



Chester SSP



Activities To Do At Home no.6



We hope that everyone is well and staying at home where possible. Here is the latest newsletter with activities and also updates.

School Games Mark update. The team at the Youth Sport Trust have consulted with Sport England and a range of stakeholders on the approach to take in light of COVID-19, school closures and social distancing measures. The overriding feedback was that the priority for staff during the summer term was to cater for the immediate needs of students while also preparing for school returning to a new normal. With this in mind, the decision has been made to pause the 2020 School Games Mark. As a result schools will retain their 2019 School Games Mark Award.

Platinum schools will retain their status for another year, and schools that would have been eligible for platinum this year, will be for 2021.

We wish to thank you so much for all the hard work that you have done already this year for the award, but the focus should now be on the current challenges we all face. Please still complete your Inclusive Health Check and Active School Planners, as they will still help you with your School Development Plans for next year. If you do need any help with planning your School Games Mark award for 2021, then please do contact us.

Get Set Home Resources

Get Set have set up some home resources on their website for primary and secondary ages. There are a range of free activities, challenges and learning resources for parents to do indoors or in their garden with their children.

The About Travel to Tokyo home learning pack includes lots of free, downloadable ideas to get active at home as a family.

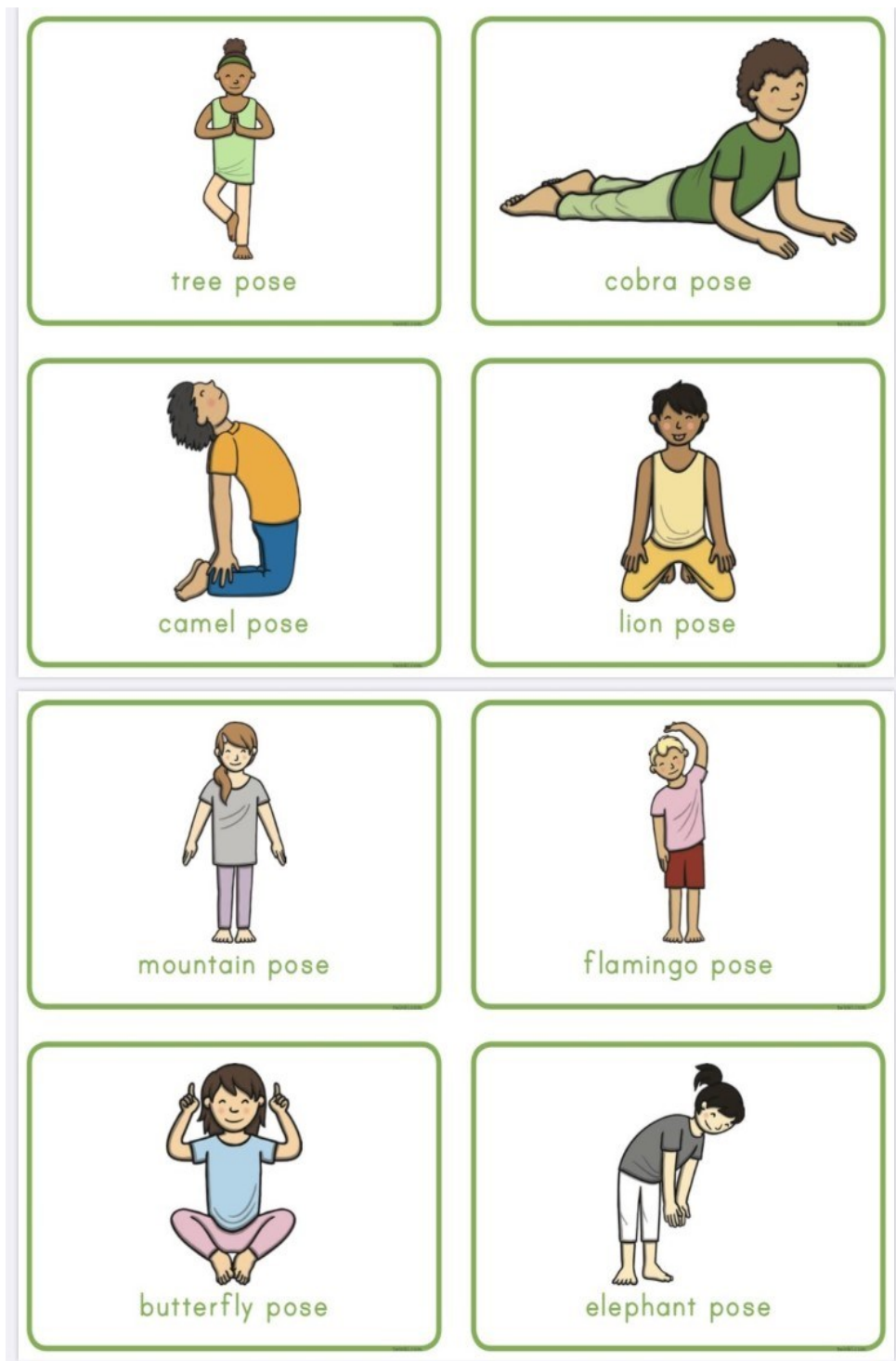
The pack is a compilation of the existing Travel to Tokyo resources and includes:

- **Tokyo Tens** – ten-minute activities you can fit into your day.
- **Active Challenges** – longer-form activities that last around 30 minutes.
- **Holiday Activity Pack** – this holiday activity pack includes lots of free, downloadable ideas to get active indoors or in the garden at home as a family.

Visit www.getset.co.uk for more information.



Try these yoga poses....



UK Coaching

For all teachers, coaches and any interested parents, the UK Coaching website has a variety of resources and courses that can be completed on line.

www.ukcoaching.org

We would like to remind you about the Topsportsability resource. Not everything that is available on line is suitable for, or can be adapted for all children with specific needs.

Topsportsability is an online resource for schools and offers practical advice to teachers, learning support staff, and other sports practitioners. It consists of video clips and downloadable content showing ideas and strategies to support the inclusion of young disabled people in physical activity. look, it is very useful and is free of charge.

TOP Sportsability

Introducing the Inclusion Spectrum

Sample practical session



Many teachers have attended the Inclusive PE training, and this is the resource that is recommended to be used. Please do have a look. www.topsportsability.co.uk

To register please use the code: YSTINCLUSION7 (Parents can now register on the website too!). (To register successfully please put a space in the postcode e.g. CH1 5JH).

All About Autism—e-learning

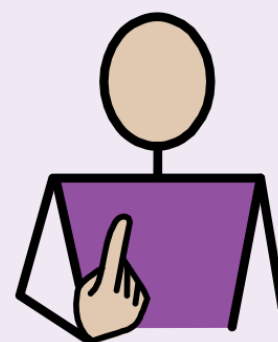
Please do have a look at the All About Autism booklet that has been sent with this newsletter. It will give readers the chance to develop an understanding of autism, including related social and communication difficulties, within the context of PE and sport.

The booklet is designed to be a practical toolkit, building your knowledge of autism and some of the key considerations for making PE and sport inclusive to all. The key factor throughout this process is to know the young person you are working with, which includes familiarising yourself with their Individual Education Plans and motivators.

You can also use the information as a practical CPD guide for reframing competition in the future for yourselves.



ALL ABOUT AUTISM,
ALL ABOUT ME



SHARING STRATEGIES TO MAKE
PHYSICAL EDUCATION AND SPORT
ACCESSIBLE FOR ALL

School Games Inclusive Health Check

If you need any help with your Inclusive Health Check please do contact us, this will help with your school development plan for next year. Your county Inclusive Project Ability advisor is Penny Moorfield, if you have any disability specific questions for her, please do contact us.

Don't forget that the School Games website has plenty of sports and play formats that can be adapted to be done at home. You don't need specific equipment, just use what you have at home. For the example below, why not try a tennis ball or a balloon?

Please visit the website, if you have not registered before or you have forgotten your password, please do contact us.



Name Hangman

Why not have a game of hangman and complete the exercises once the word is complete?

A—45 sec plank

B—50 jumping jack

C—30 squats

D—10 burpees

E—1 min wall sit

F—12 push ups

G—20 arm circles

H—20 squats

I—30 star jumps

J—30 sec plank

K—10 push ups

L—2 min wall sit

M—20 lunges

N—25 squats

O—25 burpees

P—15 arm circles

Q—30 sit ups

R—15 lunges

S—30 burpees

T—30 arm circles

U—30 star jumps

V—3 min wall sit

W—20 burpees

X—40 jumping jacks

Y—30 sec plank

Z—20 push ups



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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'

#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