The idea is to not only increase levels of physical activity, but also provide a safe and supported environment to improve their mental and physical health. YST Athlete Mentor Neil Danns led Mental Health Ambassador training for Y6 pupils. Neil is a 2x former British Skateboarding Champion and European Skateboard Champion. He also represented the UK in the Eurovision Song Contest in 1987 as a disco dancer! He gave the children a fascinating and inspiring talk about his life and resilience against a range of problems. He then led a skateboarding session for all of the Y6 children outside on the playground - focussing on resilience, confidence and with a few flicks and tricks thrown in too!

YST NEIL DANNS



A highlight of the year was our return to the Wirral Schools' Dance Festival at the Floral Pavillion Theatre, New Brighton. With over 30 school groups performing it was another momentous occasion full of energy, atmosphere and colour. 12 of our children worked tirelessly over a period of 6 weeks to prepare for the performance. The lunchtime sessions were led and choreographed by festival organiser and specialist dance teacher Gemma Corcoran from Clare Mount and assisted brilliantly by Mrs Walsh. Our dance was an African-themed dance full of sweeping rhythmical movements, stomping and high energy transitions performed to loud drum beats. They performed brilliantly and showed tremendous courage and passion.



Staff Training

Mr Saul delivered introductory training on the new scheme of work for PE (Total PE+) which will be implemented and embedded throughout next academic year. The CPD involved understanding the intent of the scheme, how the long term plan is structured and how lessons are planned and assessed. Teachers also enjoyed time for some practical activities in which they taught each other parts of lessons. It was fun and even quite competitive in parts!



Inclusive Football

As part of our cluster with Clare Mount Specialist Sports College and in partnership with Wirral School Games, we were lucky once again to enjoy an inclusive football tournament at Leasowe Recreation Centre in May. Featuring mainstream and special schools from across Wirral, our Y5/6 team enjoyed playing 5 matches. Amazingly they managed to win 4 of the 5 and ended up winners of the tournament! It was a fantastic experience for all involved and the children showed great passion, determination and teamwork whilst also behaving with respect and responsibility. There will be another event in July.



Fencing

Year 5 have enjoyed 6 weeks of fencing during their PE lessons. The children enjoyed wearing the suits, helmets and learning sword craft. They have also learned discipline, respect and responsibility.



Barnstondale Residential Trip June 2023



Year 6 had an unforgettable time on a 3-day residential visit to Barnstondale. It was an action-packed trip full of outdoor and adventurous activities such as climbing, abseiling, archery, rifle-shooting, problem-solving, orienteering and search and rescue. The different groups of children mixed really well and both worked and played with a co-operative and collaborative spirit. The children showed a growing resilience - particularly when the weather was hot and the obstacle courses were long and challenging. Friendships were made and the children grew in confidence, independence and maturity. Responsibility was encouraged with children taking up roles such as cleaners, waiting staff and even making their own beds! Teamwork was encouraged when den-building, lighting fires or facing the dark peril of 'nightline'! Social activities such as the campfire, adventure playground, sports and movie night helped to add to the fun had throughout the daytime activities. Since returning to school, the children have been more positive towards all aspects of school life and most regard Barnstondale as the best experience of their school lives so far.





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 and inter-school competition in a number of sports. This culminates in a School Games Day to celebrate and offer a wide range of sporting opportunities. Staff were trained in using the School Games resources to lead activities including:

- Rounders
- Golf
- Badminton
- Lacrosse
- Football
- Golf
- Handball
- Tennis
- Cycling
- Cricket
- Tag-rugby
- Table-tennis



There has been a 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.

Impact of the PE and Sport Premium

The impact of the PE and sport premium has been monitored and evaluated during the course of the year using measures such as the SHEU survey, staff and pupil voice, learning walks and lesson observations. It will be reported on a separate tool (AfPE and YST Evidencing the Impact) and will be available on the school website.

Development Targets for 2023-24

1. Implement and embed a new scheme of work across the school (Total PE+)
2. To use ICT evidence to further develop assessment for PE using the new scheme of work (Total PE+)
3. To further develop sports-specific knowledge and confidence of staff by offering a range of courses provided by NGBs (National Governing Bodies)