



## Autumn Term 2021 PE Review

Building on previous successes (School Games Gold Award for four consecutive years, the Merseyside Sport Primary School of the Year Award in 2016, and achieving the AfPE Quality Mark with Distinction in 2017), we have continued to look for new and innovative ways of further improving our PE and school sport. We are extremely proud to have achieved the School Games Platinum Award in 2019. Our overall aim is to provide as many positive opportunities for our young people as possible and promote lifelong health and wellbeing.

### PE, Sport and Mental Health

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 than ever this year 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 has been 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 will help 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.

On returning in September, with the impact of disrupted school years in mind, the whole school was focussed once again on: building back social and personal relationships, gratitude, hope, dealing with anxiety and creating a sense of community. In addition to these lessons, PE lessons included a focus on relaxation and mindfulness with the whole-school having access to yoga.



### Leeds Beckett University Carnegie Mental Health Award



As part of our overall health and wellbeing strategy, Orrets Meadow has begun application process for the Leeds Carnegie School Mental Health Award. This award takes a community approach to mental health providing a framework to evidence policies and initiatives that work towards improving mental health and wellbeing for both staff and pupils within the wider school community. Using a development framework, schools will evaluate current mental health practices, identify gaps, develop and strengthen these and work towards building an emotionally healthy community for all.

The award takes a whole school approach to mental health and covers eight key competencies each with a series of statements that schools will work to embed. The eight competencies are:

- Leadership and strategy
- Organisational structure and culture - staff
- Organisational structure and culture - pupils
- Support for staff
- Support for pupils
- Staff professional development and learning
- Working with parents and carers
- Working with external services

The award process allows schools to make mental health and wellbeing a guided strategic priority for school development. The School will develop an implementation plan and guide the school community through a process of building the skills and knowledge needed to bring about whole school improvements in mental health and wellbeing. Our school will work with an allocated coach to create a personalised action plan for the school. Together, we will develop a portfolio of evidence for our school set against the competencies of the framework. Once submitted, our evidence will be verified against the three levels: bronze, silver and gold. As well as being recognised as a thought leader in School Mental Health and Wellbeing we will have the opportunity to showcase our practice with other schools, engaging in research and support the building of a professional community. The award process:

- Creates a culture of an awareness of mental health, tolerance and acceptance, helping to reduce behavioural problems and promotes positive mental health strategies
- Improves community wellbeing for all
- An opportunity for the school to identify its own priorities and areas for development using the framework
- Addresses the needs of all mental health needs of your community including pupils and staff

- Increases staff retention rates meaning continuity of care and attract high calibre staff
- Demonstrates commitment to adhere to and exceed professional and government guidance. Allows specific professional development opportunities for all levels of staff whether house based or as part of a whole school team.

Our first event was Mental Health Champions training for our Year 6 children who will now act as role-models around school and promote positive mental health.



### **Competitive Activities**

Orrets Meadow was delighted to take part in a new, inclusive half-termly football competition in partnership with Wirral School Games. The first event of the year was held in November at the new 3G pitch at Leasowe Recreation Centre. It was a fantastic event with a focus on fun but also fostering a spirit of competition. Our team were amazing and we were very proud of their performance both in football terms and their social skills and demonstration of some of our school values.



## Full of Beans



Using some of the PE and Sport Premium funding, our youngest children (Wolves, Bears, Giraffes) have enjoyed a block of sessions delivered by Full of Beans.

Full of Beans place the emotional and physical wellbeing of children at the very heart of their business. They believe that children learn best through high quality, fun, active learning; as such they give them a toolbox which provides the foundation for a healthy lifestyle which will serve them for years to come. The Full of Beans team help every child to realise their inner Super Hero!

As well as exercising, children are learning all the time about the benefits of exercise, they learn about their bodies, their muscles, about eating healthily and other "health" related topics. In all of the sessions the coaches promote positive attitudes towards healthy lifestyles and enjoyment of physical activities. Some of the benefits include:

- All children will have FUN and gain a sense of achievement regardless of their sporting ability
- Gross motor skills are developed: agility, speed, balance, co-ordination and reaction time
- Health related fitness is improved: CV fitness, muscular and muscular endurance, flexibility
- A great opportunity for social interaction, achievement and to develop positive mental well-being
- Energy balance is maintained
- Stress is managed better and concentration improved
- Self-confidence improves
- A healthy body weight is maintained, reducing the risk of obesity and high blood pressure
- Sporting abilities and performance improves
- Develop an understanding of the importance of making healthy choices in relation to food

- Enjoying exercise at an early age increases the likelihood of becoming a healthy, active adult

The children (and staff!) have absolutely loved the sessions and this has improved their confidence and enjoyment of physical activity. It will open up a wealth of future opportunities for them in PE and sport.



## Judo

The autumn term saw the welcome return of Judo Education to Orrets Meadow. Year 6 children were delighted to participate in 6 weeks of judo. Many of the children described the Judo sessions as their favourite activity 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 code 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.



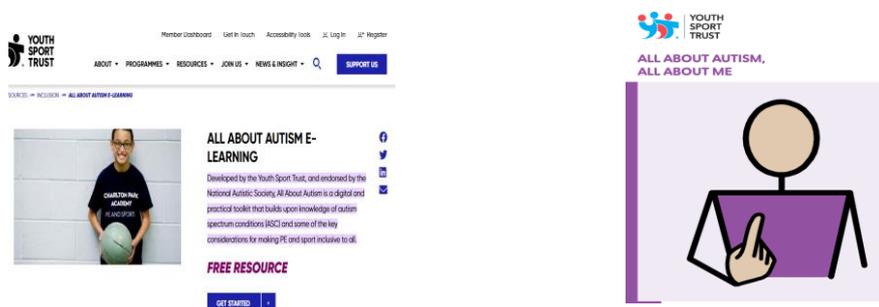
The LFC Foundation is the official charity of Liverpool Football Club. Building on the LFC's work in the community over the past 20 years, the charity was formed in 2010 as a financially independent organisation to harness the power and passion of fans and supporters to improve the lives of others. LFC Foundation's mission is to create life-changing opportunities for children and young people. Working in areas of high need and deprivation across the Liverpool city region, it aims to deliver sustainable and long-term change for communities and ensure that its work continues to benefit future generations.

Beginning again in September, Orrets Meadow was very fortunate to receive the opportunity for football sessions delivered by coaches from LFC Foundation. The sessions have begun with Year 6 but there will be opportunities for younger children later in the year. The focus has been health and fitness and multi-skills delivered through the vehicle of football. A balance between skill development, fun and competition has proved extremely popular with children and staff. The coaches have again been excellent, building positive relationships with the children and inspiring them to do the best they can.



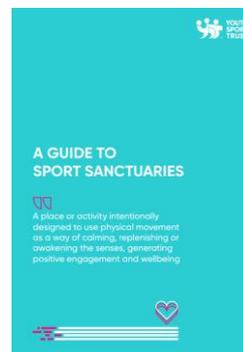
## Staff CPD (All About Autism – follow up)

Mr White from Clare Mount Specialist Sport College has been working with our teaching assistants in their PE lessons on how to support all our pupils to achieve in PE. The teaching assistants have been applying the strategies from their 'All About Autism' e-learning so that all our pupils can fully access PE lessons. The modules were developed by the Youth Sport Trust and The National Autistic Society and were based on the guide written by Mr White and his colleagues at Clare Mount.



Staff have been encouraged to reflect on their learning and knowledge from the accredited e-learning. Staff have reflected on what strategy they used to support a pupil or pupil's to achieve in the lesson using their All About Autism learning, the Inclusion Spectrum teaching model and STEP tool. This is innovative work in school and nationally leading in the primary school sector. Each member of staff is encouraged to reflect on 'what went well' and 'even better if' after each lesson.

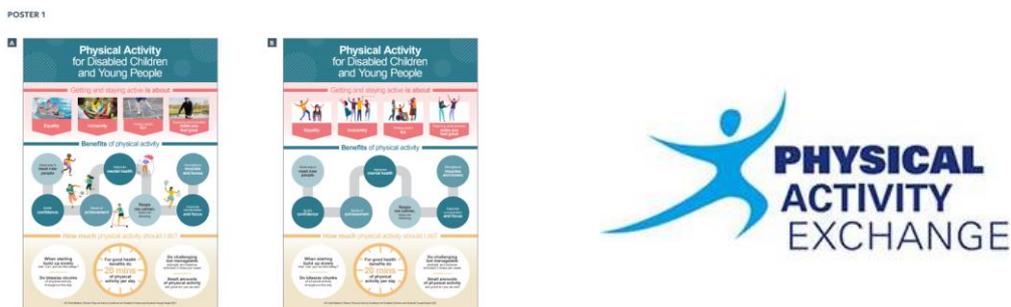
Teaching assistants and staff have also been trained in the idea of a sensory sanctuary and a sport sanctuary so that pupils can be supported in moving from sensory activities to PE lessons.



An example of this from Mrs Gordon's PE lessons is a pupil taking part in Tag Rugby lesson and tagging games. The previous two weeks the pupil had only accessed a nature trail around the PE pitch but was supported by a teaching assistant to reach for tags hung from the branches.

This approach meant that the pupil was really happy to join the PE lesson after processing the game in his sensory sanctuary.

## **Movement Matters and the Physical Activity Exchange**



Miss O'Brien's class have been working with Mr White and Durham University to consult on the new physical activity guidelines for physically disabled children and young people. They created posters which will be signed off by the Chief Medical Officers of all four nations of the UK! The pupils have been amazing and they have fully enjoyed giving their opinions and 'co-creating' and 'co-designing' the new guidelines posters. As a thank you Professor Brett Smith sent through a £20 voucher to every pupil who took part.

Mrs Gordon's class and Miss O'Brien's class have been working with Dr Sarah Taylor and Mr White as part of the 'Movement Matters' project. The Physical Activity Exchange is based in Liverpool and it is managed by Liverpool John Moores University. Dr Taylor has worked with pupils at Orreets Meadow last year as part of a project to find out how much physical activity our pupils were doing at home. They wore accelerometers for a week - a special kind of wristwatch which tell the researchers how much movement the body is making.

In partnership with Dr Taylor, the pupils were given a workshop on how to be healthy. This year our pupils were asked to give their opinion on what they would like to do in PE. We have a number of ways in which we consult student voice at school in PE including the SHEU survey but this partnership with the Physical Activity Exchange is very much about pupils sharing their thoughts about PE, what makes them happy and what they would like to do. All of these areas of

feedback have been shared with school by Dr Sarah Taylor and we will look at these when programming activities.

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

The impact of the PE and sport premium will be monitored and evaluated during the course of the year using measures such as the SHEU survey. It will be reported on a separate tool (AfPE and YST Evidencing the Impact) and will be available on the school website.