



Chester SSP



Activities To Do At Home no.10



Welcome to the latest edition of the newsletter. We hope that you had a good half term break, if and you need any support or advice, please do contact Claire or Elizabeth.

The Cheshire and Warrington Virtual School Games will continue with a new challenge until 1st July. Thank you to the schools who have already shared their challenges. Please keep an eye on our twitter feed @chesterssp.

TopYa!

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa!. New challenges will be available every Monday, Wednesday and Friday to engage with.

Children practise the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches. Points are earned for each video submitted, leading to climbing leaderboards and winning prizes!

Look at <https://topya.com/sgac/> for more information!

Girls Football in Schools

Welcome to the Girls' Football in Schools website

This website has been designed to help schools to mainstream girls' football in the PE curriculum, provide opportunities for girls to participate, lead and compete in girls' football and maximise inspiration from major women's football events.

The FA supported by Barclays and the Youth Sport Trust have a vision to give 'Every girl equal access to football in schools by 2024' and we need your help to achieve this vision.

The website includes sections on the curriculum, participation, leadership, competition, major events and Barclays Lifeskills. There are some excellent resources for both primary and secondary schools, including an activity videos page.

There is also a section on signing a pledge which is just an agreement by your school to commit to helping to grow girls football in your school through providing girls with equal access to:

- Learn through football in PE lessons
- Participate in girls only football sessions
- Compete in girls' football school fixtures/events
- Lead girls' football activity for others

Please help to support the vision and give girls more footballing opportunities by signing the pledge on the website.

The Girls' Football in Schools online community is designed to support teachers in the secondary sector with their delivery of football.

The concept of the GFSP online community is to provide webinars, interactive workshops alongside the opportunity for informal discussions with those involved with girls football in schools. One of the key features would be a weekly 'connect and share' with the aim of building a network of like-minded professionals who want to further develop the game for girls in secondary schools.

For further details please look at the links on the @FAPEunit twitter feed or visit the website www.girlsfootballinschools.org

If you have any questions regarding the programme then please contact Claire Smedley.
claire.smedley@blaconhigh.cheshire.sch.uk



**GIRLS' FOOTBALL
SCHOOL PARTNERSHIPS**
Supported by  **BARCLAYS**



National School Sport Week



This year has been like no other and, in recognition of the huge changes and challenges that we have faced, National School Sport Week looks rather different in 2020.

Right now, young people are missing their friends and missing the sense of connection they get from enjoying sport and play. Millions of young people will be deprived of a school sport day this summer. Some young people are at home while others are at school, but we want everyone to come together to feel connected through the power of sport.

Youth Sport Trust National School Sport Week at Home, taking place from 20-26 June, will give schools, families, communities and sports clubs the opportunity to engage in a series of virtual sporting challenges which help young people capture the enjoyment, competition and camaraderie they are missing out on.

For schools, there are free resources to help plan activity for pupils and students still in school, engage young people at home and promote your involvement online and in local media.

The YST will provide everyone who registers with free videos and activity cards to help you plan a series of challenges across National School Sport Week at Home. You will receive these well in advance of the week itself so you'll have plenty of time to plan your activities.

The active challenges will all have an emphasis on togetherness, inclusivity and wellbeing. They will be things you can do within the home, and where you can engage in straightforward virtual competition with friends, neighbours and family outside your home.

For more information and to register, please visit:

<https://www.youthsporttrust.org/national-school-sport-week-home>

Have you tried standing long jump?

Standing Long Jump

A two-footed horizontal jump from a standing position.

Instructions

Start by standing with both feet as close to the take-off line as possible.

Both feet must stay in contact with the ground until the start of the jump.

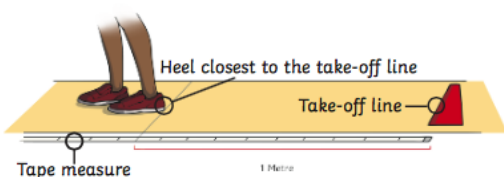
No part of the body must touch in front of the take-off line prior to take off.

Jump as far as possible from a standing position, with a two-footed take off.

Land on both feet.

You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.

Measure from the take-off line to the back of the closest heel on landing.



How to do the Standing Long Jump Step-by-Step

You may prefer a crouching or a rocking motion prior to the jump.

Bend ankles, knees and hips.

Keep eyes focused forward.

Swing arms behind body.

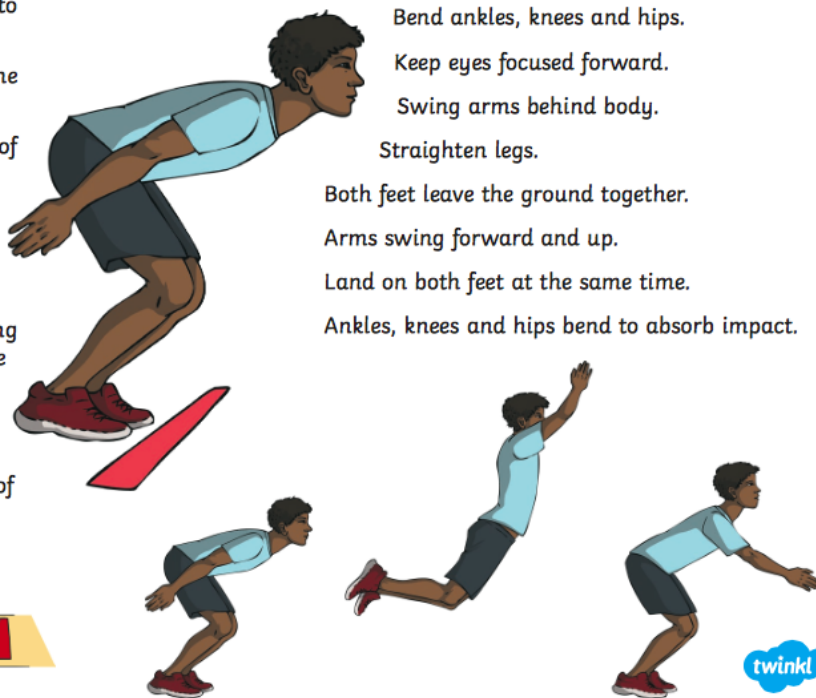
Straighten legs.

Both feet leave the ground together.

Arms swing forward and up.

Land on both feet at the same time.

Ankles, knees and hips bend to absorb impact.



twinkl
visit [twinkl.com](https://www.twinkl.com)

Here's some additional ideas to adapt the challenge:

Can you do 3 standing long jumps in a row? How far did you travel?

Lie down and mark your height. Can you jump as far as you are tall?

Try taking off from just one foot, first right and then left. Is this harder?



twinkl.com

Rugby Resources

Whilst schools are off Premiership Rugby are here to help!

They are on a mission to improve the lives and prospects of children and young people across England, using the power of rugby to inspire the current generation to learn, be active and discover their inner champion.

Premiership Rugby Champions has been helping teachers deliver fun sessions within the classroom through the new app.

Using the sport we all love, and with the help of expert learning technology company Aspire 2Be, they have developed a collection of free, curriculum-linked resources to help parents up and down the country educate and entertain their children whilst at home.

They will be releasing three a week – on a Monday, Wednesday and Friday at 10am – and you can find them www.premiershiprugby.com/champions or on social media via #ChampionsAtHome.

You will find plenty of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing.

CVC BT Sport THE SUPPORTERS CLUB

**Session 1 (Literacy):
Become a Rugby Journalist**

PREMIERSHIP RUGBY CHAMPIONS

WARM UP - YOU WILL NEED...

- Pen and paper
- Interview props
- OR...**
- An iPad/ recording device
- iMovie App/ Simple editing software

MATCH

In this session, your child will practise their interview technique as a 'Rugby Journalist'.

Watch the example video below with your child. Ask - **What makes it a good interview? What do you notice about the interviewer and the interviewee?**

Think about the kind of questions you would ask a rugby player after the game and jot down some questions. For example, **Explain what the atmosphere was like in the stadium today.**

This activity involves role play - ask your child, **When have you pretended to be a character before?** Refer back to school plays as an example. Your child should be the interviewer to start and then try swapping roles.

You can also complete this activity digitally, by recording to watch back later. You can film and use props to make it more realistic. You could even edit to add effects.

COOL DOWN

Talk about the interview - **What would you change?** If you recorded the interview, watch it back to see how you did.

EXAMPLE

Click the image below to view an example interview.

SHARE

Please feel free to share your final videos, along with any outtakes, on Twitter tagging **@premrugby**, Premiership Rugby Club and use **#ChampionsAtHome**

Early Years

Fitness Circuit Cards

Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



Fitness Circuit Cards

Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



Fitness Circuit Cards

Heel Walk

Walk around the circuit on your heels:

- Can you walk fast?
- Can you side step on your heels?



Fitness Circuit Cards

Knee Highs

Run around the circuit bringing your knees up high.



Fitness Circuit Cards

Star Jumps

Do star jumps for one minute:

- How many can you do?



Fitness Circuit Cards

Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



PIC•COLLAGE

For the early years age groups, you do not need to have a structured regimented exercise session. Just learning through play, games and having fun will help with their skills such as balance, co-ordination and agility. Why not try some of the activities above or come up with your own, or make it fun and ask the children to design their own routine.

Dynamos Cricket App

This brand new app is part of the ECB's new Dynamos Cricket programme aimed at inspiring 8-11-year-olds to play cricket, learn new skills and fall in love with the game. The app is the perfect platform for all children aged 8+ to do just this at home.

Packed full of features, it is designed for children who have never played cricket before, as well as those looking to build on what they already know.

The 18 different skills videos and interactive quizzes provide lots of ways for children to get active at home, even with minimal space and equipment.

The app features will enable your child to:

- Create a personal profile
- Learn new batting, bowling and fielding skills through activities and videos, with three levels of difficulty per area
- Do fun quizzes to earn virtual runs
- Learn about the different teams from The Hundred and pick their favourite

You can share photos and videos of your child practising their new skills at home by using the hashtag #DynamicsCricket on social media.

Download the free Dynamos Cricket app today!



DYNAMOS CRICKET

Dynamos Cricket app out now!

For all children aged 8+ years

GET IT ON **Google Play** Download on the **App Store**

#DynamicsCricket

20 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

-  **EXERCISE REGULARLY**  **KEEP ACTIVE** 
-  **TALK TO FRIENDS**  **START A TO DO LIST** 
-  **LISTEN TO MUSIC**  **LET PEOPLE KNOW HOW YOU FEEL** 
-  **EAT WELL**  **REACH OUT WHEN YOU ARE LONELY** 
-  **MAKE TIME FOR YOURSELF**  **GET INTO A GOOD SLEEP PATTERN** 
-  **CHALLENGE NEGATIVE THINKING**  **TRY SOME DEEP BREATHING** 
-  **GET INVOLVED IN GROUP ACTIVITIES**  **WORK ON IMPROVING YOURSELF** 
-  **SMILE MORE**  **SURROUND YOURSELF WITH PEOPLE WHO MAKE YOU HAPPY** 
-  **BE MINDFUL**  **SHARE THINGS WITH FRIENDS AND FAMILY** 
-  **DO SOMETHING THAT MAKES YOU HAPPY**  **PRACTICE PROGRESSIVE MUSCLE RELAXATION** 



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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

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'Providing opportunities for every young person to shine'

