



Summer Term 2025 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 Miss Patten 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 children have chosen from a range of resources and activities to take ownership of their own physical activity. The children have loved the programme so far and are reporting positive attitudes towards movement and activity. By taking part, children will develop physical skills but also grow in confidence and learn vital skills, such as teamwork and resilience.

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 Miss Patten to work with the students on. Each session's aim was primarily enjoyment but also 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: 18 pupils were selected for these interventions. Pupils have reported better confidence, increased self-esteem and more enjoyment in PE lessons:

- ✓ 89% enjoyed the sessions
- ✓ 89% think they are now doing well in PE
- ✓ 83% think they are physically fit
- ✓ 89% think they are getting better at physical activity and sport
- ✓ 78% now feel confident in PE
- ✓ 100% feel PE and physical activity is 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 snacks
- 'super soul sanctuary'
- problem-solving circuits (and Y6 high-school transition)
- health and fitness circuits
- dental hygiene
- drug education
- water safety and lifeboat visit
- wake and shake
- multi-skills sessions



Barnstondale Residential Trip May 2025



Year 6 had an unforgettable adventure 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 varied 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.



FA Comets Programme



Children from across the school have loved taking part in football coaching as part of the 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 is football that breaks the old rules and replaces them with a brand new one: **JUST BE YOU.**

Orrets Meadow has received wonderful resources such as bibs, footballs and cones to use in sessions which have engaging cards for staff to use. Miss Patten has received training from the FA and has been up skilled by the visiting coach we have paid to run sessions. The sessions have been oversubscribed each week and the children have made amazing progress.



Cheshire Cricket



Year 6 have thoroughly enjoyed a wonderful opportunity of coaching sessions led by Cheshire Cricket. The sessions including some cricket basics such as running, throwing, catching and batting mixed with energetic chaotic games like wicket blaster! The children and staff gave super positive feedback and we now have club links for children to take up after school.



Table Cricket

Using the table cricket equipment purchased last term, Miss Patten and Mr Saul have led training for teaching staff on how to play. Table Cricket has been added to our lunchtime clubs offer and can also be used as a wet weather PE option. Children have absolutely loved playing and get quite competitive!



RISE Up

Year 6 have begun a pilot of the RISE Up programme during their life skills lessons. 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, particularly as they prepare to move to high school. We will evaluate the pilot to decide how best to implement the programme next year.

Planet Competitions

Our comprehensive intra-school programme has continued this term with events such as dodgeball and tennis all proving very popular with children across the school.

Sports Days

The summer term saw two highly successful sports days - the first for Wolves, Bears and Lemurs, followed by a second event for the older classes. The format involved an inclusive carousel of activities, where children take part to contribute points for their planet. Activities included javelin, discus, shot put, tennis, football, Speed Agility Quickness ladders and even a quiz! This was followed by optional competitive races such as the obstacle race, the egg and spoon race and a sprint. The culmination of the sports day was a thrilling planet relay race involving all children.

Yet again the children amazed us with their bravery and courage in taking part in front of parents but also in their physical and social skills. The children demonstrated our school values and exceptional sporting behaviour throughout. The events highlighted the importance we place on physical activity and how successful our outcomes are.



Dance Festival

shadow



The annual dance festival at the Floral Pavilion Theatre in New Brighton was hugely successful once again. Our children showed outstanding courage and passion for dance during their performance. A huge thank you to Mrs Walsh who led dance club and choreographed the routine so brilliantly. The children had all worked hard over a number of weeks to perfect their routine and they were absolutely amazing!



Taekwondo

Summer term saw the popular return of taekwondo. Year 5 children enjoyed a 6 week block of inclusive taekwondo. They have learned discipline, respect and responsibility, which all align with our school values. Club links are well established and there is a growing group of Orrets Meadow children participating in taekwondo outside of school.



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 is reported on a separate tool (AfPE and YST Evidencing the Impact) and will be available on the school website.

Development Targets for 2025-26

1. Apply for renewal of the AfPE Quality Mark
2. Embed RISE Up Programme for children in Year 5/6
3. Relaunch and Expand Leadership Opportunities

