



# Newsletter



October 2020

Welcome to the latest newsletter for this academic year. We hope that the children have settled in well back into school life after a challenging few months.

In September we launched the first two sports formats for the Cheshire and Warrington Virtual School Games events for this year. Don't forget that the deadline for sending us your results for these events is Friday 23rd October. You may still send the score sheets for these events after this date, however they will not count towards the Cheshire and Warrington county finals.

## QUICK STICKS HOCKEY

**KEY INFORMATION**  
**AGE GROUP:** Year 5&6  
**GENDER SPECIFICATIONS:** Male and Female  
**NUMBER IN TEAM:** Two boys and two girls

**DESCRIPTION**  
There will be three tasks / skills to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top four scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.  
Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.

## RUGBY

**KEY INFORMATION**  
**AGE GROUP:** Primary- Year 5&6, Secondary- U13 Girls  
**GENDER SPECIFICATIONS:** minimum of 2 girls in team (Primary)  
**NUMBER IN A TEAM:** 8

**DESCRIPTION**  
There will be 4 tasks / skills to complete as part of this rugby challenge. Please record the score for each activity on the score sheet, and the top 8 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.  
Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.

## DfE Guidance

Please remember to keep an eye out for any updates from the DfE on physical activity in schools (last updated 1st October) and also the National Governing Bodies guidance on team sports. With the ongoing situation with COVID-19, you need to ensure that your PE risk assessments are up to date.

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools>

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/return-to-recreational-team-sport-framework>

Please do contact us if you need any advice.

## DfE YouTube Channel

A new online platform featuring inspiring videos and resources for schools has been launched, to mark National Fitness Day, helping pupils stay active and healthy during the school day.

With more than 99.9% of state-funded schools open to pupils as of 10th September, lessons having resumed and children being reunited with their friends and teachers, the Department for Education's new online video collection will support young people's mental and physical health.

Schools are able to access videos on [YouTube](#) which will provide creative and entertaining content that helps staff to safely offer 30 active minutes in a Covid-secure environment. This includes videos from schools and young leaders across the country sharing best practice on how to incorporate being active into lessons, break-times and travel times, content from Sport England featuring their Daily Activators doing the 'Daily Mile', inclusive activities for pupils with Special Educational Needs and Disabilities (SEND) and content to encourage more girls to get involved in physical activity.

### Education Secretary Gavin Williamson said:

*"Getting pupils back into education full-time and back with their friends and teachers has been a national priority, so it's fantastic to see millions of pupils back in the classroom – the best place for their education, development and wellbeing."*

*"We know that keeping active is a vital part of every child's education, as well as being important for their mental and physical health, so it's encouraging to see so many schools adapting to these new ways of working and sharing their experiences with others. Events like National Fitness Day and the new Great British Week of Sport promote the benefits of sport and physical education, and I hope that our new resources will make it easier than ever to incorporate 30 active minutes into the school day."*

The online collection, available on the Department for Education's YouTube channel, builds on the Government's commitments set out in the School Sport and Activity Action Plan. These include ensuring that children are active for 60 minutes every day, half of which they should do during school hours. Now more than ever, keeping active and maintaining good physical and mental health is an important part of every young person's daily routine.

The screenshot shows a web browser displaying the DfE YouTube channel. The address bar shows the URL: <https://www.youtube.com/playlist?list=PL6gGtLyXoeq9x1LWHPUs94TB8HQZfGoCq>. The page features a sidebar with navigation links: Home, Trending, Subscriptions, Library, and History. The main content area displays a playlist titled "Physically active schools" with 13 videos and 2,186 views, updated 5 days ago. The description states: "It's important to keep kids active, even during challenging times like the Covid pandemic. Here are some great examples of how schools are ensuring pupils keep moving in Covid-secure ways." Below the description is the DfE logo and a red "SUBSCRIBE" button. To the right, a list of video thumbnails is shown, including "Sport England Active Mile Initiatives", "Sports Leadership", "Active Play at Clare Mount Specialist Sports College", "Adapting physical activity to be Covid-secure", "Active Learning at Clavering Primary School", and "Active Playtimes at Clavering Primary School".

## Playground Leaders Course—Member Primary Schools Only

This year, as part of the School Sport Partnership membership package we will be delivering a bespoke Playground Leaders Course. We normally offer the course to just 2 students from each school where they come together with children from other schools and take part in the course, due to Covid-19 this isn't possible this year so instead we will come to you!

The course will be delivered by Judith Gilmour and Tom Mulligan from CEPD and will give the opportunity for 15-20 Year 5 or 6 children to be trained as playground leaders. The course will last for 2 hours (9:30-11:30am or 1:00-3:00pm) on a date of your choice and can be booked via the SSP website.



### **Course Outline:**

The pupils should be selected for their ability to be a 'leader' and organise and deliver activities to other children, not necessarily on their sporting ability. Throughout the session the children will learn what makes a good leader and will develop the skills needed to deliver a fun, engaging activity (communication/organisation/cooperation/responsibility etc). They will also learn how to plan, organise and deliver an activity/session and utilise each other's strengths to ensure they run smoothly.

No additional equipment will be required as the students will be using the equipment they have in school to plan and deliver their sessions.

After the course, the playground leaders will be responsible for creating a school sport organising crew, will work together to organise a virtual intra school competition and compile and maintain a school sport noticeboard. This is a fantastic opportunity to hand over some responsibility to a number of students and let them utilise their skills and initiative to organise, create and develop their very own school sport playground activities programme.

If you would like to receive the Playground Leaders Training, please log on the website and book a morning or afternoon slot. We will then be in touch to arrange a convenient date to deliver the training.

<http://www.chesterssp.co.uk/events/playground-leaders-course-2/>

If you require any further information please don't hesitate to get in touch.

## Youth Sport Trust

The Youth Sport Trust PE and Sport Premium webpage has been updated to provide you with a one-stop-shop of information about the Primary PE funding. Find guidance and a reporting template as well as a toolkit, webinar and blog, all designed to help you make the most of the grant.

<https://www.youthsporttrust.org/PE-sport-premium>

On 5 July 2020, the Education Secretary confirmed that the primary PE & Sport Premium would continue at £320 million for the 2020/21 academic year. The purpose of the funding remains the same, to make additional and sustainable improvements to the quality of PE, physical activity and sport within your school, to ensure that all young people have the opportunity to live healthy and active lives.

It was also confirmed that funding from the 2019/20 academic year that schools haven't spent due to the coronavirus pandemic can be brought forward to use this academic year, but must be spent in full by 31 March 2021.

Further information and guidance about using the grant can be found on the DfE website [here](#).

Now is a time for connecting agendas creatively and sustainably and using the PE premium as a key resource to support the health and wellbeing of your pupils. On this page you will find webinars, blog posts and case studies to support you to get the most impact from the grant. Think creatively about where financial investment is necessary and will lead to sustainable change and where impact can be made with minimal or no investment.

### **YST Primary PE and Sport Premium Toolkit**

This free toolkit provides a framework for you to undertake a self-review of how to maximise the impact of your funding against your school's priorities.

The toolkit comes in two parts:

**[Part One](#)** - An introduction to each key indicator with messaging from a headteacher sharing good practice about how they have achieved improvement and planned for sustainability.

**[Part Two](#)** - Sustainability Actions, a proforma to help you as a school consider where you are now and what you need to do to improve and achieve sustainability in each key indicator.

### **Webinar: Putting PE, sport and physical activity at the heart of children's recovery from the Coronavirus crisis**

This webinar demonstrates how primary schools can use the PE and Sport Premium to recover from the coronavirus crisis. Framed around the needs of your staff and pupils, we unpick how to use the funding in a sustainable, whole school approach where everyone plays a contributing role. Watch it via the link below:

<https://www.youthsporttrust.org/PE-sport-premium>

## School Games Reframe Competition Toolkit: Approaches to Competition

The Youth Sport Trust would like us to share with you the School Games Reframe Competition Toolkit.

Due to the current situation with COVID-19 and the fact that children are within bubbles in school, now is an ideal time to have a look at the toolkit. You can still deliver sport and competitions within the bubbles if adapted to meet the current guidelines, restrictions and risk assessment.

In 2018 the Youth Sport Trust (YST) commissioned research into the design and delivery of competitive youth sport domestically and globally. The intention was to use the findings to ensure that youth sport in the UK is inclusive, accessible and fun.

Competition can be viewed as positive or negative, depending on how the competition is designed and how the young people taking part perceive these experiences. There is no simple solution to what works best to engage and sustain young people in sport and competition. However, this resource considers alternative ways to deliver competition to engage more young people.

This resource will support practitioners in designing competitions to achieve wider outcomes and considers alternative ways to deliver competition to engage more young people based on the eight themes with the Principles of Competition at the centre. The resource contains animations, case studies and top tips.

A copy of the resource has been attached to the newsletter. If you have any questions, please do contact Elizabeth or Claire.

<https://www.yourschoolgames.com/reframing-competition/approaches-competition-research>

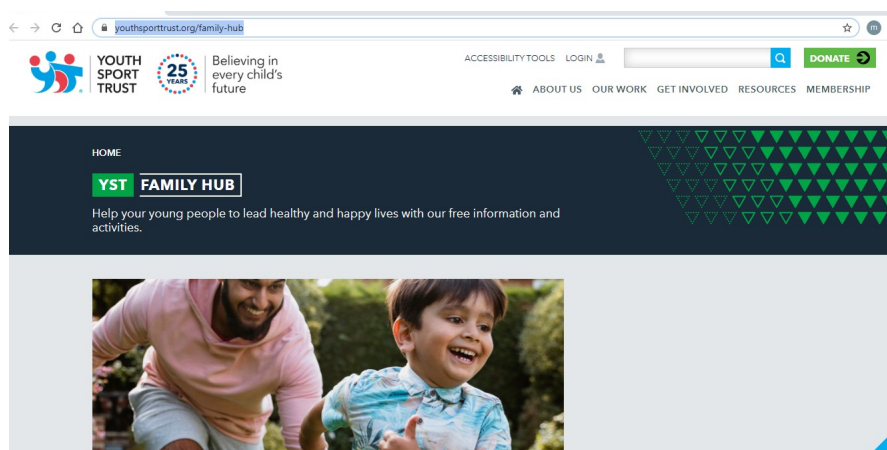
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## Youth Sport Trust—Family Hub

Following the huge number of parents and carers who took part in National School Sport Week at Home and who took part in daily activities during lockdown, the Youth Sport Trust have created an area on their website especially for them.

There is a large and growing number of resources and activities for families to use at home to get involved in, as well as some helpful information. Please visit:

<https://www.youthsporttrust.org/family-hub>





## Free E-Learning—All about Autism, All about Me.

Recent research has found that parents/carers of young people with SEND are very concerned about changes to routine, their young people being away from home, and not necessarily accessing the emotional, behavioural and educational support they need. The Youth Sport Trust have a e-learning resource 'All about Autism, All about Me' to support practitioners in identifying accessible and meaningful physical activity for all young people in their setting.

It shares ideas and strategies on calming and alerting physical activities, and top tips to support young people against the main four areas of need as identified in the SEND Code of Practice.


To access this learning (free until August 2021) funded by the Department for Education please visit the link below.

<https://www.youthsporttrust.org/all-about-autism-all-about-me>

## Inclusive Health Check


### How inclusive is the School Games provision in your school and how do you know?

### Complete the Inclusive Health Check (IHC)



#### What is it?

- It is a resource that has been designed in partnership with the English Federation of Disability Sport and allows you to **self-review** your provision of **inclusive** School Games opportunities.
- It takes the form of a simple self-review made up of just 20 questions which all require no more than a yes/no answer.
- There is no pass/fail associated with the IHC. Once you submit your answers the only thing to happen is that you will be provided with a **personalised action plan** and **top tips** to support you in the future.



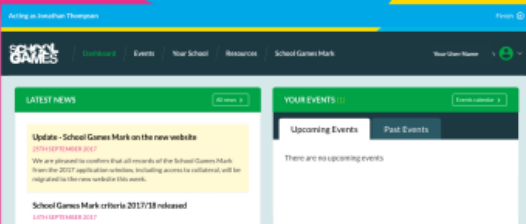
#### Why complete it?

- The process and the questions are a great way to help you reflect on your current school games provision and how inclusive this is for all young people in your school. It will help you identify **strengths** and also establish the **areas for development** which could then be supported by your **Primary PE and Sport Premium**.
- You will be signposted to additional resources and given top tips to support you in the next steps of ensuring your sport provision is inclusive for all.
- Completing the suggested actions can lead to **increased opportunities**, increased participation and celebration of success which can be shared with **children, parents and Ofsted**.

“  
Answering the questions made me think about things we hadn't considered before.”  
Jo Lowe — PE Teacher, Howden Secondary School, Yorkshire

“  
We have used the IHC to identify gaps in provision and added this to our School Development Plan.  
Liz Morgan — Assistant Head Chadsgrove School, Worcestershire

“  
It only took a matter of minutes to complete the IHC and I have found the top tips to be very useful.  
Kate Sharrocks — PE Coordinator, Lakes Primary School, Redcar



Have you completed your School Games Inclusive Health Check yet? This is a helpful tool to help you reflect on your current School Games offer and how inclusive it is for all young people in your school.

Please visit the dashboard on the School Games website. <https://www.yourschoolgames.com/>

If you need any help, please contact Claire or Elizabeth.

## This Girl Can

The This Girl Can... Create Change! school resources are part of the national This Girl Can campaign, which supports women and girls to get active in a way that feels right for them. The national campaign, now in its fifth year, promotes the belief that there is no right or wrong way to get active. If it gets your heart rate up, it counts!

With supporting social media films, video tutorials, cards for girls, posters and a guide for teachers to use, schools have all the resources needed to empower girls to develop their own This Girl Can campaign.

There isn't a more important time either, with Sport England insight identifying that girls were more likely to say they are being more active under lockdown there is a real opportunity to capitalise on these experiences and empower girls to create change. By taking ownership of the campaign – and by creating and promoting messages that influence their peers – girls can help each other to get active, in ways that are right for them.

All secondary schools in England have been sent a hard copy of the resource. You can also download the resources and find out more by visiting:

[www.youthsporttrust.org/this-girl-can/teachers](http://www.youthsporttrust.org/this-girl-can/teachers)

Make sure you also access further resources and tools by signing up to the This Girl Can supporters' hub [www.thisgirlcan.co.uk](http://www.thisgirlcan.co.uk)

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## Chance to Shine—Cricket Resources

The Chance to Shine Virtual Programme has been launched to continue to achieve the mission to give every child the opportunity to play, learn and develop through cricket. These virtual lessons provide a new means of connecting with children and teachers.

There are six different sessions and an introduction to cricket taster, lessons last at least 30 minutes and as such will contribute to 50% of the 60 minutes of recommended daily physical activity.

The resources for the programme can be found on the ['Play' tab of the Schools' Portal](#).

All the videos include demonstrations from the Chance to Shine coaches who will show you how to perform the activities alongside some keys to success to aid progress. The interactive sessions are linked to the Physical Education National Curriculum learning objectives.

For more information please visit: <https://www.chancetoshine.org/teaching-resources>

## Rounders in PE Lessons

Rounders England have created a resource of small games. Instead of full Rounders games, these optional games are quick to set up while still embedding key physical literacy skills.

Here is a link to a video demonstrating how to play one of the games; <https://vimeo.com/348825867>

To support your Return To Play here is a link to the [COVID-19 Risk Assessment](#) they drafted and which has been approved by the DCMS.



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## Active Lessons—CPD Sessions

Now more than ever schools are realising the importance of being physically active and how the lockdown has affected students in their schools both physically and mentally. Teach Active are offering some CPD sessions to help schools tackle several factors resulting from the pandemic. Have a look at the CPD sessions below and let me know if you would like to attend any of the sessions either as whole school or individual teachers.

- **How physically active learning is transforming Maths and English**
- **Covid-19 - Active Learning within Government guidelines**
- **Why physical activity should be on your school development plan**
- **Developing physically active learning (PAL) – Steps to Success**

Please let Claire or Elizabeth know if you would like to attend any of the CPD sessions.





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**@ChesterSSP**

Website: [www.chesterssp.co.uk](http://www.chesterssp.co.uk)

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***‘Providing opportunities for every young person to shine’***

**If you haven't yet returned your school agreement form but would like to be a member school for this academic year, then please contact us at your earliest convenience to ensure that you don't miss out on any opportunities for your school.**