



Chester SSP



Activities To Do At Home no.4



It's been a few of weeks of lockdown now and we hope that people are starting to have a bit of a routine which is very important at this time.

Please don't forget to eat healthily, which is just as important as having an exercise routine.

Areas to consider: 5 a day of fruit and vegetables, sugar swaps, reducing salt intake, drinking plenty of water, and reducing the amount of saturated fat.

For mental well being, please do talk to each other about how you are feeling, and make sure that as a household, you do some fun activities each day—even if it just a board game.

British Cycling on Twitter. @BritishCycling

British Cycling have started sharing a #ReadySetRide game and activity every day to keep children active during the school closures. Perfect for indoor play or in the garden.

<https://www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Ride-0>



Getting the most out of HSBC UK Ready Set Ride

To help keep Britain's kids moving and active during the school shutdown, this week we launched our HSBC UK Ready Set Ride daily activity calendar. Launched alongside the Youth Sport Trust as a tool to help parents introduce pedalling to playtime and teach more kids to ride, HSBC UK Ready Set Ride
...www.britishcycling.org.uk

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>



AFPE have put together some short 2 minute videos to help parents fun PE activities for the whole family to do together.

Each **#ThisIsPE** video will focus on a different aspect of the National Curriculum. The videos, delivered by PE teachers, will help children and young people to continue their skill development in PE during this period when we are having to stay at home, to save lives.

Videos will be posted at **1pm** on a **Monday, Wednesday** and **Friday**. You don't need to be in PE kit and you don't need sports equipment. All of the videos will use things that you can find around the home. To view all the videos in one place a **#ThisIsPE YouTube playlist** has been created.

Active Break: Den Building



Eat Healthily

Whilst we are all at home, there will inevitably be more time to relax, but please remember to eat healthily as well as doing your exercise each day. You will feel so much better!

What counts as 5 A Day?

For children, the amount they should eat depends on their size and age. As a rough guide, one portion is the amount they can fit in the palm of their hand.

For adults, a portion is 80g fruit:

- That's a large slice of fruit like melon or pineapple
- One medium apple, banana or pear
- Two smaller fruits like plums or satsumas
- Seven strawberries or 20 raspberries
- One handful of grapes

Or 30g dried fruit:

- One heaped tablespoon of dried fruit, such as raisins, cherries or dates

Or 80g of vegetables:

- That's three heaped tablespoons of peas, beans or pulses
- Three heaped tablespoons of veggies like sliced carrots, mixed vegetables or corn
- Four heaped tablespoons of cooked green veggies like cabbage and spring greens
- Two spears of broccoli or one medium tomato
- A dessert bowl of salad greens

<https://www.nhs.uk/change4life/food-facts/five-a-day>

Coronavirus: do not leave your home

Everyone must stay at home to help stop the spread of [coronavirus](#).

Change4Life > Food facts > 5 A Day

change 4 life

Food facts

Recipes

Activities

Your child's weight

Sugar swaps | Sugar | Sat fat | Salt | Snacks | 5 A Day | Food labels

5 A Day



All you need to know about 5 A Day for the whole family – portion

© 2020 NHS.uk/change4life/food-facts

Ideas from Michelle Cook from Dee Banks School

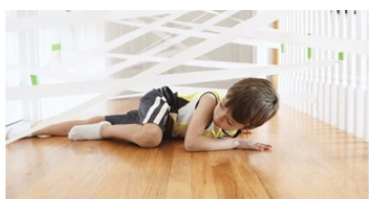


Sticky Note Wall Bop: Attach 26 sticky notes to the back of a door and write a different letter on each one (in random order). Make a "start" line a few feet away from the door (more if you have older kids), and have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks. Now instruct them to throw their object to try and hit the "A" or the "T". Players with more advanced aim and spelling skills can try and hit all the letters in specific words (to make it even tougher, if they miss one of the letters. have them start all over again!)



Basketball: If you have a [Little Tikes basketball hoop](#) or an [over-the-door](#) one, then you're all set to play with a soft foam ball. But no worries if you don't, just grab some laundry baskets or beach buckets and place them on the floor, stairs or hang from a door handle or hook. Make-shift your own balls with a wad of newspaper, bean bags, soft toys or rolled-up socks.

Play a game of HORSE or see who can make the farthest shot. Set-up lines of tape to see how many shots they can make from each one. Or set a timer for 1 minute and challenge them to make as many baskets as they can (running to retrieve the ball after each missed shot!).



GROSS MOTOR INDOOR PLAY
OBSTACLE MAZE



Many thanks to Michelle Cook from Dee Banks School for sending in these activities.

These can be adapted to suit the child and you do not need specialist sports equipment to be active at home.

Children have amazing imaginations, why not let them think up a game for everyone to play?

If you have any suggestions that you would like us to add to one of our newsletters, please do send them in.

Privacy

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



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'

#StayInWorkOut

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home).
- If you go out, stay 2 metres (6ft) away from other people at all times.
- Wash your hands as soon as you get home.
- Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms