



# Chester SSP



## Activities To Do At Home no.2



Whilst the schools are closed for most pupils, we will aim to produce regular newsletters / resources for children to try activities whilst at home or in school. We will add these to our website [www.chesterssp.co.uk](http://www.chesterssp.co.uk), and also put challenges / activities for children to try on our twitter account.

Please also keep an eye on the School Games website [www.yourschoolgames.com](http://www.yourschoolgames.com).

Please do share these, as we want as many children to remain physically active to help with their physical and mental wellbeing. Daily physical activities will also help them to concentrate more on their school work, and help to break up the day.

### An Average of 60 Active Minutes a Day

We're all now spending a lot more time at home and that means many of us are thinking about how we can get, or stay, active.

Official advice is stay at home, and to only go outside for one form of exercise a day, to shop for basic necessities, if there's a medical reason and travelling to and from essential work.

This inevitably means all our routines are changing.

But staying active is more important than ever right now, and even if you're mostly in your house, there are plenty of ways you can still do so.

The Chief Medical Officer's guidelines for an average of 60 active minutes a day are still very important for children's health and wellbeing. The 60 minutes can be broken into a variety of different segments throughout the day, they do not need to be undertaken all at once. Examples of a daily routine could be:

- Morning—10-15 minute interval training workout (e.g. a Joe Wicks PE workout for children).
- Mid morning—an active break challenge (e.g. the number of keepie uppies with a racket and ball in a minute).
- Mid afternoon—children could design their own multi skills stations in the back garden.
- Late afternoon—a 20 minute bike ride / walk with the family.

Please always observe the social distancing rules if you do go outside, it is imperative that these are adhered to.

## Twitter challenges @chesterssp

### 60 Second Challenge Around the World

**The Physical Challenge**

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.

**#StayHomeStayActive**

Do you believe in yourself and keep trying if you drop the ball?



**Equipment**

A ball

If you do not have a ball use a pillow or a cuddly toy.

<b>Achieve Gold</b>	50 Times around your waist.	
<b>Achieve Silver</b>	40 Times around your waist.	
<b>Achieve Bronze</b>	30 Times around your waist.	





Believing in every child's future

We will regularly upload challenges for you to do on twitter. Why not upload your own attempt at doing them!

This is also a good way for children to keep contact with their friends, by uploading their own activities to share.

### 60 Second Challenge Air Balloon

**The Physical Challenge**

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**

Can you keep trying even if you lose a life?



**Equipment**

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

<b>Achieve Gold</b>	Lose 0 lives	
<b>Achieve Silver</b>	Lose 1 life	
<b>Achieve Bronze</b>	Lose 2 lives	





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## Chance to Shine

### CHANCE TO SHINE WEEKLY CHALLENGE: WEEK 1 - COOL CATCHER INDIVIDUAL ACTIVITY



#### LEARNING OUTCOMES:

Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

#### EQUIPMENT:

- tennis ball (or if you dont have one, try a balled-up pair of socks or something else, be creative!)

#### HEADS, SHOULDERS, KNEES CATCH! CHALLENGE:

- Throw the ball in the air
- Touch your head, shoulders, tummy and toes then take the catch!
- Start with just your head & catch, then head, shoulders & catch etc



#### COACHING POINTS

- Watch the ball all the way into your hands
- Keep a big surface area to catch (think about having your hands like an open book)

The Chance to Shine website has plenty of cricket activities for individuals and families of all ages to try.

The Cool Catcher challenge is easy to do and needs very little equipment.

To support numeracy learning whilst keeping active, parents can try the **Cool Counter lesson** with their children.



CHANCE TO SHINE  
Spreading the power of cricket



@chance2shine



@chance\_to\_shine



/chancetoshinecricket

LET US KNOW HOW YOU GET ON! SHARE A VIDEO OF YOU COMPLETING THE CHALLENGE ON OUR SOCIAL MEDIA CHANNELS!

# The FA Twitter Challenges—@FA



## The FA Superkicks Challenge

With schools closing and us all spending more time inside, it goes without saying that it is more important than ever to stay healthy and positive.

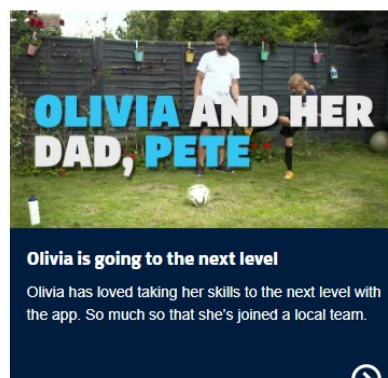
The FA are bringing you a new activity for children to keep active every weekday at 2pm on The FA Twitter account.

They have already started with the high energy **Swamp Game** & followed up with **Balance the Ball**. With a new activity every weekday at 2pm there are loads of opportunities to get active & learn new skills. Let's get started!

The FA Superkicks App has 100s of creative challenges to get active. There are different levels making easy to get involved.

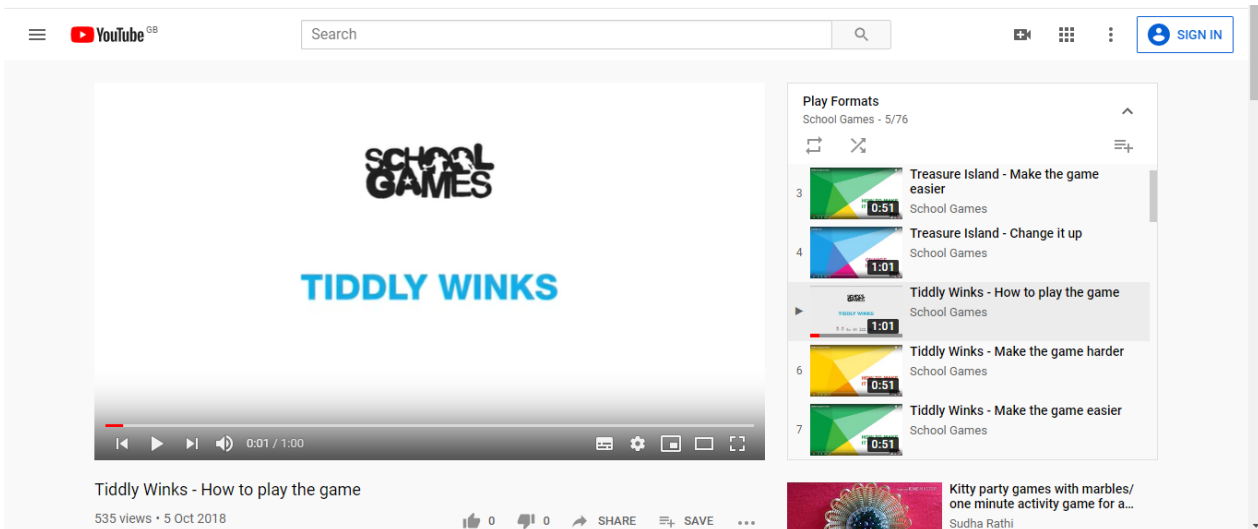


using The FA SuperKicks. Follow the links below to watch their stories:



## Active Breaks

The Youth Sport Trust website has a few ideas on active breaks for children at home. These are general fun physical activities for children to do throughout the day as a way to get a break as a family and break up the day. Examples include hide and seek, den or fort building and 'hot potato' ball games. The example this week is Tiddy Winks, anyone can take part in this fun game and it can be adapted so that any age can play. <https://www.youthsporttrust.org/active-breaks>



<https://www.nhs.uk/10-minute-shake-up/shake-ups/pumbaas-hippo-hops>

The NHS website has a few ideas for children to remain active if they can not get outside. This activity uses cushions and small items found in the house. These are just 10 minute games that are fun to play and children of all ages will enjoy taking part.

Why not play some music at the same time to make it fun!



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



Website: [www.chesterssp.co.uk](http://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](mailto:enewstead@blaconhigh.cheshire.sch.uk) or [claire.smedley@blaconhigh.cheshire.sch.uk](mailto:claire.smedley@blaconhigh.cheshire.sch.uk) and we shall remove you from our mailing list.

*'Providing opportunities for every young person to shine'*

# #StayInWorkOut