



## Autumn Term 2025 PE and Sport Review

Building on previous successes (School Games Gold 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.

### 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 will be used to inform and plan education programmes, identify pupils at risk of mental health difficulties and plan interventions. Some of the data will also help to inform and plan PE and school sport activities and initiatives.

## FA Comets Programme



Autumn term has seen the return of the highly popular Comets programme - run in partnership with the FA. Comets is a recreational, pan-disability football programme for disabled boys and girls aged between 5 and 11. Pan-disability is the largest format of disability football, which sees players with a broad range of impairments and health conditions play together.

Comets offers a new, flexible and inclusive way of playing, one that's all about playfulness, friendships and having fun. More than anything, Comets breaks the old rules and replaces them with a brand new one: **JUST BE YOU.**

Our leaders have used wonderful resources such as games cards, branded bibs, illuminous coloured footballs and giant cones to use in sessions. Miss Patten received training from the FA last year and has worked with Miss Delamare and Mrs Wynne this term to lead inclusive sessions. These have included 8 children who have never played football before, and in some cases have not accessed our sports offer before. The sessions have been very popular and the children have made amazing progress.



## Cheshire Cricket



Following on from last year's successful partnership with Cheshire Cricket, Year 6 have thoroughly enjoyed a wonderful opportunity of coaching sessions. The sessions have been delivered by Chris Edwards (England Learning Disability Captain) and have included some cricket basics such as running, throwing, catching and batting mixed with energetic chaotic games like wicket blaster! The children then enjoyed applying their knowledge and skills to the more match-realistic 'pairs cricket' format.

The children and staff gave super positive feedback and we have signposted club links for children to take up after school.



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.

Firstly, 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. Secondly, RISE Up is a sustainable early intervention programme for students aged 8-18. Mr Saul has begun leading staff through this CPD course.

Year 6 have begun our new RISE Up life skills programme:

### What is the Rise Up teacher training programme?



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- A sustainable, whole school, early intervention programme for students aged 8-18
- Proactive self-care strategies to keep the wellbeing of children and staff in great shape and help prevent mental health issues such as depression and anxiety from escalating both now and later on in life
- Alongside a range of practical activities to help PE teachers incorporate the programme into their existing curriculum model
- Online teacher training videos and editable resources save teachers time, and enable them to adapt resources and the programme to the needs of your students.
- A proven model for PE departments to drive whole school improvement based on academic research such as trauma informed practice.

### **Benefits to Orrets Meadow:**

- ✓ Reduced behaviour issues as children's brain stems are calmed reducing fight, fright, flight response.
- ✓ Calmer, happier students and staff
- ✓ Better peer and student-staff relationships
- ✓ Students more engaged in learning
- ✓ Increase in student progress and attainment.
- ✓ As the course is online, teachers can watch at any time

### **Benefits to Children's Wellbeing:**

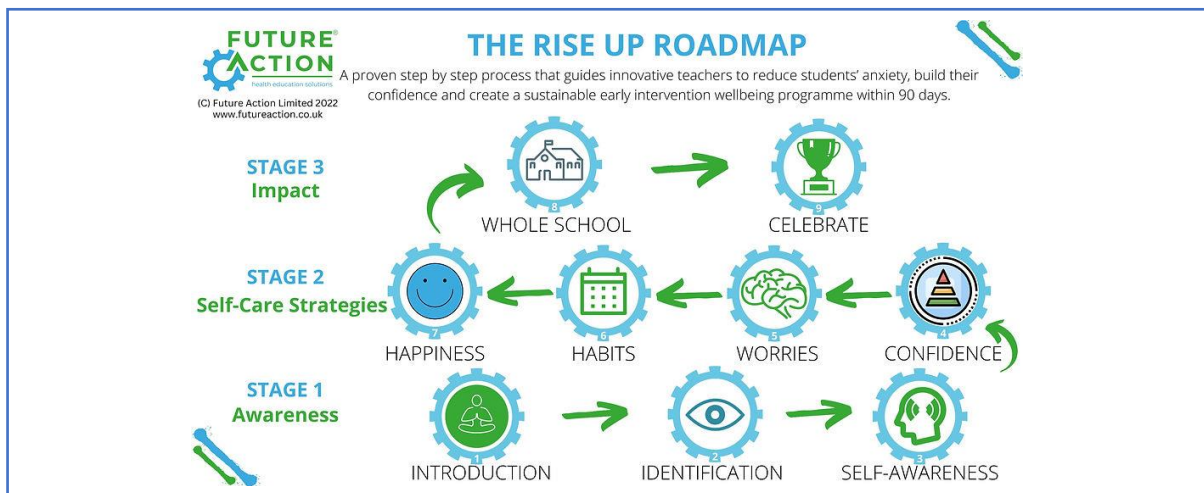
- ✓ Improved mental wellbeing
- ✓ Increased confidence and belief in themselves
- ✓ Enhanced relationships with peers and staff
- ✓ Reduction in behaviour incidents
- ✓ Increase in progress and attainment
- ✓ Improved knowledge of practical strategies to apply to build their mental wellbeing
- ✓ Improved mindfulness, flexibility, strength and balance
- ✓ Improved sleep and nutrition
- ✓ Further ideas on how to exercise if low on confidence
- ✓ Greater awareness of the dangers of social media
- ✓ 'Mental Health Hero' certificates to celebrate their progress

## Benefits for Teachers:

- All teaching staff within school can develop expert subject knowledge on how to improve student wellbeing
- Editable scheme of learning, student PowerPoints, lesson resources, and knowledge planners included to save teachers hours of time planning
- A proactive methodology to improve the mental health of teachers
- Each staff member who completes the course receives a personalised Future Action RISE Up' tutor certificate
- Able to access the course content at a time and place that suits their busy lives
- Ideas on how to implement within school in seven different ways

Some of the lessons covered include:

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



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.
- Phase 2 - Internal Specialist support from trained counsellors and safeguarding team for phase 3 support.
- Phase 3 - External Specialist support from providers such as CAMHS.

Feedback has been overwhelmingly positive from both staff and children. They have found the topics covered and the content within so useful and thought provoking. The children will use the theory of the programme to design their own RISE Up support plans. We will evaluate the impact of the programme later in the year.

## Extra-Curricular Leadership Opportunities and Planet Competitions

Our comprehensive intra-school programme has continued this term with events such as hockey and boccia. 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. There has also been a 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:

- coaches
- referees
- media
- judges
- equipment managers



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

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



## Bikeability and Learn to Ride

Bikeability is the government's national cycle training programme. It helps you learn practical skills and understand how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life. Bikeability cycle training equips children with vital life skills. Pupils not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

After Bikeability, children are better at responding to risk and report increased confidence. As a result, more children could cycle to school which in turn improves mental health and wellbeing. This allows children to get more out of the classroom, improving their attention span and engagement. Healthier habits lead to increased attendance and improved academic results. Bikeability goes beyond a training course; it impacts children's lives.

Our Year 6 children enjoyed bespoke cycling training, with some children learning to ride a bike through to others who were taken out on the roads to apply their road safety learning.



## Judo

The autumn term saw the welcome return of Judo Education to Orrets Meadow. Year 6 children were delighted to participate in 5 weeks of judo. Many of the children described the Judo sessions as their favourite activity that 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 past pupils who are still attending the club. Judo has been a great success at Orrets, and it can give so much more to children than just belts and medals. It can be a way of improving their day-to-day life and help them lead it in a more disciplined and respectful manner. One of the leading European Judo Federation's moral codes sums up exactly what judo can do for children and it is politeness, courage, sincerity, self-control, honour, modesty, friendship and respect. These match our school's aims and values.



## Staff CPD

In addition to RISE Up and trauma-informed CPD, our staff have continued to receive coaching end mentoring from Mr Saul and specialist support from Jon White from Clare Mount Specialist Sports College. This term there has been the focus on using Top Sportsability and Activity Alliance cards to enhance the Total PE+ curriculum offer. Mr Saul was also invited to present on inclusive PE at the Edsential Subject Leader event at Bidston Tennis Centre.



## **Christmas Fit Fun Fest**

In December, Year 6 children enjoyed the opportunity to take part in an inclusive Christmas Fit Fun Fest at Clare Mount Specialist Sports College. Activities included a snowball fight, candy hockey, reindeer toss and collecting Santa's presents!



## **Impact of the PE and Sport Premium**

The autumn term has been marked by significant progress in promoting inclusivity, mental health, 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.