



Chester SSP



Newsletter



October 2018

Welcome to the October edition of the Chester School Sport Partnership Newsletter. We hope that you have had a good start to the year and that the children have settled into their new classes. Our first events of the year are about to begin. Before half term we have the Year 3&4 Tag Rugby Megafest, followed by the Year 5&6 Tag Rugby, and then England Badminton are hosting a Year 3&4 Badminton Festival at Northgate Arena.

There are a few courses going on this term, please read through the newsletter for details of the Playground Leaders course, the Young Ambassadors training, Hockey CPD courses and also the Active Maths course.

We have re-arranged the PE Lead training session for Wednesday 28th November, if you wish to attend please can you book via the website.

If there are any new PE leads in the schools and you want to meet with one of us to find out a bit more about what we do, then please contact us.

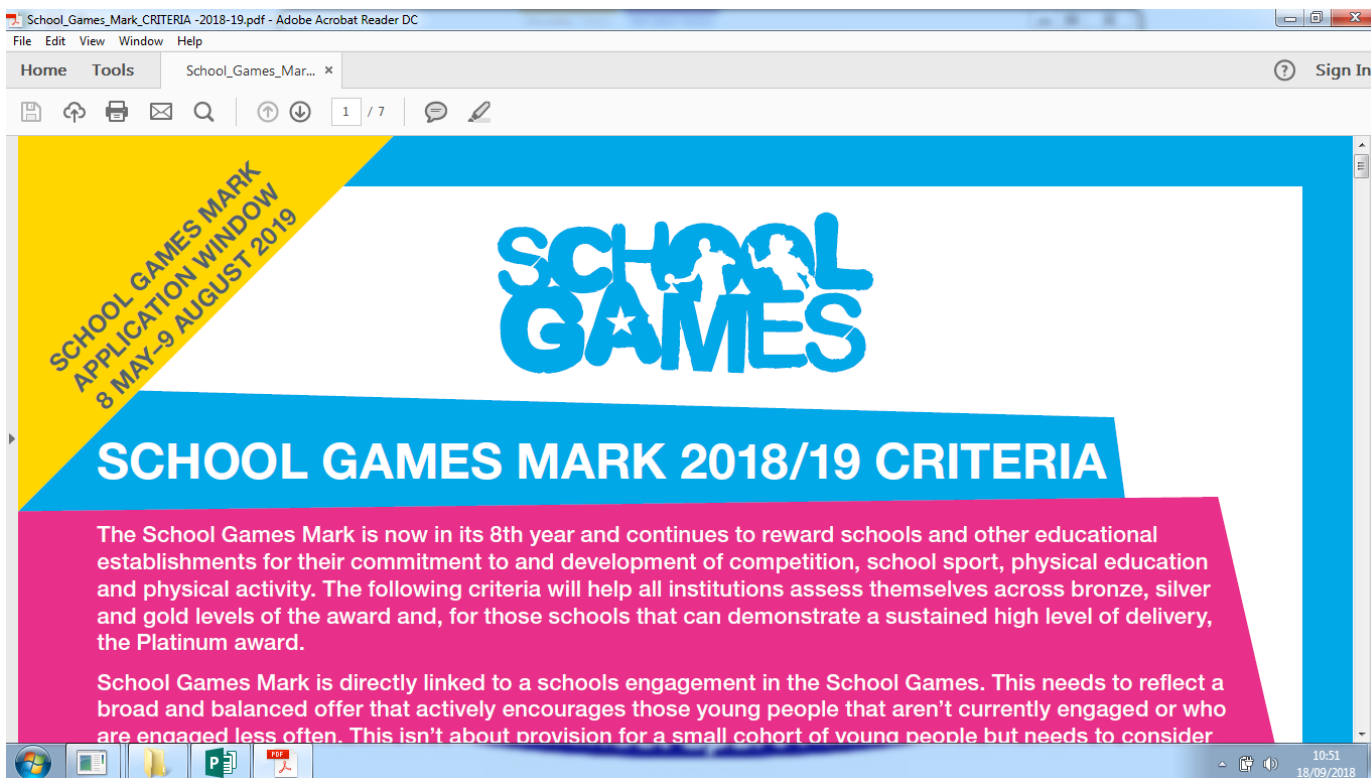
Playground Leaders Course

We have organised a Playground Leaders course for member primary schools for Tuesday 30th October during the half term holidays. The aim of Playground Leaders is to introduce and develop leadership skills in Year 5 and 6 children by training them up and getting them to organise activities for other children in the playground. They will learn skills such as communication, fair play, organising groups/teams and the STEP principle (space, task, equipment, people).

Schools have been sent the letters and consent forms which are to be taken home by the selected children and returned to Claire Smedley at Blacon High School as soon as possible. For further details about the course, please contact Claire or Elizabeth.



School Games Mark 2018-2019



The criteria for the 2018-2019 School Games Mark has now been released and is available for schools to download from the School Games website www.yourschoolgames.com or from our website www.chesterssp.co.uk.

Schools who applied last year can now look at working towards areas to upgrade their award to the next level, or if they achieved the Gold award, to sustain the award from last year.

Schools who are new to the process can now read through the criteria available and start to collate a file of evidence to help them in their application.

If any school needs any help in reference to the School Games Mark, then please do contact Elizabeth.

Please note that all primary and secondary schools can apply for the award as part of the national School Games programme.

The application window opens on Wednesday 8th May and closes on Friday 9th August 2019.



School Sport Organising Crew / Committee (SSOC).

This time of year is perfect to set up your School Sport Organising Crew / Committee. Get your Sports Ambassadors involved and set a plan for the year ahead. The resources section of the School Games website has plenty of downloads for you to look at to help you in the process including roles and tasks that the Organising Crew can do. The SSOC is a:

Group of students who develop, consult, organise and promote school sport and intra competition- representing the views of ALL students in your school.

The SSOC:

- Is based on student voice who **influence** and shape the sport offer in school.
- Work with teachers to **plan and organise** intra-competition and school sport opportunities (e.g. clubs, trips, events etc.)
- **Contribute to decisions** about sporting activities and sports competition in the school.
- **Market and promote** physical activity and school sport opportunities to pupils across school.

Visit www.yourschoolgames.com for more information or contact Claire and Elizabeth.

Active School Planners

As part of the School Games Mark application process, all schools need to complete a heat map of a class timetable in their school. For any schools that completed this last year, you are required to complete another one this year if you wish to apply for the School Games Mark award again. www.activeschoolplanner.org.

If the person who registered to use the website from your school has now left your school, then the headteacher will need to email change4livesportsclubs@youthsporttrust.org with the details of the new person. The system support team will then amend the records.

Unfortunately only people who have registered first on the system from your school are able to add another user. If that person has left, then the system support team need to amend the details.

If you need any assistance with this, please contact Elizabeth or Claire.

The screenshot shows the Active School Planner website interface. At the top, there are navigation links: School improvement, Signposting and guidance, Physical Activity Library, Activity Heatmap Tool, Activity Tracker, and Active School Report. Below this, there is a section for adding a heatmap with a dropdown menu for 'My Class' and an 'Add Heatmap' button. Four activity level boxes are displayed: Inactive (blue), Little activity (green), Some activity (yellow), and High activity (red). Below these are buttons for 'Edit Heatmap', 'Finish Heatmap', and 'Delete Heatmap'. At the bottom, there is a timetable table with columns for Activity, Timings, and days of the week (MON, TUE, WED, THU, FRI).

ACTIVITY	TIMINGS	MON	TUE	WED	THU	FRI
Travel	07:45 - 08:15	High activity	High activity	High activity	High activity	High activity
Before School	00:00 - 00:00					
Lesson	00:00 - 00:00					

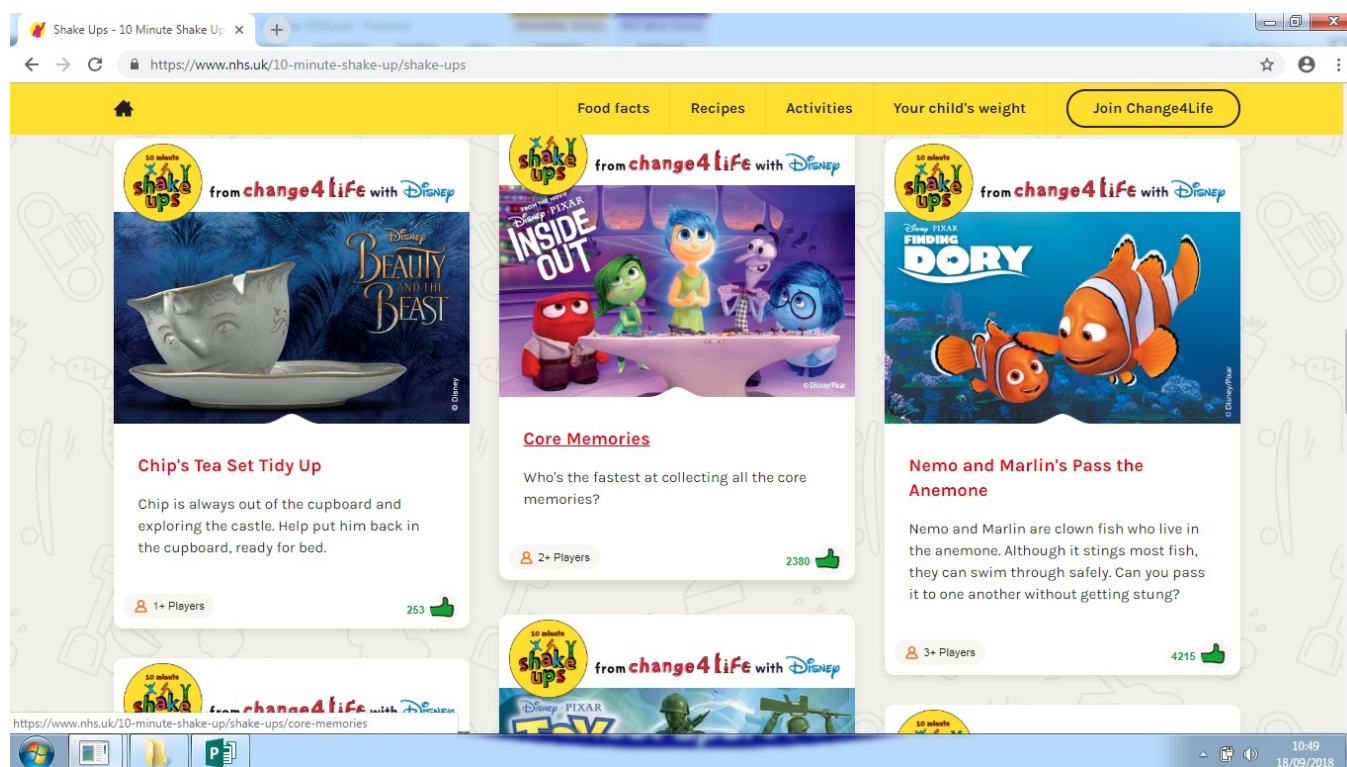
Clubs for the least active children

During the autumn term schools that wish to apply for the School Games Mark will need to complete an audit to find out how many of their children are 'least active'. The School Games Mark guidance notes say the least active are those children who do not participate regularly in physical activity. We would suggest that these could be the children that just take part in curriculum PE and nothing else.

Once you know who these children are, then you will need to come up with an action plan to get these children more active. This could be to set up a lunchtime club or an after school club tailored specifically for them. Ask some of them to join the School Sport Organising Crew / Committee or even set up their own committee. They then decide on what they would like to do, for example they could create a club that they call their 'Secret Club' where only they know what they do in the club and who attends. They decide on which activities they want to do in the club. Examples could include yoga or a dance club where the children come up with their own routines.

There could even be a Star Wars club. On the Change 4 Life website, there are a series of videos where children are taught the moves of a Jedi and other characters from the movies. The children watch the videos and learn the step by step moves.

<https://www.nhs.uk/change4life/activities/train-like-a-jedi>



The screenshot shows a web browser displaying the Change4Life website. The page features a yellow navigation bar with links for 'Food facts', 'Recipes', 'Activities', 'Your child's weight', and a 'Join Change4Life' button. Below the navigation bar, there are several activity cards, each with a 'shake ups' logo and a Disney character or scene. The visible activities are:

- Chip's Tea Set Tidy Up**: From Disney's *Beauty and the Beast*. Description: 'Chip is always out of the cupboard and exploring the castle. Help put him back in the cupboard, ready for bed.' 1+ Players, 253 likes.
- Core Memories**: From Disney Pixar's *Inside Out*. Description: 'Who's the fastest at collecting all the core memories?' 2+ Players, 2380 likes.
- Nemo and Marlin's Pass the Anemone**: From Disney Pixar's *Finding Nemo*. Description: 'Nemo and Marlin are clown fish who live in the anemone. Although it stings most fish, they can swim through safely. Can you pass it to one another without getting stung?' 3+ Players, 4215 likes.

The bottom of the screenshot shows the Windows taskbar with the system clock at 10:49 on 18/09/2018.

The Change 4 Life website has many different activities that children can try at home and in the school to keep them more active. There are many Disney Shake Up Packs that have numerous activities that the children could try. You could even name one of the clubs the Disney Club.

Premier League Primary Stars

https://plprimarystars.com/

Premier League Primary Stars

Resources Schools Families Clubs Competitions More

Super Movers Sign in

Premier League Primary Stars

We're inspiring children to learn in 15,000 primary schools across England and Wales.

Discover our resources for schools

Watch the film [view transcript](#)

For schools

Teachers – bring learning to life and inspire your pupils with free curriculum-linked resources.

Find out more

For families

Explore our activities for families and play our fun educational game.

Inspire your child to learn

09:58 19/09/2018

Kick off the new term with the Premier League Primary Stars Kit and Equipment Scheme. For those who missed out in the last two seasons, apply for your chance to receive free football kit or equipment to support your pupils' learning.

The Premier League Primary Stars Kit and Equipment Scheme is back and they are again able to offer registered primary school teachers access to either a free Nike football strip, or a free equipment pack which can be used across the curriculum.

Premier League Primary Stars aims to inspire children to learn, be active and develop important life skills and the Kit and Equipment Scheme, run in partnership with Nike, gives teachers the opportunity to get their hands on free resources to aid their pupils' learning.

Registered teachers, who did not receive free kit or equipment over the past two seasons, can apply online. The Premier League Primary Stars Kit & Equipment Scheme is delivered on the League's behalf by the Football Foundation.

Applications can be made by teachers registered on PLPrimaryStars.com who are working with pupils aged between 5-11 years and based at a school in England or Wales. To benefit as many schools as possible, only schools that did not receive a Premier League Primary Stars kit or equipment pack in the last two seasons are eligible to apply during this window.

This year's application window is open until **Friday 26 October 2018**.

Primary Sports Ambassador Programme

On Thursday 22nd November we have organised the Primary Sports Ambassador training session to be held at The Enterprise Centre in Blacon. This is for schools to select two children from Year 6 to be their Sports Ambassadors for the year.

The training will focus on what a Sports Ambassador is, the roles and responsibilities of an ambassador and the skills required to be most effective in their role. The Ambassadors will be given tasks which they can take back and deliver at their school.

This is free of charge for all SSP Member Schools who should have already received the letters to give to the parents. The deadline for returning consent forms is Friday 9th November.

If you have any queries, please contact Claire or Elizabeth.



School Games Inclusive Health Check

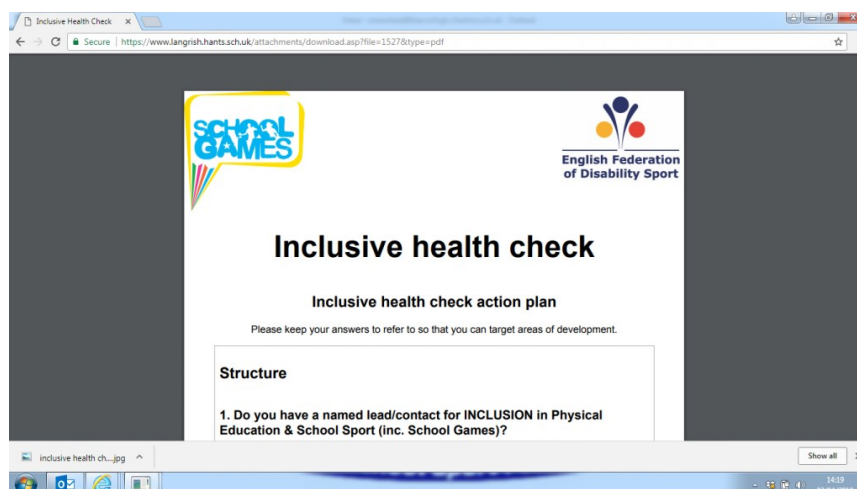
How Inclusive is the School Games provision in your school? The Inclusive Health Check is on the School Games website and is a resource that has been designed with the English Federation of Disability Sport and allows you to self review your provision of inclusive School Games opportunities.

It takes the form of a simple self review made up of just 20 questions which all require no more than a yes / no answer. There is no pass or fail associated with it, the only thing that will happen is that you will be provided with a personalised action plan and top tips to support you in the future.

As part of your School Games Mark application in Summer 2019, you will have to have completed the Inclusive Health Check. Why not do one now so that you can work on your action plan throughout the year?

Six simple steps:

1. Log in to your school dashboard at www.schoolgames.com.
2. Look for your Inclusive Health Check at the bottom.
3. Click on the button to start the questionnaire.
4. Answer yes or no to the questions.
5. Be honest with your answers as there is no pass or fail.
6. Submit your answers and wait for your action plan and top tips to appear on your dashboard.



WCAC Schools Cross Country

West Cheshire Athletics Club have organised their annual schools cross country races again this year. All students from years 3 to 8 are welcome.



The dates for the 2018-19 series are as follows:

Round 1 - October 20th, 2018

Round 2 - November 3rd, 2018

Round 3 - February 9th, 2019

Round 4 - March 2nd, 2019

Further information can be obtained from the WCAC website:

<http://www.westcheshireac.co.uk/wcac-fixtures/essar-wcac-schools-cross-country-race-series-12/>



Are your classes active?

Our second CPD course this year is aimed towards getting your maths classes more active. This is to help you to meet the guidelines from the Chief Medical Officer of 30 active minutes within the school day.

Active Maths

Date: Thursday 25th October

Time: 1 - 3pm

Venue: The Enterprise Centre, Blacon Parade

Aimed at: Headteachers, Maths Co-ordinators, PE Co-ordinators.

Description: The course looks at the research, rationale and benefits of 'Active Learning' and gives teachers practical ideas on how to implement 'Active Maths' into the curriculum. Delegates will be introduced to the highly acclaimed and praised resource 'Maths of the Day' – an online resource that provides teachers and teaching assistants with over 1,000 lesson plans on how to deliver active maths.



Cost: FREE to Schools

If you are interested in attending the above courses, please can you book via the Chester SSP website.

Dates for your diary 2018-2019

October

Primary Schools

Secondary Schools

Primary & Secondary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4 Year 3&4 Tag Rugby Megafest	5
8	9	10	11 Year 5&6 Tag Rugby Competition	12
15	16	17	18 Year 3&4 Badminton Festival	19
22	23	24	25 CPD—Maths of the Day	26
29	30	31		

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15 Year 5&6 Quick Sticks Hockey Competition	16
19	20	21	22 Year 6 Sports Ambassadors Training	23
26	27	28 PE Lead Training session	29 SEN Multi Sports Festival	30

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 Year 2 Multi Skills Festival	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
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'

SSP Primary Member Schools

If your school wants to be a Member of the Chester School Sport Partnership, please can you return your agreement form to Claire Smedley as soon as possible.

CPD—Hockey Courses

Cheshire and Warrington School Sport Alliance have arranged two hockey courses for teachers to attend.

Quicksticks Hockey: Tuesday 16th October 2018. 9.30am – 12.30pm.

In2Hockey: Tuesday 16th October 2018 1.00pm – 4.00pm

Venue: Sandbach Girls High School, Middlewich Rd, Sandbach CW11 3NT.

Cost: £30 each course, or £50 for both.

If you are interested in attending one or both of the courses, then please contact Alice Jackson

AJackson@sandhigh.cheshire.sch.uk. Mobile No 07584 676696.

The deadline to apply for the course/s is Tuesday 9th October.