



Newsletter



January 2021

Welcome to the first newsletter of 2021. It's not the start of the year we had hoped for, all we can do is try our best to keep everyone safe and well.

Thank you to the schools who have completed the School Games Mark Framework questions. If you have not yet done so, please do complete it before February half term. Unlike previous School Games Mark applications, you do not need any data and the questions can be completed in less than 10 minutes. Please visit your dashboard on the School Games website.

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

As always please do contact us if you want to discuss any of your school's needs following your return to school, whether this is for those that are in school or for children who are learning remotely. We are here to help and advise where possible.

Cheshire and Warrington Winter School Games Events

Please do send in your score sheets for any of the Cheshire and Warrington Virtual Winter Games events that you have taken part in during the autumn term (if you have not yet done so already).

Hopefully now you will have received the remainder of the sports formats to complete before the end of February.

Please do use these with the children who are in school, and some of the tasks can be given to children who are learning from home.

BASKETBALL

KEY INFORMATION

AGE GROUP: Year 5+6/ U14

GENDER SPECIFICATIONS: Boys/Girls—NO gender stipulations for primary. U14—Boys ONLY

NUMBER IN A TEAM: 10 in a squad

*Secondary—no National Schools League players to be included in the sports sheet

DESCRIPTION

There will be 4 tasks / skills to complete as part of this Basketball challenge. Please record the score for each activity on the score sheet, and the top 10 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.

SCHOOL GAMES | CHESHIRE & WARRINGTON SCHOOL SPORT ALLIANCE | Active Cheshire | CHESHIRE & WARRINGTON VIRTUAL SCHOOL GAMES | Chester SSP



Please remember to send in your photos from any of your virtual challenges.

Here is a picture from Dorin Park School from their New Age Curling virtual challenge. Thank you and well done!

We look forward to sharing more photographs with you.

Youth Sport Trust statement about the National Lockdown

Youth Sport Trust Chief Executive, Ali Oliver MBE, said:

“As millions of young people across the country now move back to remote learning, the continuation of Physical Education and daily physical activity will be vital in supporting their wellbeing.

We know that young people’s activity levels plummeted during the first lockdown, and this has contributed to some of the issues they are now facing – from mental health difficulties and low levels of physical fitness to developmental delays.

Schools have done so much in overcoming impossible challenges in the last ten months to keep children safe and able to learn. Over the coming weeks a virtual Physical Education curriculum focussed on recovery should be a priority. This could be a game changer for young people’s wellbeing”.

The Youth Sport Trust is here to support schools, parents and carers every step of the way by providing resources, guidance and disseminating practical ideas and innovative content.

The [Well School](#) movement and the virtual [After School Sport Club](#) are both examples of this, while the team of athlete mentors are providing online mentoring through the [Active in Mind](#) mental wellbeing programme.

Please see below some ideas from the Youth Sport Trust to help you at this challenging time.

They are divided into the following sections:

- **PE in-school and remote learning** for primary, secondary and SEND schools
- **Activity and sport resources** and links to our After School Sport Club which will run every Tuesday and Thursday at 5pm
- **Wellbeing resources for teachers** including the Well Schools platform where you’ll find interesting articles and best practice ideas to help you look after yourselves and your young people.

In the Coronavirus Support section you will also find the latest guidance from government as well as access to the YST digital offer which includes webinars and podcasts.

<https://www.youthsporttrust.org/coronavirus-support>



Ofsted highlights the importance of PE and School Sport

Ofsted Chief Inspector Amanda Spielman has championed the important role Physical Education and school sport have to play in helping young people to recover from the consequences of the Coronavirus pandemic.

Speaking at the launch of Ofsted's 19/20 annual report, the Chief Inspector of schools said:

Our reports show that children's physical fitness has suffered from lockdown. School leaders told us that children came back less active and less fit. This highlights the importance of physical education and school sport.

Commenting on the wider value of school sport, she added:

If we look back, school sport was once about finding a new talent, developing teamwork and even building moral fibre, as much as about physical fitness. Now it's also one of the ways schools contribute to countering childhood obesity – alongside the school canteen, which we expect to serve up healthy, nutritious and affordable meals.

The Chief Inspector's comments follow [research carried out by the Youth Sport Trust](#) in September which found that young people returning to school with low levels of physical fitness was one of the biggest concerns raised by teachers. The research also found that some schools had reduced provision of PE and school sport this term.

<https://www.youthsporttrust.org/news/ofsted-highlights-importance-pe-and-school-sport>

Updated DfE guidance

The Department for Education has published updated guidance: **'Actions for schools during the coronavirus outbreak'**.



The school environment will inevitably be very different for pupils in the spring term, with schools closed to most pupils.

The DfE has stuck very closely to the November restrictions guidance for PESSPA for activity in schools (page 45), and included new text on keeping physically active for pupil wellbeing (page 53).

Page 41 details guidance for wraparound care and extra-curricular.

Restricting attendance during the national lockdown: schools
Guidance for all schools in England

January 2021

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

School Games Mark Framework

Thank you to all the schools who have already completed your School Games Mark Framework questions, we hope that you have found this useful.

The School Games Mark Framework is a self review tool which is completed now and then again in the summer term to review your engagement and provision. Schools are asked to align their School Games provision against their COVID-19 recovery curriculum, to consider which young people need sustained targeted interventions and how we can support you with this.

Taking a few minutes to answer some simple questions can help your school prepare, plan and progress your School Games provision, ensuring you are able to increase school engagement through using sport and physical activity to their best effect.

Please can you complete this before **February half term**.

If you need any assistance with completing the School Games Mark Framework questions, please do contact us and we can talk you through the process. Alternatively, we have created a video to help you in this process. <https://vimeo.com/489799229>

School Games Mark Framework

1 SECTION 1 OF 4
Increasing Engagement in the School Games
This is about how you as a school are positioning the School Games as a driver for change in supporting your recovery curriculum and reaching out to those young people who have been most impacted by COVID-19.

QUESTION 1 OF 10
Have you as a school started to deliver any after school provision since your return to school, inclusive of external providers?
We know these are challenging times, but a well planned extra

TOP TIPS & ACTIONS
Please select an answer to see your recommended actions

SAVE +

Well Schools

Has your school signed up to the Well School website yet?

This is a free website where schools share resources and ideas for staff, parents and children to help their physical and mental wellbeing.

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

There is a forum page dedicated to wellbeing at home, which has a lot of interesting resources.

<https://www.well-school.org/t/wellbeing-at-home-website/801>

Please do register and have a look.

Join the Conversation

Welcome to Well Schools. 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 **YOUTH SPORT TRUST** **BUPA Foundation**
POWERED BY YST AND BUPA FOUNDATION

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. We look forward to welcoming you to Well Schools.

[Join the conversation ->](#)

Youth Sport Trust After School Club

The Youth Sport Trust After School Sport Club is here to help all young people feel part of a club while many schools are shut and youth sport is on hold. Focusing on much more than physical fitness, the club will help children develop physical literacy and the confidence to try new sports.

The free to access After School Sport Club will be led by YST [Athlete Mentors](#) from a variety of backgrounds, abilities and sports. Between January and March 2021, guest athletes from different National Governing Bodies (NGBs) of Sport will also help host the sessions.

Each week there will be a different focus, with Tuesdays introducing the basic theme and Thursdays involving a sport-specific session. Keep an eye on our social channels and this webpage to learn more about each week's schedule.

These sessions take place at 5pm every Tuesday and Thursday, children and young people can join in the live broadcast on the [YouTube channel](#). Why not set this as PE homework for your children?

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

FA Superkicks

We're here to help 2021 stay on track, even with a national lockdown in place. Now kids are back at home we want to make it easier for you to feed their football needs with content created by FA Coaches.

Check out The FA SuperKicks hub for 100's of active and creative challenges to keep your kid's active, or have a go at one of our challenges below

<https://www.thefa.com/get-involved/the-fa-superkicks>

The screenshot shows the top navigation bar of the FA SuperKicks website. The main navigation includes: TheFA, NEWS, ENGLAND, COMPETITIONS, GET INVOLVED, BOOTROOM, WOMEN'S & GIRLS', RULES & REGULATIONS, ABOUT, SHOP, and a search icon. Below this is a secondary navigation bar with: THE FA SUPERKICKS, PLAY FOOTBALL, GET ACTIVE, TRAIN YOUR BRAIN, and FAQs. The main heading is 'CHALLENGES' with the subtext 'Watch the videos in our FA SuperKicks challenge hubs'. Three challenge hubs are displayed as cards:

- Play Football**: Videos to help your scoring, passing, dribbling and defending.
- Get Active**: Videos to help your movement, speed, balance and play.
- Train Your Brain**: Learn interesting facts and develop your creative skills.



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



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'

Cricket for Girls

Cricket for Girls aims to create unforgettable and empowering sporting experiences for females of all ages, abilities and backgrounds. They aim to create a platform and environment from which cricket becomes one of the most accessible sports for females at grassroots level in the UK. Cricket for Girls aspires to be the go-to coaching initiative for all female players and coaches within the game and beyond, building confidence and forging lasting friendships both on and off the field.
<https://www.cricketforgirls.com/index.html>

Cricket at home....

Every Monday they will be releasing a new challenge set by Lydia and some special guests to keep you going. They will be perfect to form part of your PE lessons or to provide general challenges for your pupils and players.

The challenges can be found on all their social platforms including [Twitter](#), [Instagram](#) and [YouTube](#).
https://www.youtube.com/channel/UCT7YP-H4M_776n6rc-RrbpQ