



Newsletter



December 2020

Welcome to the December edition of the Chester School Sport Partnership newsletter. After a difficult few weeks and months, please take the time out over Christmas to relax and recharge. Go for long walks, get some exercise and spend some quality time with loved ones (where restrictions allow).

Thank you all for your support this year and for the autumn term. We generally appreciate all the lovely comments we have received from everyone, and we look forward to hopefully a better year ahead. No matter what is thrown at us, we are here to support your school and pupils to try to keep you active for your physical and mental wellbeing.

Have a lovely Christmas break and stay safe everyone.

Cheshire and Warrington Winter School Games Events

Thank you to all the primary schools who have returned their score sheets for the Virtual School Games competitions. If you have not yet done so, please can you return them as soon as possible and before the end of this term. There will be a new set of challenges in the Spring term, so please finish off these ones if you can.

The same applies to all secondary schools please, if you have taken part in any of the challenges this term, please do send us your score sheets.

We also welcome any photographs for our newsletter of any children who are taking part in the events (only those with photo consent please). Thank you.

FOOTBALL



KEY INFORMATION
AGE GROUP: Primary Year 3 and 4
GENDER SPECIFICATIONS: Mixed
NUMBER IN A TEAM: 8

DESCRIPTION
There will be 4 tasks / skills to complete as part of this Football challenge. Please record the score for each activity on the score sheet, and the top 8 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.
Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



VOLLEYBALL



KEY INFORMATION
AGE GROUP: Year 10 or below
GENDER SPECIFICATIONS: 1 x Girls Team & 1 x Boys Team
NUMBER IN A TEAM: 6

DESCRIPTION
There will be 5 tasks / skills to complete as part of this challenge. Please record the score for each activity on the score sheet and the top 6 scoring children who meet the age and gender specifications will form the 'team' whose results you will need to submit for the School Games virtual volleyball competition.
Please complete and submit your monitoring sheet to your local School Games Organiser.



Inclusive Health Check

Please do log onto your dashboard on the School Games website (www.yourschoolgames.com) and complete your Inclusive Health Check. It is so much easier to implement any changes to your School Development Plan as a result of completing the Inclusive Health Check at the beginning of the year, rather than in the summer term.

The Inclusive Health Check is a series of questions on the School Games website which asks you about your provision for children with SEND in sport and PE. There are no right or wrong answers, and after answering the questions a report is automatically generated which gives you actions and links to resources to help you in your school.

Please do have a look. If you are new to the role or have not registered on the website, please do contact us and we can help you in the process.

Six simple steps

- 1 Log in** to your **school dashboard** at www.yourschoolgames.com
- 2 Look for Your Inclusive Health Check** at the bottom
- 3 Click on Start the questionnaire**
- 4 Answer** yes or no to the **twenty questions**
- 5 Be honest with your answers.** Remember this is not pass or fail, it is simply a self-review
- 6 Submit your answers** and **wait for your action plan and top tips** to appear on your dashboard.

Member Primary School update

We hope that all the Member Schools have enjoyed and made the most of the resources we have shared with you this term:

- The Jenna Downing motivation video
- Home Activity Pack
- Playground Leaders Training
- COVID Physical Activities Directory
- Active Advent calendar
- PE Premium advice
- Links to virtual CPD
- 12 days of fitness (coming to schools next week)
- Girls Football Programme
- Gymnastics CPD Resource

This is in addition to the national School Games programme, the virtual challenges and the project ability programmes for children with SEND.

We will continue with the programme virtually in the Spring term until Government advice changes, and it is safe to return to face to face events.

Please always keep an eye on our website for any updates, CPD and news.

<http://www.chesterssp.co.uk/>

School Games Mark Framework

Please keep an eye out for the School Games Mark Framework questions which will be on your School Games dashboards very soon.

The School Games Mark is going to be different this year in that it will be a series of questions which will need to be answered twice during the year.

It is designed to be a useful tool to work through and reflect on your current provision and uptake, and how the School Games can be positioned to help all young people reconnect and engage in school life.

As soon as it is 'live' we will let you know. Please do contact us should you need any help at any stage in this process.

60 Active Minutes

Are you still promoting the Chief Medical Officer's recommendations of an average of 60 active minutes a day for children? Have you completed your Active School Planner this term to see how active your class actually is? <https://www.activeschoolplanner.org/>

With the disruption caused by the first lockdown, and then with the closure of community clubs and some extra-curricular clubs in the second lockdown, it is easy to see how and why children's physical activity levels are decreasing. Schools are also noticing some children lack in movement competence (physical skills), motivation and confidence. Some children are also showing a loss of functional capacity (physical fitness) and signs of loneliness, anxiety, bereavement, trauma or stress.

Physical activity delivers immediate mental health and social benefits, while having a long-term positive impact on our physical health. Having active lessons, two hours of PE a week, daily miles, active breaks and playtimes, as well as encouraging active travel to school all help children with their physical and mental wellbeing.

Research evidence shows that education and health are closely linked. So promoting the health and wellbeing of pupils within schools has the potential to improve their educational outcomes and their health and wellbeing outcomes. **A recent quote following an Ofsted inspection stated that "The Government are encouraging schools to prioritise physical activity, there are well-established links between physical activity, improved mental wellbeing and educational attainment".** Vicky Ford, DfE.



Key messages

Understanding audiences

Building a behaviour change campaign

Tools and resources available

Advice for organisations, groups and clubs

Telling your story

Activity levels for children and young people

For children, the picture is also a concern. Most children (92%) are doing something to stay active, but the amount of activity appears to have fallen during lockdown.

According to parents/carers*:

- 52% of children under the age of 16 were doing less than half an hour of physical activity each weekday and 32% at the weekend.

We've also observed some persistent inequalities reinforced during lockdown:

- Children from less affluent families are twice as likely to have done nothing (13%) compared to those from more affluent families (6%).
- Children from a Black, Asian and other minority ethnic backgrounds are twice as likely (12%) as children from a white background (6%) to say they're not doing any activity**.

Source:
• Physical Attitudes and Behaviours Survey, Savanta ComRes, Waves 1-12, Wave 12 survey carried out over 11.09.2020 - 14.09.2020, c.2,000 adults.
• Children's experience of physical activity in lockdown, Sport England, July 2020.

NGB Updates...

British Rowing

British Rowing has teamed up with education experts to bring you the brand-new Go Row Indoor Schools programme. The free, online platform includes a library of resources carefully crafted to give teachers everything they need to teach indoor rowing, from basic technique videos and tutorials all the way through to advanced training techniques. On top of that, all of the programme's free-to-use resources are linked to the Physical Education National Curriculum (2013) and are designed specifically to engage 11-16 year old schoolchildren throughout the UK, helping them to reach their potential and develop both physically and mentally.

The website also offers a range of resources related directly to the School Games, including sample risk assessments, a variety of British Rowing-designed competition formats and School Games event toolkits ready to download. For instant access all of these resources alongside many others, simply head to schools.britishrowing.org

Chance to Shine

National children's cricket charity [Chance to Shine](https://www.chancetoshine.org) have created a new 'Virtual Programme' to support teachers and schools to keep their pupils active through cricket under the Covid-19 restrictions. Available on the [Chance to Shine Schools Portal](https://www.chancetoshine.org/schools-portal), the interactive resources aim to support teachers to deliver a 30 minute cricket session, linked to the Physical Education National Curriculum learning objectives. There are six different sessions and an introduction to cricket taster, including video demonstrations from Chance to Shine coaches Sophie, Mas and James, to show teachers how to perform the activities alongside some keys to success to aid progress.

The content also includes a Virtual Competition in the 'Confident Cricketer' session named the 'All Rounder Challenge.' The resources for the programme can be found under the 'Resources -> Play' tab at [teachers.chancetoshine.org](https://www.teachers.chancetoshine.org)

England Athletics

Cross Country guidance for young people is now available to download [here](#).

Rugby Football League

Rugby Football League education return to play guidance and Rugby League Skills challenge cards are now available to access. The interactive return to play document includes live links for you to find the information you will need.

[Return to Play Guidance](#)

[Rugby League Skills Challenge Cards](#)

Badminton England

For Primary Schools, Badminton England have provided an extension module to their existing Racket Pack resource, including modified activities and instructions on how to implement social distancing measures during lessons. They have also built in a [virtual festival](#). Their [secondary school document](#) pulls out the key information from their Return to Play guide and applies it to the education sector alongside specific adaptations to existing lesson plans and teaching resources to enable delivery with social distancing in place.

Activities to do during the Christmas break

The Youth Sport Trust have a brilliant set of family resources on their website which you can download free of charge.

They are organised into activities which can take place indoors, in the garden or active board games

If you plan on doing some fun activities with your classes / bubbles leading up to Christmas, why not have a go of some of these.

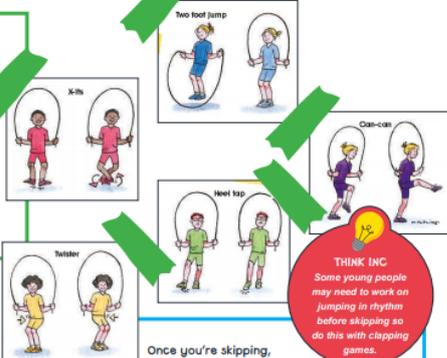
Stay Active Staycation Survival Kit from  **YOUTH SPORT TRUST**

#Together

SKIP TO IT

Skipping is one of the easiest ways to get fit and stay fit while having lots of fun at the same time.
You'll need: a short rope and plenty of space.

Short rope
Jump with both feet at the same time, placed slightly apart. This is ideal for beginners to master before moving onto more advanced steps. There are so many techniques you can learn, so why not use them combined in a series to create a routine? Work with a friend and try to copy each other. If you both have ropes, you could do it at the same time.



THINK INC
Some young people may need to work on jumping in rhythm before skipping so do this with clapping games.

Once you're skipping, think about how you can add some variation.

- Could you change direction?
- Try practicing different moves such as crossing your legs or twisting from the knee.
- Could you introduce a can-can and heel tap into your routine?
- Try replacing a move with a freestyle of your choice and encourage others to copy you.



There are 12 activities to choose from.

Alternatively, please share the link in your newsletters out to parents, so that the children can try some of the activities at home. <https://www.youthsporttrust.org/family-activities>

Stay Active Staycation Survival Kit from  **YOUTH SPORT TRUST**

#Together

BINGO

Complete an activity and tick it off the list!



Go for gold: complete all the activities



Super silver: complete a horizontal or vertical line



Brilliant bronze: complete one activity per line



JUMP up and down in a space 40 times	PLAY musical statues	RIDE a bike, scooter	BALANCE on a part of your body for 60 seconds	JUMP or MOVE over a pillow 40 times	PLAY hide and seek
HOP JUMP or STAND on the spot for 60 seconds	BALANCE in a plank position	PASS a ball around your waist or head 25 times	BALANCE an object on your head	KEEP a balloon in the air for 60 seconds	PERFORM 50 star jumps
COMPLETE 20 shuttles (running, walking or moving)	SKIP or MOVE for 2 minutes	ROLL a ball across a table 10 times	PERFORM 40 of the same type of jumps	CREATE and complete an obstacle course	THROW or ROLL an object into a target 10 times in a row
DRIBBLE a ball in and out of objects	PERFORM 40 squat jumps / sit forwards	THROW or ROLL a ball against a wall or with a sibling	MOVE and complete 10 laps of your house or garden	PERFORM 40 jumps	PLAY a new game with a sibling, parent or carer
PERFORM 30 push ups	PERFORM dance movements	PERFORM a short fitness workout	PERFORM 30 sit ups or lean forwards	PERFORM a gymnastics routine	INVENT and play a new game



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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

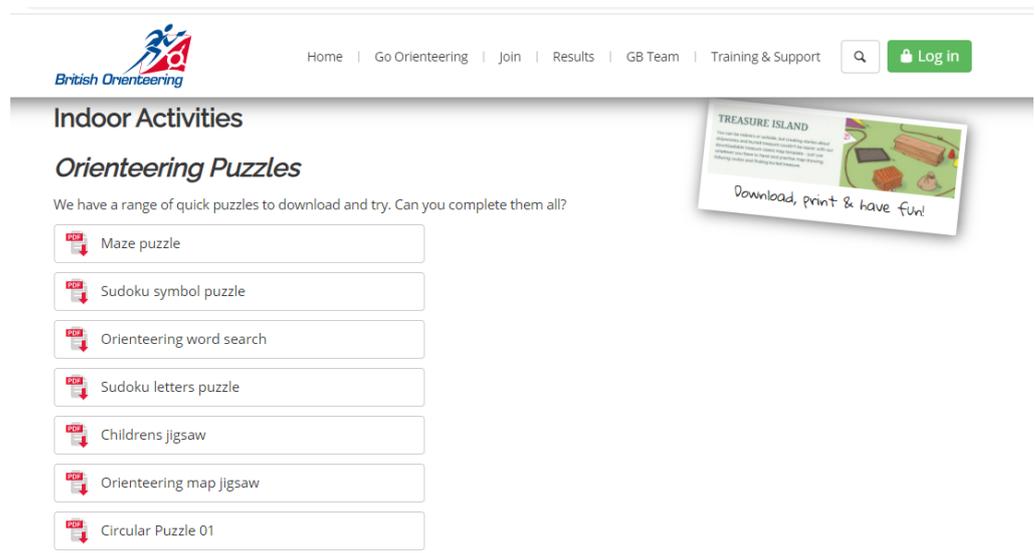
If you no longer wish to receive the Chester School Sport Partnership newsletter, please can you notify us on enewstead@blaconhigh.cheshire.sch.uk or claire.smedley@blaconhigh.cheshire.sch.uk and we shall remove you from our mailing list.

'Providing opportunities for every young person to shine'

British Orienteering

Get active this autumn, British Orienteering have free downloadable activities for families to do at home, in the garden or in your local green spaces.

They also have indoor orienteering puzzles, Sudoku and word searches for children to complete which helps them to learn about terminology used in orienteering, and most of all have fun!



The screenshot shows the British Orienteering website. At the top, there is a navigation menu with links for Home, Go Orienteering, Join, Results, GB Team, and Training & Support. A search bar and a Log in button are also visible. The main content area is titled 'Indoor Activities' and 'Orienteering Puzzles'. Below this, there is a list of puzzles with download icons: Maze puzzle, Sudoku symbol puzzle, Orienteering word search, Sudoku letters puzzle, Childrens jigsaw, Orienteering map jigsaw, and Circular Puzzle 01. A small image of a puzzle titled 'TREASURE ISLAND' is shown in the top right corner of the screenshot, with the text 'Download, print & have fun!' below it.