



Spring Term 2026 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 spring term has been a continuation of the year's plans with areas such as inclusive practice, mental health and enrichment activities being further celebrated.

PE, Sport and Mental Health

In the autumn term, a bespoke health and well-being survey for pupils in Year 3 and above was carried out 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 been analysed and is being used to inform and plan education programmes, identify pupils at risk of mental health difficulties and guide interventions.

Utilizing data from our wellbeing survey, we initiated interventions targeting both physical and mental health. Mr. White and Miss Patten have conducted engaging, games-based programmes which have been loved by the children. We plan to continue using survey insights to design further interventions throughout the academic year.

Future Action Programme



Our school has partnered with 'Future Action', a health education company which offers teacher training courses and consultancy aimed at transforming children's mental wellbeing through physical education.

The 'Trauma Informed PE' course provides a seven-step process guiding educators to implement trauma-informed practices in PE, enhancing relationships, wellbeing, engagement, behaviour, and progress.

Orrets Meadow teaching staff have received the Trauma Informed PE training from Mr Saul and will conduct some independent study to complement their learning.

RISE Up is a sustainable early intervention programme for students aged 8-18.

This is phase 1 of a 3 phase approach that is best practice for schools to follow:

Phase 1 - Early Intervention for all young people, and identify those who are struggling as early as possible for phase 2 support.



Feedback has been overwhelmingly positive from both staff and children. They have found the topics covered and the content within extremely useful and thought provoking. The children have begun to use the theory of the programme to design their own RISE Up support plans. Examples of strategies included in their toolkits include:

- gratitude journals
- body scanning
- breathing techniques
- 'reverse bucket list'
- positive affirmations
- controlling our inner voice
- planning and goal-setting
- mindful and grounding activities

Some of the lessons covered have included:

- The Mental Health Continuum
- Depression
- Anxiety
- OCD
- Building Confidence
- Developing Self-Kindness
- Worries as a Positive
- Creating a Vision
- Sleep
- Exercise



We will evaluate the impact of the programme later in the year.

Extra-Curricular Leadership Opportunities and Planet Competitions

Based on insights from the SHEU wellbeing survey, we have continued to tailor lunchtime sports clubs to align with our students' interests and needs. Our comprehensive intra-school programme has continued this term with 'Planet' competitions and clubs in sports such as hockey, boccia and basketball. These competitions are designed to follow blocks of curriculum lessons and lunchtime club enrichment, ensuring students gain experience and confidence before competing. The 'planets' events help to create a sense of community and belonging which makes a significant impact on children's wellbeing.

The relaunch of explicitly-taught leadership opportunities for the children. Year 5/6 children have been taking on leadership roles during our intra-school planets competitions e.g. coaches, referees, media, judges, equipment managers.

Leadership opportunities create clear benefits for children with SEND:

- ✓ Builds confidence and self-esteem by giving pupils responsibility and a valued role within sporting activities.
- ✓ Develops communication skills, as pupils learn to explain rules, demonstrate activities, and encourage others.
- ✓ Promotes independence and responsibility through organising equipment, helping set up activities, and supporting younger pupils.
- ✓ Improves social skills by encouraging teamwork, cooperation, and positive interaction with peers.
- ✓ Supports emotional development, helping pupils feel trusted, capable, and proud of their achievements.
- ✓ Enhances understanding of rules and fair play, reinforcing positive behaviour and sportsmanship.
- ✓ Encourages engagement in physical activity, as pupils often become more motivated when they take on leadership roles.
- ✓ Develops transferable life skills, such as problem solving, organisation, and decision-making.

These opportunities allow SEND pupils to experience success in roles beyond participation, helping them feel included, valued, and empowered within school sport.



Fencing

The spring term saw the much anticipated return of fencing for some of our Year 5 and 6 children. Aside from the thrill of sword fighting, fencing has a number of benefits including learning discipline, technique, agility, physical fitness, and overcoming challenging situations under pressure. Fencers build confidence over time as their skill level improves, becoming fitter and stronger. The children really enjoyed the sessions and made excellent progress.



Nestlings Forest School

Orrets Meadow has continued to use some of its PE and Sport premium to provide our children with outdoor and adventurous activities. Nestlings offers a unique stay and play Forest School experience. The sessions consist of exciting sensory and creative play experiences, as well as Forest School games and songs! The instructors are led and guided by the children's interests and passions. They provide a mixture of the following activities at our sessions:

- Sensory Play
- Messy Play
- Tree Climbing
- Bug Hunting
- Wood Carving
- Campfire Cooking
- Water Play
- Tool use
- Den Building
- Clay Sculpting
- Exploring Nature
- Woodland Adventures
- Woodland hunts
- Bug identification
- Hot drink & snack

As well as physical and functional skills, children also developed life skills such as teamwork, problem-solving, resilience, confidence, respect and empathy.



Glow Sports Festival - Kinball and Dodgeball

Glow Sport Festivals provide inclusive sporting opportunities designed specifically for pupils with additional needs. Glow sports activities use ultraviolet (UV) "blacklight" lighting to create a glow-in-the-dark effect inside a sports hall. When the main lights are switched off, the UV lights make fluorescent equipment, clothing, and markings glow brightly, creating an engaging and exciting environment for pupils.

The festivals focus on participation, enjoyment, and personal development rather than traditional competition. Activities are carefully adapted so that all pupils can take part successfully regardless of their physical ability, confidence, or experience in sport.

The events bring together pupils from a range of schools to take part in engaging, multi-activity stations which often include adapted games, skill challenges, and cooperative tasks. The festivals aim to develop fundamental movement skills, teamwork, communication, and confidence while promoting positive attitudes towards physical activity.

Glow festivals also provide valuable opportunities for pupils to experience sport in a supportive social environment outside of their usual school setting. Many children benefit greatly from meeting peers from other schools, building friendships, and representing their school in a positive and celebratory atmosphere.

Some of our Year 6 children were thrilled to take part in a Glow Sport Festival of Kinball and Dodgeball at Clare Mount Specialist Sports College. The children loved the excitement and sensory nature of the events and enjoyed being led and supported by some of our past Orrets Meadow pupils who are currently in Year 7!



Futsal at Tranmere Rovers

Futsal is a small-sided form of football played indoors on a hard court using a smaller, low-bounce ball. It is particularly effective for children with SEND because the controlled indoor environment, smaller playing area, and simplified format help reduce unpredictability and make the game easier to understand and participate in.

In SEND sport festivals, futsal is usually delivered in a modified format to ensure accessibility for all pupils. Teams are typically small (often 3v3 or 4v4) with rolling substitutions so that pupils can rest when needed and experience several matches while maintaining high engagement and participation levels. Rules are simplified and referees or staff provide clear guidance and encouragement to support pupils throughout the activity.

The benefits of futsal for SEN pupils are significant. The small playing area increases touches on the ball, helping pupils develop fundamental football skills such as passing, dribbling, and control. The structure of the game also promotes decision-making, teamwork, communication, and spatial awareness. Because players are constantly involved in the play, it helps to build confidence, resilience, and enjoyment of physical activity.

Our Zebra class absolutely loved their Futsal event at Tranmere Rovers FC. Playing at a professional football venue created a fantastic atmosphere and made the experience feel very special for the children. It was wonderful to see their enthusiasm, confidence, and enjoyment throughout the event, and the opportunity to represent the school in such a setting was a memorable experience for them.



Sports Hall Athletics Festival

Sports Hall Athletics is an indoor athletics programme designed to introduce pupils to a range of running, jumping, and throwing events in a fun and accessible environment. The activities are adapted to suit indoor spaces and are particularly well suited to pupils with SEND as they provide clear structures, predictable routines, and a supportive atmosphere.

Events typically include a mixture of track-style activities (such as short relays, shuttle runs, and obstacle runs) alongside field-style events including standing long jump, vertical jump, target throws, and speed bounce. Pupils usually compete in small teams, rotating around different activity stations. Each activity contributes points to the team total, meaning every pupil's effort contributes to the overall result.

For SEND pupils, the format offers several important benefits. The short, varied activities help maintain engagement and concentration, while the rotation of events allows pupils to experience success in different areas of physical activity. The structure encourages teamwork, cooperation, and encouragement between peers, rather than focusing purely on winning. Sports Hall Athletics also helps develop key fundamental movement skills, including running, jumping, throwing, balance, and coordination.

Sports Hall Athletics provides an inclusive and motivating opportunity for pupils to experience athletics in a structured, enjoyable environment that supports both their physical development and confidence in sport.

We have been participating in our own intra-school Sports Hall Athletics challenges for many years and so our Year 5/6 children were delighted to take on the challenge of an inclusive inter-school event held at Clare Mount Specialist Sports College.

This term has been marked by significant progress in promoting inclusivity, positive mental health, sports leadership and active lifestyles. With continued support, we aim to sustain this momentum, ensuring every student thrives physically, mentally, and socially.

Future impact reports will include measurable outcomes of these initiatives, published under "Evidencing the Impact" on the school website.