



Chester SSP



Newsletter



February 2019

Welcome to the February edition of the Chester School Sport Partnership newsletter.

Many thanks to all the schools who have taken part in the various events and activities this first half term of the year. It has been a pretty busy one, so thank you all.

Over the next half term we have the county finals for the Level 2 events that we have been holding since September. We would like to take this opportunity to wish all the schools the best of luck in their events, and we look forward to seeing some of you there.

Most of our primary events are now on the website for you to book onto for the summer term.

School Games Mark

The School Games Mark is a year round process, please do not leave it to the last minute to look at the criteria. Start to collate your file of evidence now, to include your competitions, leadership activities and inclusive health check. It will make your application in the summer so much easier if you keep everything up to date.

You can now download the guidance document to help you in this process, this and the criteria can be downloaded from the School Games website, www.yourschoolgames.com, or please visit the SSP website on www.chesterssp.co.uk.

If you have any questions about the School Games Mark, then please do contact us.

Chance to Shine

You can now download and use the latest projects from the ICC Cricket World Cup Schools Programme!

They have created a powerful bank of free resources for primary schools, so teachers can lead their own cricket sessions with confidence.

Get your school celebrating this incredible event with fun and engaging curriculum-linked KS1 and KS2 resources, designed to enrich your pupils' learning across a range of subjects.

The half-termly projects, developed with teachers, are flexible – do as many as you like.

These resources will help teachers to deliver cricket in your schools, and you don't need to have any prior knowledge or be a cricket expert to share the fun.

Get your free resources today and take advantage of this unique opportunity by visiting:

www.chancetoshine.org.

Step into Sport Conference

On Wednesday 23rd January, pupils from Bishops Blue Coat High School attended the Cheshire and Warrington Step into Sport Conference at Orford Jubilee Park in Warrington. There were two parts to the programme, one to develop female leaders and the second to develop leaders who want to work with SEN children.

As the Youth Sport Trust lead school for Leadership, Coaching and Volunteering for Cheshire and Warrington, Wilmslow High School were keen to develop a programme of activity linked to the #thisgirlcan campaign, to engage more young females in physical activity. The Conference focused on developing the skills of the young people to become confident and competent leaders, coaches and volunteers. There were practical workshops throughout the day to enable the leaders to practise their skills.

William Beamont Collegiate in Warrington are the county lead for Inclusion and this part of the conference was to focus on new young people who are leading in schools, and identifying how school sports clubs can be more inclusive. With an expectation that the leaders will return to their schools and proactively support young people with SEND to attend their school sports clubs/opportunities.

The event was attended by Inline skating champion Jenna Downing who was the 2008 LG Action Sports World Champion, 10 x British Champion and is an X-Games silver medallist (2002) .

Many thanks to the leaders and Mr Mitchell from Bishops Blue Coat High School for attending the event.



The Active School Planner

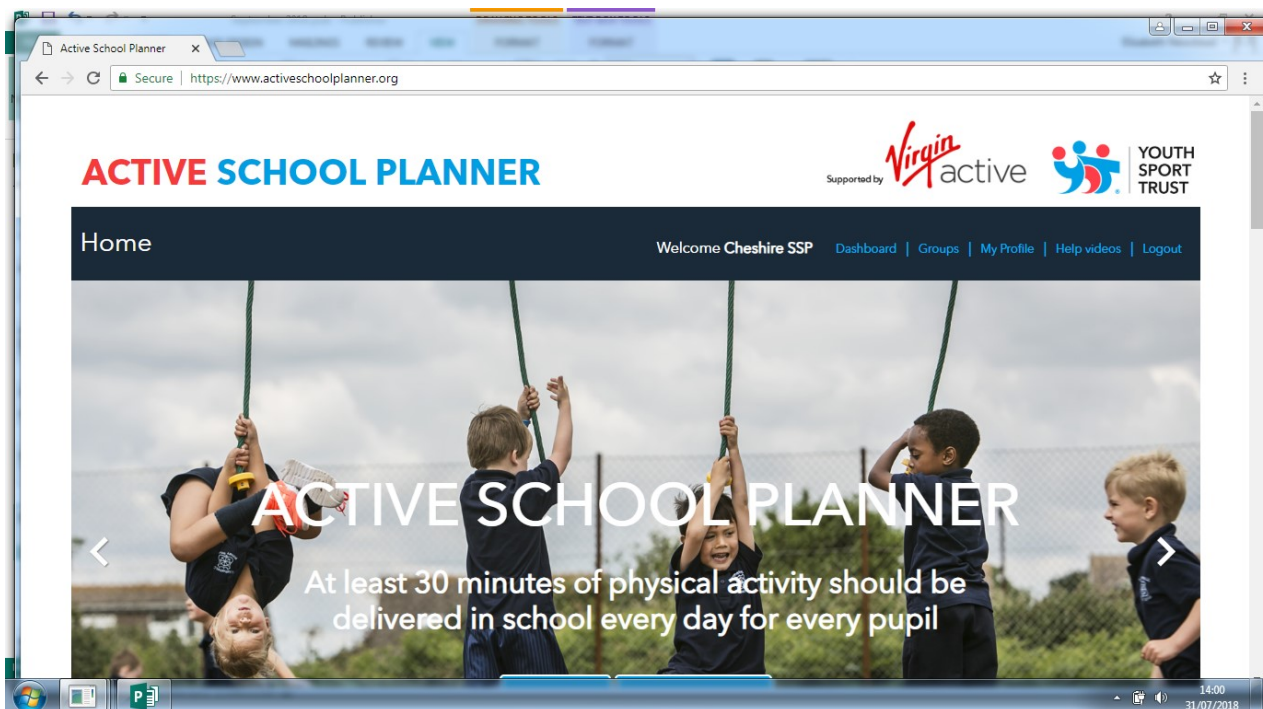
This is a good time of the year for schools to complete a heat map of their class physical activity levels. The Active School Planner website is a free tool to help schools create an active ethos, and plan to achieve 30 active minutes for all. The national strategy challenges schools to think how “at least 30 minutes of physical activity should be delivered in school every day for every child”.

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 2018-2019.

Please visit the website www.activeschoolplanner.org. Please note that the first person to register on the website will become the ‘admin’ account holder for the school. This person will then need to log on and ‘add’ additional members of staff who wish to register and use the website. If you are unable to register, but unsure who the admin account holder is, then please contact us and we will help you through the process.

Schools wishing to apply for the School Games Mark (silver, gold or platinum awards for 2018-2019 are required to complete a heatmap).

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



Helping the less active children

Hopefully by now you will have completed an audit of the least active children in your school. Now you need to plan how to increase the activity levels of these children to meet the Chief Medical Officer’s guidelines of 60 active minutes a day. This could be by introducing a lunch time club, or an after school club. Don’t forget there are a lot of resources and ideas on the Change 4 Life website (<https://change4life.service.nhs.uk/change4life>). Why not have a word with your School Sport Organising Crew to see if they want to be involved in running it?

FA Primary Literacy Course

On Thursday 10th January, we organised a free FA Active Play Through Story Telling course at Oldfield Primary School.

The 'Active Play Through Storytelling' course and supporting resources have been developed to support 'the beginner girl' in KS1 in developing their physical literacy, speaking and listening skills through the medium of creative play and storytelling. It is hoped through this programme, the girls will grow in confidence which will lead to them becoming more physically active in the playground and engaging in a wider range of activities.

The course was delivered by Jenna Downing who is a World In-line Skating Champion, who led an inspirational workshop which was fun and informative to attend.

Many thanks to the teachers from the primary schools for attending. Also to Alan Brown and Oldfield Primary School for hosting the course.



Play Formats

On the resources section of the School Games Website dashboard, there are some new play formats which have been uploaded for schools to use. These are intra-competition resources which have been designed to encourage more active play, and support children to engage informally in activity before accessing more formal sport specific variations.

The 'Play Formats' aim to remove any barriers by encouraging children to tap into their creative freedom; giving the stimulus to design and play their own variations of the games regardless of the number of participants or equipment available.

Please visit your dashboard on the School Games website:

www.yourschoolgames.com

Athletic games

CLEAR THE AREA

Achieve the challenge
The aim of the game is to end up with as few items as possible in your area.

How to play

1. Get into two teams.
2. Mark out a large area with cones or markers across the middle, creating a centre line.
3. Equal numbers of soft throwing items are then placed in both halves of the area.
4. In your team, discuss how to spread out and cover your area.
5. When ready, throw the items from your area into the other team's area.
6. After the time is up, one point is scored for every piece of equipment in the other team's area.

Equipment

Essential

- Open space to play the game.
- Soft throwing equipment, e.g. shuttlecocks, soft balls, beanbags... be creative!

Optional

- Stopwatch.
- Cones or lines to mark the playing area.
- Net or rope to form a barrier.

Spirit of The Games

Passion:
Are you trying your best right up until the time is up?

Play the video
Scan this QR code on your mobile device to watch how the game is played.

Link it up
This game lets you try different ways of throwing.

Change 4 Life Champions Training

On Monday 21st January we had a total of 65 children and 25 adults attending the Change 4 Life Champions training at the Sports Village in Ellesmere Port.

The children had a mix of practical and theory work around Change 4 Life Clubs and the teachers attended their own Mentors / Deliverers training on how to support the children in their roles within school.

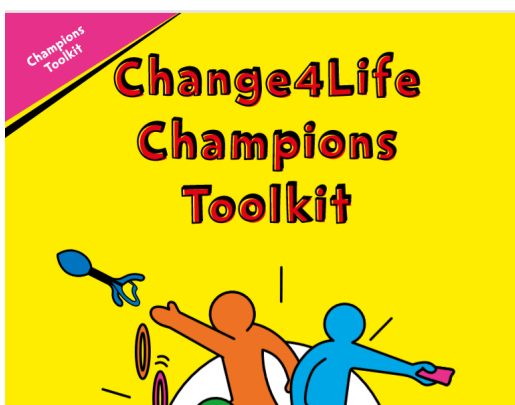
The children worked with their teachers to come up with an action plan for a club in their school that followed the Change 4 Life ethos and principles (it need not be called a Change 4 Life Club). The aims include to get more children more active, eating healthier food, and increasing knowledge on sugar content in their food and drink, amongst others.

The training was delivered alongside the GULP (Give up loving pop) campaign, which encourages children to give up fizzy and sugary drinks in exchange for low fat milk and water. The children have now been tasked with setting up the clubs in their schools and delivering assemblies to their peers.

Thank you to all the children and teachers for attending the course, if you need any further information, please do contact us.

The Change 4 Life website always has lots of useful resources on which can help the children set up and run their clubs, along with ideas for recipes, games and activities.

<https://www.nhs.uk/change4life>



Year 5&6 Basketball Competition

On Thursday 24th January we held two Year 5&6 Basketball competitions at Ellesmere Port Sports Village. The event was split into a morning session and an afternoon session in order to accommodate all the schools and give them plenty of playing time.

The sessions were attended by a total of 18 schools, who played 8 games each. There were some extremely close games with some nail biting action.

The morning session was won by Saughall All Saints Primary School, who returned in the afternoon to play the winners of the afternoon session which was Christleton Primary School. A huge congratulations to both schools who played extremely well in the final, with Christleton Primary School being declared the winners.

We were excited to see that in the afternoon, we had some tall visitors who came to meet the children. Players from Cheshire Phoenix Basketball Club gave us a visit and were happy to be photographed and chat with the children. Thank you to the club for organising the visit, the children were thrilled.

Many thanks to all the schools who took part in the event, the coaches from CEPD, the leader from West Cheshire College and to the excellent leaders from Upton-by-Chester High School.

Good luck to Christleton in the county final!



Year 5&6 Sportshall Athletics



On Wednesday 30th and Thursday 31st January we held our year 5&6 Sportshall Athletics competitions at Ellesmere Port Sports Village.

In total 23 schools attended the event on what was a very wintry week, so thank you to all the schools who attended.

In order to find out who the district champions were, we had to collate all the scores from every event, and then add them onto a large spreadsheet, which then determines the overall winner.

Results:

Wednesday morning 1st = Tattenhall, 2nd = Highfield, 3rd = Boughton Heath

Wednesday afternoon 1st = Saughall, 2nd = Upton Heath, 3rd = Mickle Trafford

Thursday afternoon 1st = Christleton, 2nd = Cherry Grove, 3rd = Hoole

Overall winners = Saughall, 2nd = Upton Heath, 3rd = Christleton.

Congratulations to all the schools who took part, thank you to the leaders from West Cheshire College, the coaches from CEPD and a special thanks to the help from West Cheshire Athletics Club.

Good luck to Saughall in the county final!



Year 3&4 Small Sided Football

On Thursday 7th February, Blacon High School hosted the Year 3&4 Small Sided Football Competition. We had 18 school teams taking part involving 127 children. What started as a very blowy and wet morning, finished off with a cold but sunny afternoon on the glorious astroturf in Blacon.

Winning the four pools were: Huntington, Overleigh St Mary's, Mickle Trafford and Cherry Grove.

In the first semi final, Huntington played Overleigh, and won 2:0.

In the second semi final, Mickle Trafford played Cherry Grove, and Cherry Grove won 2:1.

In the 3rd and 4th place playoffs, Mickle Trafford beat Overleigh 1:0.

The final was a very close match with the only goal being scored within the last few minutes of the game, with Huntington beating Cherry Grove 1:0. However both teams are selected to represent Chester at the Level 3 County School Games finals in March, congratulations and good luck to both!.



Winners: Huntington

Many thanks to the brilliant leaders from Blacon High School for refereeing the matches!



Year 5&6 High 5 Netball Competitions



On Wednesday 13th February we held the first of our Year 5&6 High 5 Netball competitions, this one being our 'B' event. Thirteen schools took part in the event, which was held at Blacon High School.

Schools who were in the semi finals were:

Saughall vs St Clare's

Guilden Sutton vs Saughton

Progressing through to the final were Guilden Sutton and Saughall.

In a close match, Guilden Sutton beat Saughall to become the winners of the 'B' event.



The second of our netball competitions was held the following day, and this was the 'A' competition of which 9 schools had entered. The standard on Netball was fantastic and it was great to see so many schools had obviously been practicing in their schools. The netball development officer for Cheshire attended the competition and commented on the high standard of netball in our area! All the 9 schools played each other and the winning school was Upton Heath with Cherry Grove a close second. Well done to Upton Heath who will now progress to the County Finals in March.



Many thanks to the leaders from Blacon High School who umpired the matches throughout the 2 days of competition. Well done!



Inclusive Health Check (IHC)

The Inclusive Health Check is now live on the School Games website for all schools (primary, secondary & special) to complete.

What is it?

- It is a resource that has been designed in partnership 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/fail associated with the IHC. Once you submit your answers the only thing to happen is that you will be provided with a personalised action plan and top tips to support you in the future.

Why complete it?

- The process and the questions are a great way to help you reflect on your current school games provision and how inclusive this is for all young people in your school. It will help you identify strengths and also establish the areas for development which could then be supported by your Primary PE and Sport Premium.
- You will be signposted to additional resources and given top tips to support you in the next steps of ensuring your sport provision is inclusive for all.
- Completing the suggested actions can lead to increased opportunities, increased participation and celebration of success which can be shared with children, parents and Ofsted.

How do I do it?

- Log in to your school's dashboard on the School Games Website. You will need to enter your username and password. If you have forgotten these details, please do contact us.
- Click on Start the questionnaire (see below) and start the process by answering yes or no to each of the questions. You can complete it all in one go or complete one section at a time, saving it as you go through.
- The process can take just a matter of minutes to complete. Once you submit your answers you can see your personalised action plan and download a copy to use as you see fit.

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.

How inclusive is the School Games provision in your school and how do you know?
Complete the Inclusive Health Check (IHC)

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How do I do it?

- Log in to your school's dashboard on the School Games Website. You will need to enter your username and password. If you have forgotten these details, your SGO can help you.

Testimonial: "Answering the questions made me think about things we hadn't considered before." Jo Laws — PE Teacher, Howden Secondary School, Yorkshire

Another testimonial: "We have used the IHC to identify gaps in provision and added this to our School Development Plan." [Name], [School], Worcestershire

Keyboard shortcuts menu:

Back	Alt+Left Arrow
Forward	Alt+Right Arrow
Reload	Ctrl+R
Save as...	Ctrl+S
Print...	Ctrl+P
Cast...	
Translate to English	
Rotate clockwise	Ctrl+]
Rotate anti-clockwise	Ctrl+[
Inspect	Ctrl+Shift+I

Schools that complete the IHC can request a code for access to the TOP Sportsability website which has resources available for you to download.

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

Personal Challenge

It is the mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best'. This includes competing against oneself and others to improve personal performances with a focus on the process rather than the outcome (on the learning and values development of the young person rather than just the result).

The School Games have asked us to share with you this...

Within the School Games, **Personal Challenge** is a student driven/self-led opportunity to attempt to improve your performance and can take place both at school and beyond the school day. How you go about choosing what challenges you want to take on should be personal to you, and not just because a friend or someone else has told you so.

So, think about all those things you want to achieve in 2019 and beyond. You might want to:

- **Become stronger by helping others** – set yourself some bodyweight strength challenges or do more chores around the house such as hoovering and gardening.
- **Improve your fitness and reduce screen time** – walk with your family when collecting food and help carry it back. You might also learn more about eating healthier at the same time.
- **Prepare well for your upcoming exams** – taking regular physical activity breaks between school work can help you de-stress, refocus your mind and give you the energy to go again. TIP: Your brain works better when standing so could you do all your revision standing up? However big your dreams are, the opportunity is there for you to take achievable steps into making it a reality in the form of personal challenges that will help you improve. A tip for making your challenges the best they can be is to make them SMART:
 - **Specific.**
 - **Measurable.**
 - **Attainable.**
 - **Relevant.**
 - **Time Bound.**

So, the new year brings an exciting opportunity for you to start making a difference towards improving your performance and being a better you through setting your own personal challenges. However big or small, share them with us by using the #SGChallenge and join a movement of people in the School Games becoming challenging themselves to become better than they were yesterday.

Dates for your diary 2018-2019

February

Primary Schools

Secondary Schools

Primary & Secondary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7 Year 3&4 Small Sided Football Competition	8
11	12	13 Year 5&6 'B' Netball Competition	14 Year 5&6 'A' Netball Competition	15
18	19	20	21	22
25	26	27	28	

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
11 COUNTY SCHOOL GAMES	12 COUNTY SCHOOL GAMES	13	14 COUNTY SCHOOL GAMES	15 COUNTY SCHOOL GAMES
18 COUNTY SCHOOL GAMES	19 COUNTY SCHOOL GAMES	20 COUNTY SCHOOL GAMES	21 COUNTY SCHOOL GAMES	22
25	26	27	28 Silver Ambassador Training	29

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10 Gifted & Talented	11	12
15	16	17	18	19
22	23	24	25 Year 5&6 Tri-Golf Competition	26
29	30			



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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'

Cheshire & Warrington Winter School Games

Good Luck to all the schools representing Chester at the Level 3 County School Games:

Year 5&6 Basketball—Christleton

Year 3&4 Football—Huntington & Cherry Grove

U12 Girls Football—Blacon

U14 Girls Football—Bishop Heber

U16 Girls Football—Upton

U15 Girls Handball—Tarpoley

U15 Boys Handball—TBC

Year 5&6 Quick Sticks Hockey—Guilden Sutton and Kings

Year 5&6 High 5 Netball—Upton Heath

Y7—11 Rowing—Upton, Queens Park High

Year 5&6 Tag Rugby—Mickle Trafford and Saughall

U13 Girls Rugby—Bishop Heber

Year 5&6 Sportshall Athletics—Saughall

Year 7-8 Sportshall Athletics—Queens (Yr 7&8 Girls), Queens Park (Yr7 boys), Catholic (yr8 boys)

U15 Girls Volleyball—Blacon

U15 Boys Volleyball—Blacon

New Age Kurling—Dee Banks, Dorin Park and
Chester Blue Coat