



Newsletter



October 2019

Welcome to the first edition of the Chester School Sport Partnership newsletter for this academic year. We hope that you had a relaxing summer and are looking forward to the year ahead.

If you are a new Head Teacher or PE Co-ordinator in your school and would like to meet with one of us to find out a bit more about the School Games, what we do and how we can help you, please contact Claire or Elizabeth and we will come to your school and meet with you.

We are also in the process of updating our contact lists, so please do tell us if you are no longer the PE lead, or if you are new to the role and would like to be added to our distribution list.

Thank you to all the schools who have returned their agreement forms for the Primary Schools Membership Package, if you have not done so yet, please can you return it at your earliest convenience.

We look forward to seeing you all in the autumn term competitions and events.

Please do book onto any events via our website www.chesterssp.co.uk

PE-Lead / Co-ordinator Training

We have organised a training CPD session for new PE leads / Co-ordinators. This will be held on Thursday 7th November 3.30pm—5pm and will be at Blacon High School.

During the session we will cover:

- Our competition and CPD programme.
- The School Games (National Programme, School Games Mark, Inclusive Health Check, C4L Clubs).
- The Chief Medical Officer's physical activity guidelines.
- The Active School Planner.
- PE & Sport Premium funding.

If you are new to the role and would like to attend the session, please do book via our website on www.chesterssp.co.uk.

This session is also open to any PE Leads / Co-ordinators who would like a refresher on the above content.

School Games Mark Awards 2018-2019



The School Games Mark is a Government led awards scheme launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community. Schools in England are able to assess themselves across Bronze, Silver and Gold levels of the Mark. New for 2016-2017 was the introduction of the Platinum Mark which was awarded to schools who have achieved the School Games Mark Gold for the past five consecutive years.

All registered schools are able to apply for the Mark, the next application window will open Summer 2020. To help with the application process, it helps to build up a file at the beginning of the year to show evidence of what you have done in your school. If you need assistance with the planning for the award, please contact us.

The School Games Mark criteria for 2019-2020 is now on the SSP website (www.chesterssp.co.uk), or on your dashboard of the School Games website (www.yourschoolgames.com).

School Games Mark Awards for 2018-2019.

Congratulations to the following schools on your awards:

Bronze:

Dee Point Primary School

Silver:

Lache Primary School

Chester Blue Coat CE Primary School

Upton Heath CE Primary School

Mill View Primary School

St Werburgh's & St Columba's Catholic P.S

St Oswald's CE Primary School

Dodleston CE Primary School

Dee Banks School

Boughton Heath Academy

Saighton CE Primary School

Kelsall Primary School

Gold:

JH Godwin Primary School

Oldfield Primary School

Belgrave Primary School

Acresfield Primary School

Hoole CE Primary School

Mickle Trafford Village School

St Clare's Catholic Primary School

Blacon High School

Tarvin Primary School

Bishop Heber High School

Upton Westlea Primary School

Tattenhall Park Primary School

St Martins Academy

Dorin Park School

St Theresa's Catholic Primary School

Guilden Sutton Primary School

Bunbury Primary School

A special mention must be made to Waverton Community Primary School who have retained their Platinum Award, thus having achieved the Gold status for 7 years running. This is a fantastic achievement, Waverton are one of less than 100 schools nationwide to have achieved this.

Also to new Platinum level schools: Saughall All Saints, Delamere Academy, Highfield Community Primary School and The Firs.

Platinum

Saughall All Saints CE Primary School

Delamere Academy

Highfield Community Primary School

Waverton Community Primary School

Firs School

New Chief Medical Officer Guidelines

The UK Chief Medical Officers (CMO) published the latest physical activity guidelines on 7 September 2019. In the guidelines the CMOs recognise that "If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat."

The updated guidelines are based on the very latest evidence, for the 5-18 year age group, the CMO:

- Recommends **an average** number of 60 daily minutes to be achieved across the week.
- Underlines the importance of regular strength and balance activities.
- Reinforces the risks of inactivity and sedentary behaviour for health.

Further information on this will be shared with PE Co-ordinators in a CPD session later in the year.

Physical activity for children and young people (5-18 Years)

Benefits of physical activity:

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MANTAINS HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

PLAY, RUN/WALK, BIKE, ACTIVE TRAVEL, SWIM, SKATE, SPORT, PE, SKIP, CLIMB, WORKOUT, DANCE

Get strong (Strength activities) | **Move more** (Cardio activities) | **INACTIVITY** (Sedentary behavior)

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Competition Calendar

All the primary competitions / festivals for the term are on our website (www.chesterssp.co.uk). If you wish to take part in any events, please book direct via our website. Please note that some of the events book up very quickly.

Many of our events are Level 2 inter School Games competitions which lead to the Level 3 county finals of the School Games.

We also have development competitions / festivals that cater for 'B teams', these events are specifically for you to include a team of your 'non sporty' children to give them an opportunity to take part in an event where there is less pressure on winning, and more emphasis on taking part and enjoying themselves.

In addition we have festivals such as the Year 1&2 multi skills and the SEN multi sports, where there are no scores taken at all, and it is purely for enjoyment, participation and for schools to use towards 'targeted groups' if they wish.

As in previous years, the Men's and Women's Secondary PE Departments run an excellent competition programme and we will be using the winning schools from many of their events to take part in the Level 3 County School Games Festivals.

Active School Planner

This is a free tool to help primary schools create an active ethos, and plan to achieve 30 active minutes for all. The national strategy challenges schools to think how "at least 30 minutes of physical activity should be delivered in school every day for every child".

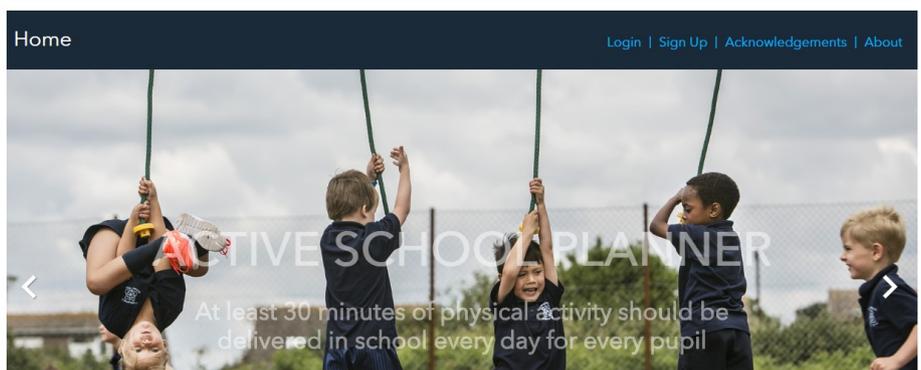
Many schools have already registered on the website and have already completed a heatmap of activity within their class / school as part of the School Games Mark application process for 2018-2019. Please do continue to share the heatmaps with colleagues in your school, and plan how you are going to meet the challenge of 30 active minutes within the school day.

For those who are new to the Active School Planner, this is a helpful tool where you can complete a heatmap of your class / school / hall timetable to see how active children are in their lessons. You can then read suggested actions and work with them in your school plans for 2019-2020.

If you plan on applying for the School Games Mark for 2019-2020, you will need to complete a new heatmap. Why not complete heatmap now and this will save you time in the summer?

If you do need any help with the website, please contact Claire or Elizabeth.

ACTIVE SCHOOL PLANNER



School Games Mark 2019-2020

The criteria for the School Games Mark for 2019-2020 is now available on the School Games website (www.yourschoolgames.com), or our website (www.chesterssp.co.uk).

Please read through this criteria so that you can plan for the year ahead.

The questions on the School Games Mark application for 2019-2020 are very similar to the those from last year, although the wording may be slightly different on one or two questions.

One question to make a note of is the question which relates to sports coaches being utilised to support school sport and physical activity delivery that compliments the School Games provision. This question is in reference to the use of sports coaches NOT resourced through the PE & Sport Premium for Primary Schools funding.

Engaging the least active

Now is the time to see how many children in your school are the least inactive. This can be a simple hands up survey to find out how much physical activity the pupils take part in (inside and outside of school). Then identify the least active from this e.g. pick pupils who take part in fewer than 60 minutes in a day. Please note that in the summer term you will be asked to take the survey again to see how many of the inactive are now more active.

Change 4 Life

Resources and training materials are now all on the School Games website, this can be another way of engaging the least active.

Try to speak to the children in the least active groups to find out what their barriers to participation might be and to ask what they would like to try. If children are involved in the consultation and decision making process, they may be more likely to stay involved in the new activities.

Active School Planner

If your school completed a heat map last academic year (primary only), you will need to do another one this year to look at the progress made. Completing a heat map in the autumn term will save you time in the summer when you are rushing to complete the School Games Mark application.

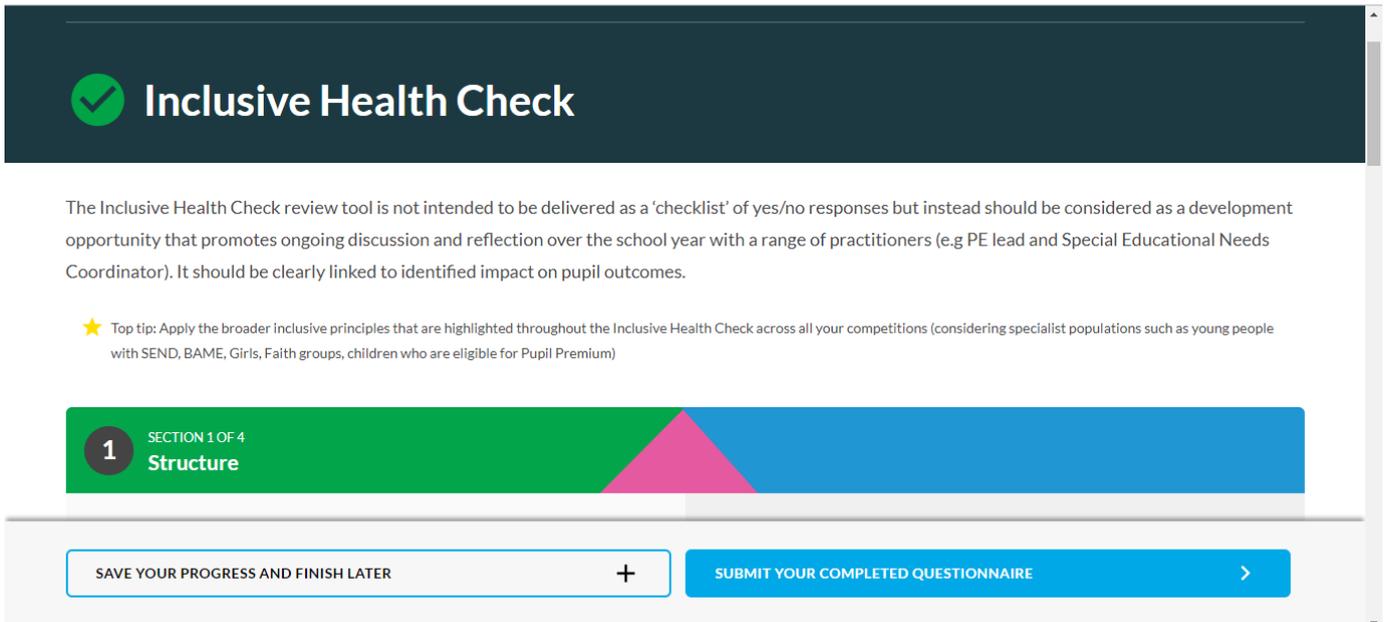
Schools Guidance Document

This is now available to download off the School Games website and also the Chester SSP website.

The application window opens on 6th May 2020, and closes on 5th August 2020. Please start to prepare for the year ahead now, it will make next summer a lot easier.

If you need any help, or have any questions please do contact us.

Inclusive Health Check



Inclusive Health Check

The Inclusive Health Check review tool is not intended to be delivered as a 'checklist' of yes/no responses but instead should be considered as a development opportunity that promotes ongoing discussion and reflection over the school year with a range of practitioners (e.g PE lead and Special Educational Needs Coordinator). It should be clearly linked to identified impact on pupil outcomes.

★ **Top tip:** Apply the broader inclusive principles that are highlighted throughout the Inclusive Health Check across all your competitions (considering specialist populations such as young people with SEND, BAME, Girls, Faith groups, children who are eligible for Pupil Premium)

1 SECTION 1 OF 4
Structure

SAVE YOUR PROGRESS AND FINISH LATER + SUBMIT YOUR COMPLETED QUESTIONNAIRE >

The 2019/20 Inclusive Health Check is now live and can be accessed via your dashboard on the School Games website (www.yourschoolgames.com).

The Inclusive Health Check is a developmental tool which can be completed now to help inform you of areas of development at the start of the 2019/20 academic year. The Inclusive Health Check for 2019/20 includes links to exciting new resources along with the opportunity for you to review your inclusive provision.

If you complete your Inclusive Health Check now, this will save you time when you go to complete your School Games Mark application in the summer!

Visit your dashboard and complete the Inclusive Health Check now. If you need any help, please do contact us.

Primary competition rule changes

High 5 Netball—further to previous information, we will be reverting to last year's rules where three boys are allowed in the netball squad, and two on the netball court at one time. The county final will be the same.

British Gymnastics Launch new Partner Schools Programme

A new Partner School Programme has been designed to support teachers to feel confident in delivering high quality gymnastics to participants, making their first taste of gymnastics a positive one.

The first tier is free of charge and includes online access to the School Games resources such as Key Step and Gym Challenge, as well as ten extra-curricular session plans to support the delivery of high-quality gymnastics in a school environment. The second tier is just £50 per academic year and allows schools to access a further twenty extra-curricular session plans with clear links to the curriculum, plus much more.

In detail:

Gymnastics is a foundation sport that develops key physical competencies such as postural control, coordination, the ability to jump and land safely, as well as strength, flexibility and balance. The sport also enables participants to gain key social experiences such as exploring their creativity amongst their peers.

British Gymnastics Partner School Programme has two packages available:

As a Partner School, free of charge you will have access to:

- 10 extra-curricular session plans with strong links to the curriculum
- 25% discount from the British Gymnastics online shop (resources only)
- Tailored offers from Bishop Sports & Leisure
- Equipment recommendation guidance
- Digital access to Introductory Aerobics, Key Step, Next Step & Gym Challenge resources
- Ticket offers for British Gymnastics events

As a Premium Partner School, for £50 per academic year you will have access to all of the above, as well as:

- 20 additional extra-curricular session plans with strong curriculum links, allowing for one year of gymnastics delivery
- A delivery guide including information on how to develop your own session plans and guidance on progressing pupils
- Digital access to POW! Academy resources which are British Gymnastics latest products in partnership with the Powerpuff Girls and Cartoon Network
- Entry into a prize draw for a Great Britain squad gymnast to visit your school

For any queries, contact - participation@british-gymnastics.org

For further information and to register, please visit www.british-gymnastics.org/schools

Bronze Ambassador Training

On Thursday 26th September 38 Bronze Ambassadors from 19 primary schools attended the Bronze Sports Ambassador training in Blacon.

Here the children were learning about the role of an Ambassador, and the differences between a sports leader and a Bronze Ambassador.

They were tasked with:

Setting up / working with the School Sport Organising Crew.

Organising a Level 1 / intra-school competition.

Creating / maintaining the School Games notice board.

Blogging about their training on the School Games website (www.yourschoolgames.com).

The leaders had some great ideas on events / activities that they could do in their school.

If they need any help following on from the session, please do contact us.



School Games Play Formats (www.yourschoolgames.com)

On the School Games website, there are a variety of play formats in the resources section, which are available for you to download.

These are games or activities that you can play with different age groups across your primary school.

A great resource to share with midday assistants or playground leaders!

A screenshot of the 'Catching Challenge' game page on the School Games website. The page is titled '#CatchingChallenge' and includes a 'How to play' section with five steps: 1. Agree on a playing area with target zones at each end. 2. Get into two teams and spread out around your teams playing area. 3. One team starts with a ball/object and throws it into the other team's area. 4. The receiving team must try and catch the ball before it bounces. 5. If the ball/object is caught, you can then throw it back over into the other team's area. The page also lists 'Essential' equipment (Space big enough for the game, A ball/object) and 'Optional' equipment (Cones or a net to mark out the centre line). There is a 'Spirit of The Games' section with 'Teamwork' and 'Self-Belief' prompts. The page features a 'Play the video' button and a 'Share' icon.

Year 3&4 Tag Rugby

Our first event of the year was the Year 3&4 Tag Rugby Festival on Wednesday 9th October at Chester Rugby Club. We had 23 teams involving 244 participants who took part in a coaching session and friendly tag rugby games. Many children were new to the sport, but had a fantastic time playing games and learning new skills.

Many thanks to the rugby club, the teachers, parents and supporters for a great event, and to the brilliant coaches from CEPD who refereed the games and led the coaching sessions.

This was a great start to the year and a fantastic introduction to the sport.



Year 5&6 Tag Rugby



Our Year 5&6 Tag Rugby Competition was the following day. By now the pitches were a little bit muddier, but this didn't stop the excitement and fantastic play by all the teams.

A bigger event with 28 teams and 305 children, all having a great time at Chester Rugby Club.

We had four pools of teams, with the winners from each pool progressing to the semi finals.

We had St Martins, Christleton, Waverton and Saughall take part in strong semi finals.



Winning their semi finals, we had Saughall and Waverton who battled into extra time to determine who were the district champions in the final.

Saughall won in a very close match, with hopefully both teams able to represent Chester at the Winter School Games in the Spring term.

Thank you to all the teachers, parents and supporters for another great event. Also to the rugby club and the coaches from CEPD who refereed the matches.



Dates for your diary 2019-2020

October

Primary Schools

Secondary Schools

Primary & Secondary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9 Year 3&4 Tag Rugby	10 Year 5&6 Tag Rugby	11
14	15	16	17 Year 5&6 Quick Sticks Hockey	18
21	22	23	24 Playground Leaders	25
28	29	30	31	

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6 New Age Kurling	7 CPD New PE Co-ordinator Training	8
11	12	13 Years 4-6 Girls Basketball	14	15
18	19	20 SEN Festival	21	22
25	26	27 Teach Active Maths / English CPD	28 Year 1 Multi Skills Festival	29

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5 Year 2 Multi Skills Festival	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			



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Don't forget to follow us on Twitter for all the latest pictures and updates.

 @ChesterSSP

Website: www.chesterssp.co.uk

If you no longer wish to receive the Chester School Sport Partnership newsletter, please can you notify us on enewstead@blaconhigh.cheshire.sch.uk or claire.smedley@blaconhigh.cheshire.sch.uk and we shall remove you from our mailing list.

'Providing opportunities for every young person to shine'

PE and Sport Premium

2019-2020—the funding allocation is the same amount as this academic year. So please spend your grant wisely, and familiarise yourself with the guidelines on what you should / should not be using the money for.

The screenshot shows a web browser window with the URL <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>. The page header includes the GOV.UK logo and navigation links for Departments, Worldwide, How government works, Get involved, Consultations, Statistics, and News and communications. The main content area is titled 'Guidance PE and sport premium for primary schools' and includes the sub-heading 'How much PE and sport premium funding schools receive and advice on how it should be spent.' The page was published on 19 September 2014 and last updated on 9 May 2019. The footer mentions the Department for Education and Education and Skills Funding Agency.