



# Chester SSP



## Newsletter



November 2020

Welcome to the latest newsletter for this academic year. We hope that you and the children had a good half term break.

With Lockdown 2 now underway, and community sport on hold, it's now more important than ever to keep the children physically active. Please do ensure that you have active lessons and playtimes, and that the children are taking part in PE (following all the necessary COVID-19 guidelines).

### Coming soon only to Chester SSP Member Schools...

We are delighted to have Jenna Downing on board with us to produce a pre-recorded assembly just for your school.

Jenna is a World Champion Inline Skater, X-Games silver medallist and 10 x British Champion. She is also a Youth Sport Trust athlete mentor, coach and motivational speaker.

This fantastic assembly is to share with your children, provides inspiration and motivation to help them through this current time.

We will send the link out to all our Member primary schools in the near future....

Click below for a video of Jenna in action on her in-line skates!

<https://www.youtube.com/watch?v=RfEGzjrmiNk>



## Updated Government Guidance—5th November

**Sport and physical education.** It is important that children continue to remain fit and active and, wherever possible, have the 60 active minutes of daily physical activity recommended by the Chief Medical Officers.

Schools have the flexibility to decide how physical education, sport and physical activity will be provided whilst following the measures in their system of controls.

Sports whose national governing bodies have developed guidance under the principles of the government's guidance on team sport and been approved by the government are permitted. Schools must only provide team sports listed on the [return to recreational team sport framework](#). Competition between different schools should not take place, in line with the wider restrictions on grassroots sport.

Pupils should be kept in consistent groups and sports equipment thoroughly cleaned between each use by different individual groups.

Outdoor sports should be prioritised where possible, and large indoor spaces used where it is not, maximising natural ventilation flows (through opening windows and doors or using air conditioning systems wherever possible), distancing between pupils and paying scrupulous attention to cleaning and hygiene. This is particularly important in a sports setting because of the way in which people breathe during exercise. External facilities can also be used in line with government guidance for the use of, and travel to and from, those facilities.

Schools are able to work with external coaches, clubs and organisations for curricular activities where they are satisfied that it is safe to do so. Where schools are offering extra-curricular activities (that is, before and after school clubs) they should only do so where it is reasonably necessary to support parents to work, search for work, or undertake training or education, or where the provision is being used for the purposes of respite care.

Schools should consider carefully how such arrangements can operate within their wider protective measures.

Activities such as active miles, making break times and lessons active and encouraging active travel help to enable pupils to be physically active while encouraging physical distancing.

<https://www.gov.uk/guidance/education-and-childcare-settings-new-national-restrictions-from-5-november-2020>

### Youth Sport Trust Press Release—10th November:

#### Following consultation with government departments, we can advise that:

- Schools **should** continue to provide extra-curricular sport as long as they can do so in a way which i) maintains the integrity of schools' COVID 19 protocols such as their approach to bubbles, staffing and social distancing and ii) is subject to appropriate risk assessment.
- Where the guidance refers to supporting parents to work, there is **no additional need** for schools to prove that extra-curricular clubs are helping parents to work or seek work.
- Extra-curricular clubs **should not** take place if they are bringing together groups of young people who would not otherwise be spending time together. Competition between different schools should not take place, in line with the wider restrictions on grassroots sport.

This interpretation of the [full guidance](#) has been approved by the Department for Education and Department for Digital, Culture, Media and Sport.

<https://www.youthsporttrust.org/news/government-guidance-extra-curricular-sport-during-lockdown>

<https://dfemedia.blog.gov.uk/2020/11/06/schools-and-sport-under-new-restrictions-your-questions-answered/>

## PE and Sport Premium

The Government have published the latest guidance (21st October) on the PE and Sport Premium for primary schools for 2020-2021.

<https://www.gov.uk/government/publications/pe-and-sport-premium-conditions-of-grant-2020-to-2021>

The premium must be spent by schools on making additional and sustainable improvements to the provision of PE, physical activity, and sport for the benefit of all primary-aged pupils to encourage the development of healthy, active lifestyles. This applies also to any carry over funding from the academic year 2019 to 2020 that must be spent by 31 March 2021.

The Secretary of State does not consider the following expenditure as falling within the scope of additional or sustainable improvement:

- employing coaches or specialist teachers to cover planning preparation and assessment (PPA) arrangements - these should come out of schools' core staffing budgets
- teaching the minimum requirements of the national curriculum PE programmes of study - including those specified for swimming
- fund capital expenditure

Maintained schools, including those that convert to academies, must publish information about their use of the premium on their website by the end of the summer term or 31 July at the latest. Schools must publish:

- the amount of premium received
- a full breakdown of how it has been spent (or will be spent)
- what impact the school has seen on pupils' PE and sport participation and attainment
- how the improvements will be sustainable in the future
- the percentage of pupils within their year 6 cohort for academic year 2020 to 2021 that can do each of the following:
  - swim competently, confidently and proficiently over a distance of at least 25 metres
  - use a range of strokes effectively (for example front crawl, backstroke and breaststroke)
  - perform safe self-rescue in different water-based situations

If selected, schools must also take part in a sampling review to scrutinise their compliance with these terms.

The Department for Education (DfE) has published [information on how much PE and sport premium funding primary schools receive and advice on how to spend it.](#)

## Cheshire and Warrington Winter School Games Events

Thank you to all the primary schools who have sent in your results for the Tag Rugby and the Quick Sticks Hockey Virtual Challenges. If you have not completed these yet, we have extended the deadline for you to send the results to us to 18th December.

We have now released the remaining events for this autumn term which are New Age Kurling, Boccia and Sportshall Athletics. Please do have a go at the events and send us your score sheets. The winning team/s will represent Chester at the Cheshire and Warrington School Games / Virtual final in March.

Secondary schools have now received their challenges for Girls Football, Girls Rugby, Handball and Volleyball. Let us know how you get on with these events.

If you have any pictures for the newsletter, please do send them in. Good luck!

# BOCCIA



**KEY INFORMATION**

**AGE GROUP:** Primary / Secondary

**GENDER SPECIFICATIONS:** Boys/Girls—NO gender stipulations

**NUMBER IN A TEAM:** 5 children for PAN criteria and/or PD criteria Teams

**DESCRIPTION**

There are 3 tasks to complete as part of this challenge. Please record the score for each task for the individual player on a score sheet, their Individual total score is their 3 task scores added together. The top 5 scoring children who meet the age, criteria and gender specifications above will form the 'team's' 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.

**SCHOOL GAMES**  **Active Cheshire**  **CHESTER SSP**

# SPORTSHALL ATHLETICS



**KEY INFORMATION**

**AGE GROUP:** Year 3&4, 5&6 and year 7&8

**GENDER SPECIFICATIONS:** Male and Female

**NUMBER IN A TEAM:** 10 for each gender group

**DESCRIPTION**

There will be 5 tasks / skills to complete as part of this challenge.

Please record the score for each activity on the score sheets, and the top 20 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.

**SCHOOL GAMES**  **Active Cheshire**  **CHESTER SSP**



## Sport in Schools



Here are some lovely pictures from Saughall All Saints Primary School and Dee Banks School, of children taking part in PE and also some of the Cheshire and Warrington School Games Virtual Competitions.

If you have any pictures that you would like to

share with us (providing the children have photo consent), please do send them through.

We could make this page a regular feature.

We miss seeing the happy faces at our events, so seeing them take part virtually is the next best thing!.





## Playground Leaders Course—Member Schools Only

We already have most schools booked in for the Playground Leaders Course.

The course will be delivered by Judith Gilmour / Tom Mulligan from CEPD and will give the opportunity for 15-20 Year 5 or 6 children to be trained as playground leaders for their bubble.

The course will last for 2 hours (9:30-11:30am or 1:00-3:00pm) on a date of your choice.

If you have not yet booked in for your course, please do so via the SSP website.

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



## Premier League—Primary Stars



Resources Home learning For schools Clubs Competitions Training News Sign in Register

### Featured resources

See all



**This is Everyone's Game - Black Voices**

KS2

Black football players share their experiences of life and football.



**Diversity**

KS2

This pack encourages pupils to recognise and celebrate diversity at school and in their community.



**Resilience**

KS2

This pack is all about changing attitudes from "I can't" to "I can".



**Autumn Term 2020 Planner**

KS1/Foundation, KS2

Download our free planner.

Premier League Primary Stars have updated their website with a selection of resources ranging from diversity, resilience and pupil wellbeing to COVID friendly activities to do in school.

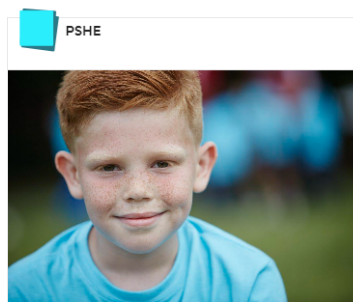
There are also resources for PE, PSHE, Maths and English for KS1 and KS2 children.

Please do take a look, there are videos, teaching packs and resources for you to download free of charge.

<https://plprimarystars.com/>



Resources Home learning For schools Clubs Competitions Training



PSHE

### Home/School: Wellbeing - feelings and emotions



KS1/Foundation, KS2  
Health and wellbeing

In this wellbeing pack there a variety of activities that children can do at home where they will be encouraged to identify and talk about their feelings and emotions.

#### What resources are in this pack?



Film: It's OK to not be OK



Emotional check-in poster



Extra time: My week of feelings

## School Games Mark Framework

The Youth Sport Trust want to celebrate the role that the School Games can play in schools COVID-19 recovery curriculum, so for 2020/21 they have developed the School Games Mark Framework. This is a development tool that schools can use to self-review their engagement and provision.

The School Games Mark Framework remains open to all schools and educational establishments in both the state and private sectors with Key Stage 2 and above young people who are engaged with their School Games Organisers. Let us explain...

### **Why complete it?**

The framework is very much designed to support schools to reflect on your provision and uptake within the School Games.

Schools are tasked to align their School Games provision against their COVID-19 recovery curriculum, to consider which young people need sustained targeted interventions and how your SGO can support you with this, the tool is designed to help you reflect on all this.

Having completed the tool, it gives you the opportunity to speak to your Senior Leadership Team about your areas for development and to collectively consider how your SGO can support you.

The tool will run throughout the academic year 2020/21 and schools will be invited to reflect on their progress again at the end of the year to see what progress you have made and what your further areas for development are.

### **A targeted approach**

You will need to consider which young people have been most negatively impacted by COVID-19 and how targeting them with your School Games offer can support them in their development.

The School Games can be aligned to your recovery curriculum in supporting young people to 'catch up'. Play, sport and physical activity are at the heart of a well-rounded school experience and the School Games can be pivotal in this.

The power of school sport and the School Games in supporting the social and emotional wellbeing of young people can be a valuable tool in a school's recovery, especially for those most vulnerable young people – you can use the School Games as a vehicle to support their reintegration into school life.

### **How do I do it?**

We will let you know when the School Games Mark Framework is 'live' on the dashboard of your School Games account ([www.yourschoolgames.com](http://www.yourschoolgames.com)) and in late Autumn Term 2/Early Spring Term you can then complete the questions. We will then update you on the next stage later in the school year.

If you need any help, please do contact us.

<https://www.yourschoolgames.com/>

## Well Schools

The Youth Sport Trust have recently launched “Well Schools” with the support of BUPA.

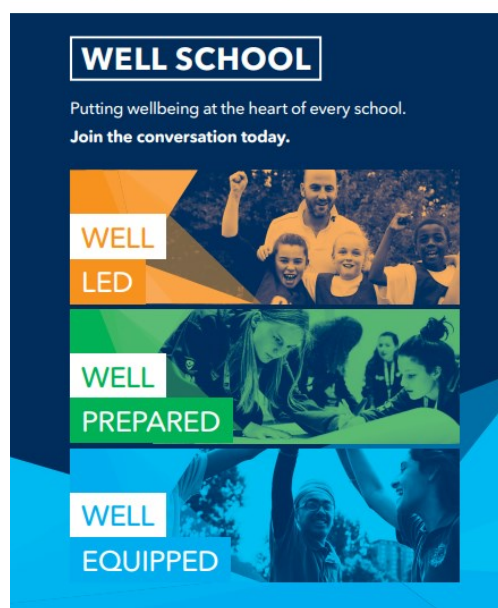
There is a growing community of like-minded people who believe that wellbeing should be at the heart of education. Wellbeing should permeate all aspects of education and be the foundation of the culture that staff and pupils experience.

Well Schools aims to help improve education outcomes by placing wellbeing at its very heart to support school staff, senior leaders and young people. It isn't a programme, quality mark or intervention; it's schools coming together to drive change, share challenges and solutions and help find support.

If you would like to know more, explore some of the content and resources, you can simply register with the community and keep up to date with the latest information. There is no fee associated with it, it is just a community of schools nationwide who have signed up to share ideas and resources.

Please do have a look to see if it something that you can benefit from in your school.

<https://www.well-school.org/about>



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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](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.

***'Providing opportunities for every young person to shine'***

## **Youth Sport Trust After School Activities**

The Youth Sports Trust starts a free online 'After School Sport Club' to keep children active in the second lockdown.

Similar to Joe Wicks, the 30-minute club will take place at 5pm each weekday and be led by different members of YST's athlete mentor network including World Champion Jenna Downing, Olympian Jeanette Kwakye and other role models being designed to support schools struggling to deliver extra-curricular sport.

Aimed mainly at primary aged children, a different theme has been assigned for each day.

The After School Sport Clubs will run for five weeks until December 18th and children and young people can take part live by visiting the YST's YouTube channel:

<https://www.youtube.com/user/YouthSportTrust>