



Newsletter



April 2021

Welcome to the Chester School Sport Partnership newsletter for April, we hope that you had a good Easter break and looking forward to the summer term. This year has gone by so very fast.....

The finalists for the Cheshire and Warrington Winter School Games have been notified and will take part in the virtual county finals over the next few weeks. We wish all the schools the very best of luck.

The formats for the Summer Games have now been sent to all schools and we look forward to seeing your photos and results.

Thank you to everyone who has taken part in our virtual events so far this year.

Latest Government Guidance- Physical Activity in Schools

You have the flexibility to decide how physical education, sport and physical activity will be provided while following the measures in your [system of controls](#).

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

You can hold PE lessons indoors, including those that involve activities related to team sports, for example practising specific techniques, within your own system of controls.

For sport provision, 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 sport 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.

Where you are considering team sports you should only consider those 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 such as sports on the list available at grassroots sports [guidance for safe provision including team sport, contact combat sport and organised sport events](#).

From 29 March, outdoor competition between different schools can take place. Indoor competition between different schools should not take place until wider indoor grassroots sport for under 18s is permitted.

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/schools-coronavirus-covid-19-operational-guidance>

PE and Sport Premium

By now you should be aware that the DfE have extended the deadline for spending any underspend of the PE and Sport Premium money from 2019-2020 until 31st July 2021.

As a result of the coronavirus (COVID-19) outbreak, the Department for Education took steps to relax the ring-fencing arrangements for the PE and sport premium in the 2019 to 2020 academic year to allow any unspent grant to be carried forward into the 2020 to 2021 academic year.

Any under-spends carried forward from the 2019 to 2020 academic year will need to be spent in full by the end of the 2020 to 2021 academic year. Schools should factor this into spending plans for their 2020 to 2021 PE and sport premium allocation. The 2020 to 2021 conditions of grant documents have been updated to reflect this.

All young people should have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation and is central to meeting the government's ambitions for a world-class education system.

Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier, more resilient and more trusting of their peers. Ensuring that pupils have access to sufficient daily activity can also have wider benefits for pupils and schools, improving behaviour as well as enhancing academic achievement.

The [School Sport and Activity Action Plan](#) set out government's commitment to ensuring that children and young people have access to at least 60 minutes of sport and physical activity per day, with a recommendation of 30 minutes of this delivered during the school day (in line with the [Chief Medical Officers guidelines](#) which recommend an average of at least 60 minutes per day across the week).

You should use the PE and sport premium to secure improvements in the following 5 key indicators. Engagement of all pupils in regular physical activity, for example by:

- providing targeted activities or support to involve and encourage the least active children
- encouraging active play during break times and lunchtimes
- establishing, extending or funding attendance of school sport clubs and activities and holiday clubs, or broadening the variety offered
- adopting an active mile initiative
- raising attainment in primary school swimming to meet requirements of the national curriculum before the end of key stage 2. Every child should leave primary school able to swim

You must publish details of how you spend your PE and sport premium funding by the end of the summer term or by 31 July 2021 at the latest. If you have any carried forward funding from academic year 2019 to 2020 you should show separately how this funding has been spent.

<https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

Positive Experiences of Competition Toolkit

The School Games aims to provide every child with a positive experience in an environment where the young person's motivation, competence and confidence are at the centre of the competition. The following toolkit is designed to support teachers of all children (i.e. primary, secondary, special and alternative provision settings) to carefully consider their part in reducing the risk of a negative experience in sports competitions. It is intended to help you to select, prepare and support more young people to have a positive experience of competition (including intra school competition which is most relevant at the moment). Please log onto the School Games website to download this document.

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

Change 4 Life Week

Due to COVID-19 we have been unable to deliver the Change 4 Life training for primary schools that we would normally do each year. Instead across Cheshire and Warrington we have been working on putting together a set of resources that you can use in your school in what we are calling our Change 4 Life week. This will be week commencing **Monday 10th May**, please save the date in your diaries.



We will send schools resources that you can dip into whenever you like during the Change 4 Life Week. These resources will include topics on healthy eating, sugar swaps, physical activity, mental health and lots more. This information will be sent to schools next week.

Active Recovery Hub

A new Active Recovery Hub has been launched to provide schools, local authorities, and families with easy access to free resources to get children moving before, during and after the school day.

The Youth Sport Trust and Sport England have led the creation of the Active Recovery Hub with the support of funding from the National Lottery.

This follows a commitment in the Government's School Sport and Activity Action Plan to extend the School Games website to help teachers and parents find opportunities for young people to compete and get active.

The new hub will sit on the popular School Games website and provide the ideal platform to get all young people more active.

The hub has hundreds of resources available on it to help all children achieve the Chief Medical Officer's recommendation of an average of 60 active minutes a day.

Examples of what it includes are:

- A Tokyo Ten virtual active break time, 10 minutes of activity to get moving by Travel to Tokyo
- Mini-games resources, designed by charity Sense to help disabled people to be more active
- A virtual 30-minute YST After School Sport Club. With hosts including England footballer Rachel Yankey and England netballer Sasha Corbin
- Move Crew, designed by ukactive Kids and Nike to help young people unlock their 60 minutes of daily recommended activity with activity missions
- Introductory package to orienteering activities

The Active Recovery Hub is available by visiting www.yourschoolgames.com/active-recovery.

Lacrosse Resource

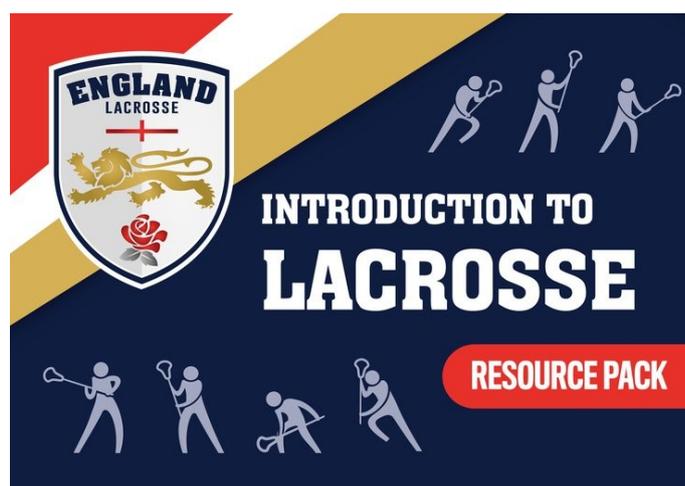
England Lacrosse are delighted to launch their new 'Introduction to Lacrosse' resource cards, introducing the fundamental skills of lacrosse as well as activities to practise these skills in one simple document!

The free cards look at the principles of the game, the technical skills involved, activities & game-based practices and also covers the playing & officiating of a full-game situation.

Every card offers ideas for differentiation, progression, and questions to support the learning and each one can be adapted/developed so that it falls in line with Government coronavirus guidelines.

The cards also introduce the newly-approved Olympic 6v6 version of the game which we hope will be showcased at the 2028 LA Olympic Games after the game was recently given provisional Olympic status.

The cards, along with supporting World Lacrosse videos, can be downloaded at www.englishlacrosse.co.uk, and if you have any questions, please get in touch here 6s@englishlacrosse.co.uk



LTA Youth Tennis

Designed specially for primary schools and to support the curriculum, the LTA Youth Tennis programme brings together free PE lesson plans, personal development resources, teacher training, and much more. Take part and complete online training to receive a £250 reward voucher for your school and a free activity pack. It's all been designed by teachers, for teachers, and it's all free.

<https://lta-tennis.force.com/schools/s/>

The image is a screenshot of the LTA Youth Tennis website homepage. The header is orange and contains the LTA Schools Youth logo, navigation links for Home, PE Lesson Plans, Teacher Training, and More, a search bar, and a Log in button. Below the header, there are three main content areas. The first is 'PE Lesson Plans' with a photo of children playing tennis and a description: 'Innovative, fun, curriculum-linked lesson plans and supporting videos focusing on physical literacy.' The second is 'Personal Development' with a photo of a teacher and students and a description: 'Inspiring character education resources and active challenges for pupils to develop qualities such as resilience.' The third is 'Cross Curricular Resources' with a graphic that says 'GET SET to Ace it!' and logos for TEAM GB, ParalympicsGB, and LTA Schools Youth, with a description: 'Tennis-themed content to use across the school to get pupils' minds and bodies active.'

Reframe Competition

For competition to be meaningful and engage more and different young people, it needs to be planned with intention. The Reframe Competition resource will support practitioners in designing competitions to achieve wider outcomes.

An interactive resource has been developed which 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 aims to support practitioners working with young people and contains animations, case studies and top tips to support practitioners. This is useful for intra school competition at the moment.

Access the interactive resource here:

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



Inclusive Golf

GOLF IS A GREAT SPORT WHEN CONSIDERING AN INCLUSIVE ACTIVITY.

"Achieving Inclusion Together", drives a vision that disabled people are active for life. It builds upon the success of the English Federation of Disability Sport (EFDS) and sets out the goals for the future, under the new operating name – [Activity Alliance](#). The Golf Foundation supports this vision by ensuring that:

- We support disabled people to enable them to participate.
- Through our initiatives disabled people will have the same opportunity as non-disabled people.
- All our communication will promote positive public attitudes towards disabled people's participation.

For ideas and guidance please click on links for further information:

Variety of [training courses](#) offered by our key partners

Support for primary school teachers through '[TOP Sports Ability](#)'

Using the [Inclusive Super Sixes guidance document](#)

How to deliver an inclusive golf session. The basics: [STEP](#) approach.

[British Sign Language \(BSL\) for Golf videos](#) for coaches and junior organisers, made in partnership with the National Deaf Children's Society.

Learn more about '[Disability Language and Etiquette](#)' (see advice from the EFDS).

Please visit the website below for more information:

<https://www.golf-foundation.org/schools/inclusive-golf-disability/>

Summer Schools

The summer schools programme is open to secondary schools. The aim of the programme is to deliver a short summer school offering a blend of academic education and enrichment activities.

Support for sports activities

In order to support schools over summer holidays and for summer schools, Sport England and the Youth Sport Trust have launched the Activity Hub. This offers free resource that schools and LAs can draw on in planning and resourcing any sports elements of summer schools. www.yourschoolgames.com/active-recovery.

For more information about summer schools please visit:

<https://www.gov.uk/government/publications/summer-schools-programme>

Cheshire & Warrington Winter School Games Finalists

Good luck to the following schools who will represent Chester at the Cheshire and Warrington Virtual Winter School Games County Finals.

Mickle Trafford Primary School—Basketball

Upton Heath Primary School—Hockey

Belgrave Primary School—Tag Rugby

St Clare's Primary School—Football

Saughall All Saints Primary School—Netball

Dorin Park School—New Age Kurling

Dee Banks School—Boccia

St Calre's Primary School - athletics

Congratulations and well done to all the schools who took part in the virtual events. Thank you for sending us your results sheets.

The Summer School Games virtual events formats have been sent to all schools, we hope that you enjoy taking part in the different sports and activities. Please do send us any photos that you wish to share with us in the newsletter (only those with photographic consent please).

We look forward to receiving your completed score sheets, good luck!.



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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'

Cheshire & Warrington Virtual Summer Games

Have a go today....

Tennis Orienteering

Athletics Golf

Gymnastics Rounders

Cricket

All formats can be found on our website:

<https://www.chesterssp.co.uk/competitions/>

TASK #1 GRAND NATIONAL

HOW TO PLAY: Team of 5 on each tee (white cones). Chip the ball in the air over the 'fences' made from cones to score points. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own golf balls and always return to the safety area after collecting.

(Safety note, please make sure that there is a safety zone behind the player so that no one standing behind will get hit.)

SCORING Each player takes 3 shots and adds them together to the team score.
 Over Blue = 1 point
 Over Yellow = 5 points
 Over Green before White = 10 points
 Score from where the ball lands, not where it stops. Any shots landing over the white cones score 0 points.

EQUIPMENT
 1 x left and right handed chipper per team, 1 ball per team, cones.

Key points for success

- Brush the ground to get the ball into the air
- Make an equal Tilt back swing

CHESHIRE & WARRINGTON
VIRTUAL SCHOOL GAMES

