



# Chester SSP



## Activities To Do At Home no.15



Welcome to the latest edition of the newsletter. This is the last one for now which will include activities for children to do at home and at school. We hope that you have found a few ideas over the weeks and months which you could share with the children in your schools or at home. Not everything is suitable for every age group or every child, but we have tried to make it varied and cover many different sports and activities. Thank you to those who have contributed challenges and exercises for us.

Next week will be the last edition this term and we will share photographs of children taking part in the virtual challenges, sports days and activities at home or at school. Please do send any photographs you have to us for our edition next Monday. Only send photographs where you have parental consent for them to appear in our newsletter. We look forward to seeing them and sharing them with you all.

Thank you to those schools who have already contributed some pictures for next week

Well done to all the schools who have been awarded their School Games Mark certificate. The applications this year were cancelled due to COVID-19. Everyone who gained the award last year has been awarded the certificate for their achievements in the Autumn and Spring term this year.



We have already awarded a few School Games Virtual Award certificates this term, for schools who have taken part in virtual School Games challenges and activities. If your school has not received this award yet, but can share with us any evidence of virtual School Games activities, please do contact Claire ASAP.

[claire.smedley@blaconhigh.cheshire.sch.uk](mailto:claire.smedley@blaconhigh.cheshire.sch.uk)



Across Cheshire and Warrington, we are currently working on a virtual competition programme for the autumn term next year. With the ever changing guidelines, we will work to a virtual programme, until the guidelines change to allow inter school competition.

## School Games Mark Awards

Congratulations to the following schools who have retained their School Games Mark Award this year. As you know applications for the 2019-2020 School Games Mark Award were cancelled this year, so everyone who gained an award last year will retain their award this year. Thank you for your achievements during the Autumn and Spring terms in supporting the School Games.

Acresfield Primary School  
Belgrave Primary School  
Bishop Heber High School  
Blacon High School, A Specialist Sports College  
Boughton Heath Academy  
Bunbury Aldersey CofE Primary School  
Chester Blue Coat Church of England Primary School  
Dee Banks School  
Dee Point Primary School  
Delamere CofE Primary Academy  
Doddleston CofE Primary School  
Dorin Park School & Specialist SEN College  
Firs School  
Guilden Sutton CofE Primary School  
Highfield Community Primary School  
Hoole Church of England Primary School  
J H Godwin Primary School  
Kelsall Primary and Nursery School  
Lache Primary School  
Mickle Trafford Village School  
Mill View Primary School  
Oldfield Primary School  
Saughton C of E Primary School & Pre-School  
Saughall All Saints Church of England Primary School  
St Clare's Catholic Primary School  
St Martin's Academy Chester  
St Oswald's CofE Aided Primary School  
St Theresa's Catholic Primary School  
St Werburgh's and St Columba's Catholic Primary School  
Tarvin Primary School  
Tattenhall Park Primary School  
Upton Heath CofE Primary School  
Upton Westlea Primary School  
Waverton Community Primary School



## Girls Football In Schools

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

We hope that many of you were able to book onto the Shooting Stars Course which starts today.

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 schools.

For further details regarding the Girls Football in Schools Programme please look at the links on the @FAPEunit twitter feed or visit the website <https://www.girlsfootballinschools.org/>



**GIRLS' FOOTBALL**  
**SCHOOL PARTNERSHIPS**  
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## Gymnastics

British Gymnastics have a few ideas for activities at the current time, here is one below that is very simple but effective in helping with mobility. A great activity to try after a few yoga exercises!

# Clockwise

## Partner School Programme


### Objective

Copy, explore and create gymnastics actions on the floor representing hour and minute hand positions for various times on an analogue clock.

**Imagine a clock face is on the ground.**

**Ask someone to call out a time and create the clock hands with your body.**

**Can you make the time for lunch, when you finish school or bedtime?**



**#GymnastsAtHome**  
**#NSSWTogether**

**British Gymnastics**

## Virtual Rounders Competition with Rounders England


### VIRTUAL ROUNDERS GAMES

Rounders England have created 5 virtual challenges for young people to undertake with the added challenge of competing to win their own **Rounders Bat and Ball Pack**.

1. CATCHING
2. BATTING
3. BOWLING
4. RUNNING
5. KEEPY UPPY

All of the challenges can be completed with general items or specific sports equipment. Guidelines for the challenges can be found here: <https://www.roundersengland.co.uk/stayhome-activities/rounders-challenges/>. Please refer to the website for the terms and conditions of the competition and for a copy of the scoresheet.

All entries required by midnight Friday 26th July.

#STAYHOME ACTIVITIES / SAFEGUARDING / PLAY / LEARN / IDIM / SHOP (OPEN) / ENGLAND SQUADS

## CATCHING



Keepy Uppy Challenge


**What you need**

- 10 pairs of socks or balls
- A receptacle i.e. bin, bucket or basket
- Someone to throw – who lives in your household

**Aim of the Game**

- Catcher stands five big steps away from the thrower, placing the receptacle on the ground beside them.
- Thrower throws the socks/ balls to the catcher
- Catcher has to catch as many pairs of socks/ balls as they can out of ten, placing them in the receptacle when successfully caught, to be counted at the end.

Catching - Rounders Challenge Copy link



## Cheshire & Warrington Virtual School Games

The Cheshire and Warrington Virtual School Games challenges have finished for this term now. We hope that you enjoyed the weekly challenges which children from across the whole area were attempting in the same week. Thank you to the schools who shared videos on your Twitter feeds and for schools who have taken part. We have seen lots of children learning new skills and most importantly having fun whilst keeping active. Thank you!



# Jumping Challenge

## #StayInWorkOut

## Jump, Land, Balance

Primary and secondary challenge card

# SCHOOL GAMES

This is a jumping challenge to introduce players to the Netball footwork rule. Start on two feet and jump as high as you can. Land on one foot and hold for four seconds. Repeat four times, twice on the left foot and twice on the right foot. Landing foot becomes the 'STICKY FOOT'.

## S T T E P

Ideas on how to adapt the activity in a national lockdown.



### Space

- You can try this in any inside or outside space.



### Task

- Try and make the Jump vertical and not forward. Balance must be held for four seconds and try not to move your foot when you land.
- Some players may find it easier to begin by pushing up on tiptoe without jumping; once balance improves, progress to a jump
- Why not make this harder by starting on one foot and jump as high as you can, then land on the opposite foot.
- Mobility-impaired players, for example, young people using walking frames or wheelchairs, can try alternative skills including a vertical reach up a wall or stopping as quickly as possible on command.



### Time

- See how many jumps you can do in 60 seconds
- If you have added a ball, see how many successful passes you can make in 60 seconds.



### Equipment

- Equipment is not needed for this challenge.
- Try adding in a ball and passing to another person while balancing on your sticky foot.



### People

- You could do this by yourself or with another person.



[www.yourschoolgames.com](http://www.yourschoolgames.com)

## Kids Yoga



Some lovely little exercises that the children can do at home or at school.  
Remember the breathing exercises, and if the weather is nice, try them outside in the fresh air.



**Chester School Sport Partnership**  
**Blacon High School**  
**Melbourne Road**  
**Blacon, Chester**  
**CH1 5JH**

**Phone: 01244 371475 ext 130 / 131**

**Fax: 01244 374279**

 **@ChesterSSP**

**School Games Organisers:**

**Claire Smedley & Elizabeth Newstead**

[claire.smedley@blaconhigh.cheshire.sch.uk](mailto:claire.smedley@blaconhigh.cheshire.sch.uk)

[enewstead@blaconhigh.cheshire.sch.uk](mailto:enewstead@blaconhigh.cheshire.sch.uk)



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

 **@ChesterSSP**

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.

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