



Activities To Do At Home no.7



Welcome to the latest edition of the Activities to Do at Home newsletter.

We will continue to share ideas that are shared from other School Games areas, we have a fantastic network with a lot of great activities going on.

We hope that everyone is keeping safe and please continue to follow the government guidelines on social distancing, and only go out to exercise with yourself and / or your family once a day.

Last week saw the first challenge of the Cheshire and Warrington Virtual School Games, this was a tri-golf activity that can be done at home for any age group.

Every Wednesday a new challenge will be shared across Cheshire and Warrington up until Wednesday 1st July. Please do share this with your children and if you can, upload any videos onto twitter and tag us in (@Chesterssp, @CWSchoolGames and @ActiveCheshire). Please use the #CheshireVirtualGames. #StayAtHome #StayInWorkOut.

The programme schedule is listed below. Good luck!

Cheshire & Warrington Virtual School Games 2020 #CheshireVirtualGames

Programme schedule

Date	Challenges
29/04/2020	Tri-Golf challenge
06/05/2020	Basketball challenge
13/05/2020	Volleyball challenge
20/05/2020	Handball challenge
03/06/2020	Gymnastics challenge
10/06/2020	Orienteering challenge
17/06/2020	Athletics challenge
24/06/2020	Tennis challenge

Submit your videos using Twitter, Facebook, Instagram or email them to your School Games Organiser by Wednesday 1st July. If you are submitting on social media, remember to tag @CWSchoolGames, @ActiveCheshire and your local School Sport Partnership. Use the #CheshireVirtualGames so we can see!

Rewards will be given to the individuals and schools from each School Sport Partnership area.



Cheshire & Warrington School Games

#StayInWorkOut

#StayHomeStayActive



@CWSchoolGames

@ActiveCheshire

@ValeRoyalSSP

@ChesterSSP

@TheEPortSSP

@SSPMacc

@SandbachSSP

@CandNSSP

@SSPWarrington

@SGWarrington



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.

www.girlsfootballinschools.org

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.

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**



**YOUTH
SPORT
TRUST**

Active Fusion have developed free age appropriate Physical Education sessions for Early Years Foundation Stage, Key Stage 1, Key Stage 2 and Special Educational Needs pupils.

‘PE Parent’ is a free, easy to follow resource for parents to give their children a positive, progressive experience in PE and can be delivered in 15–20-minute sessions to fit around your lifestyle.

All activities can be done at home and can be adapted to using household items should you not have access to sports equipment.

For each activity there is a games card detailing all the information on how to play and what you will need. There is also a QR code which you can scan using your phone camera and it will take you straight to the instructional video on our YouTube Page.

Within the cards and videos, you will find several ways to progress each activity to challenge your child further should they need to.

This is an example of one of the sessions.

Shooting Challenge



How many players?

- 1 player or more

What do I need?

- A ball or alternatively use rolled up pair of socks or paper ball
- Bucket or objects to make a target to throw in to

Top tips...

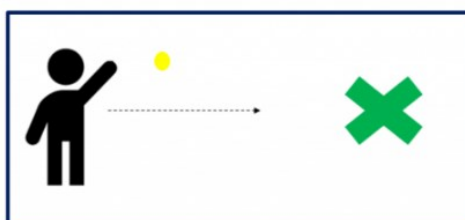
- Keep an eye on the target
- Throw one handed but aim with your other arm!
- Follow through towards target with your throwing arm

Even more challenge...

- Increase the distance of the throw every time you land the ball in the target
- Can you use your other arm to throw the ball?

How to play the game?

- Can you throw your ball and land it in the target?
- Remember to look at the target and use your non-throwing arm to aim
- Once you have practiced have 10 throws see how many you can land in the target
- Count how many throws it takes you to successfully hit the target 5 times in a row.
- Can you challenge a family member to a competition to see who can score the most points?
- See video below on how to progress this activity into a game!



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Please remember that we are using this newsletter format as a signposting tool to a variety of exercise challenges, ideas and activities that are around at the moment. Please remember to adapt the exercises to meet the needs of the person taking part, think about the space available and the equipment used. Don't forget to think about the ability of the person taking part and whether any adjustments need to be made to make to the activity.

Make sure that the exercise area is clear and there is nothing nearby which could cause a trip or fall. Challenges are designed to be suitable for each age group, however it is important to understand that if someone chooses to take part, they are doing so at their own risk.

CPD

Below is just a selection of the CPD which is available at the moment:

Association of PE (afPE) afPE are hosting various webinars on their website www.afpe.org.uk. Just click on any of the FREE Webinars on the news feed.

The Power of PE - Free home learning packs – Lockdown Boredom Beaters www.powerofpe.co.uk
They have developed some activities, games and challenges ranging from Nursery, Reception, Y1, Y2, Y3, Y4, Y5, Y6.

Challenge Sport Education – Free to sign up to and offers YouTube content with suggested weekly timetables, Be Mindful programme, Virtual PE CPD's on various topics
www.challengesporteducation.co.uk/covid19/

The Institute of Swimming (Swim England) have released the Introduction to Front Crawl and Back stroke, and Introduction to Breaststroke and Butterfly. Online learning is now free until the end of May. Normally the courses are usually £25 each and take you through the basics of the four strokes. They are perfect for those who are new to swimming. <https://www.swimming.org/swimengland/swimming-teacher-resources/> They also have other courses (not free) focused on disability swimming modules, water safety and officiating in swimming.

Tennis CPD - Online Tennis course focused on Tennis and creating the right environment for primary aged girls, written by Judy Murray. The course will take between 3-4 hours to complete and it is £30 for a month of access. <https://miss-hits.club/course/miss-hits-online-training-course/>

Hockey for Heroes - www.hockeyforheroes.co.uk have teamed up with some brilliant hockey experts to bring you a Free 'Hockey at Home' Masterclass Series. This is for hockey players.

UK Athletics – will be releasing daily webinars which you can sign up to on the link below, or they will be putting them onto their website to access if you cannot be there at that time. I should say that most of the content will be pitched at high level athletes and club athletes. But nevertheless there is options to find some athletics drills, Q&A sessions and some real expert knowledge from some top coaches in running, jumps, throws, strength and conditioning technique and ideas.
<https://www.englandathletics.org/about-us/athletics-at-home/coachingwebinars/?>

The Open University also has a few interesting courses to look at. www.open.ac.uk/courses

The ECB have a variety of cricket courses that you can complete.
<https://www.ecb.co.uk/be-involved/officials/find-a-course/Umpiring-courses>

As part of their new campaign #BEatHome, Badminton England are encouraging us to keep badminton a part of our lives, and will be sharing with us how the badminton community have been doing just that. A great way of sharing creative drills to practice in small spaces, or following along with some of the vvvplayers in badminton focused workouts. Follow them on @BadmintonEngland

Activities from Windsor SSP

ROBOT

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Blindfold/scarf and soft toys

HOW TO PLAY:

Spread a selection of soft toys on the floor. Starting away from the toys, in pairs, 1 person is blindfolded (using a scarf) and is the 'Robot'. Their partner tells them how and where to move to pick up objects and bring them back. Take turns picking up the toys.

Challenge yourselves by choosing a specific toy each time. Make it harder by not allowing the Robot to touch any of the other toys on their journey. If they do, they have to start again.



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SOCK BOWLS

AGE: 7 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

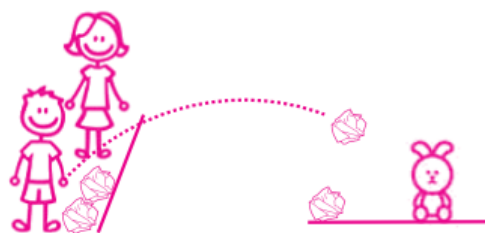
EQUIPMENT NEEDED: 1 soft toy. 3 rolled up socks per person. Ideally 1 colour per person

HOW TO PLAY:

Place a soft toy on the floor. Each person takes it in turn to throw one of their bunched up socks or paper ball closest to a toy. After all socks are thrown, the closest to the toy wins that round.

The winner of the previous round chooses where to place the toy for the new round.

First to 6 wins an end.



CLOSEST TO WALL

AGE: 5+

NUMBER OF PEOPLE: 2+

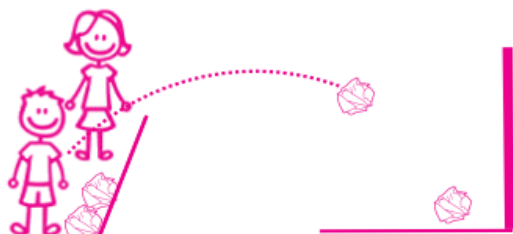
SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Balls, beanbags, socks, paper balls

HOW TO PLAY:

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.



FREEZE DANCE

AGE: 5 to 9

NUMBER OF PEOPLE: 4+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Music with a pause button

HOW TO PLAY:

Choose one person to be in charge of the music. When the music starts, everyone else dances, the crazier the better. When the person in charge of the music presses pause, the dancers must freeze. Anyone caught moving after that is out. Play carries on until there is one person left, the winner can be in charge of the music and choose the next song.

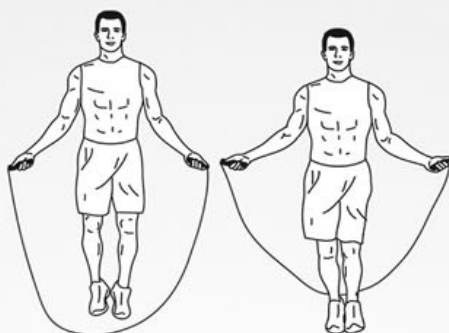
Alternatively, to avoid being out, create a points system where you score a point if you freeze in time.



Have you tried skipping?

JUMP ROPE

30-DAY CHALLENGE



@ darebee.com

1	1 min skips 1 min rest 3 sets in total	2	4 min in total throughout the day	3	2 min skips non-stop	4	1 min skips 1 min rest 3 sets in total	5	200 skips one workout
6	1 min skips 1 min rest 3 sets in total	7	4 min in total throughout the day	8	2 min skips non-stop	9	1 min skips 1 min rest 3 sets in total	10	400 skips one workout
11	1 min skips 1 min rest 4 sets in total	12	6 min in total throughout the day	13	3 min skips non-stop	14	1 min skips 1 min rest 4 sets in total	15	450 skips one workout
16	1 min skips 1 min rest 4 sets in total	17	6 min in total throughout the day	18	3 min skips non-stop	19	1 min skips 1 min rest 4 sets in total	20	600 skips one workout
21	1 min skips 1 min rest 4 sets in total	22	8 min in total throughout the day	23	4 min skips non-stop	24	1 min skips 1 min rest 4 sets in total	25	800 skips one workout
26	1 min skips 1 min rest 5 sets in total	27	10 min in total throughout the day	28	4 min skips non-stop	29	1 min skips 1 min rest 5 sets in total	30	1000 skips one workout



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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

