



Chester SSP



Newsletter



January 2022

Welcome to our first edition of the Chester School Sport Partnership newsletter for 2022, a belated Happy New Year!.

Thank you to all the schools who have attended any of our events or activities. We understand the impact that COVID is having on schools at the moment, both with children and also staff absences. So thank you for giving the children an opportunity to enjoy the School Games. If you are unable to attend any of our events, please do continue to offer the children activities within school, the Youth Sport Trust Active Recovery Hub (<https://www.yourschoolgames.com/active-recovery/>) and also the School Games websites (<https://www.yourschoolgames.com/>) are great resources to use.

Please can you share the newsletter with any new PE leads in your school. We are more than happy to meet with new PE leads to discuss the School Games or any aspect of our programme and the work that we do. Please do contact us.

To all SSP Member primary schools if you have not yet booked in your Playground Leaders Training and you would like to arrange for the delivery of this, please do contact Judith Gilmour Judith@cepd-cheshire.co.uk or Tom Mulligan Tom@cepd-cheshire.co.uk.

We have two remaining events this term, the Year 3&4 Netball and the Year 5&6 Netball. The year 3&4 Fliers event is a new addition to the county School Games which introduces netball skills to this age group. The children will work their way around a number of stations where they learn and develop netball skills, this is not a competition or matches. We will still have a school from this event which will represent Chester at the Cheshire and Warrington County Final. The Year 5&6 High 5 Stingers netball is the same as in previous years and the winning school will progress to the Cheshire and Warrington County Final. If you wish to enter either event, please do so via our website: <https://www.chesterssp.co.uk/competitions/>

60 Active Minutes CPD—Wednesday 2nd February 4-5pm

We have organised a free 60 Active Minutes CPD session for primary schools. This will be via a virtual on-line training session looking at the Government guidelines of an average of at least 60 active minutes a day. This is particularly aimed at people who have not attended a 60 Active Minutes training session in the past or for those that want a refresher. You do not need to be a PE lead to attend, you can be any member of school staff, a midday assistant, governor etc. Please log onto our website (www.chesterssp.co.uk) to register and a zoom link will be sent out to all attendees nearer the time.

If you need any support at all with the 60 Active Minutes Agenda in your school, or you would like us to come and speak about this with your colleagues, please do contact us. We are happy to spread the word about being active throughout the school day.

Boccia County Final



Congratulations to Dee Banks School for winning the School Games Cheshire and Warrington Boccia competition on 21st January in Warrington. Also to Chester Blue Coat primary who also represented Chester in the event. The organiser commented on how well all the children performed at the county final, so a big well done to both teams.

Active In Mind

On Wednesday 19th January, World In-line Skating Champion Jenna Downing delivered the Youth Sport Trust 'Active In Mind' programme to a group of children from Blacon High School.

The project creates a nurture group environment for young people. The primary outcomes are to address inactivity and develop positive behaviours, provide a safe environment for young people to share personal insight and experiences with their peers, and support mental health issues.

The students enjoyed the day with Jenna. Thank you to Mr Cairns from Blacon High School for organising the programme.



Year 5&6 Sportshall Athletics



On Wednesday 19th and Thursday 20th January, we held our Year 5&6 Sportshall Athletics events at Ellesmere Port Sports Village.

Thank you to all the teachers and parents who brought children to the Sportshall athletics events. The event was a complete success and there were some fantastic performances on show over the two days.

The results of the top 3 schools are:

1st—Saughall (pictured top)

2nd—Highfield

3rd—Chester Blue Coat

Pictured to the right are children from St Clare's who performed amazingly well with a team that included some year 4 children.

Many thanks to Dennis Wall and his team of coaches from West Cheshire Athletics Club for their assistance in running the event.

Also thank you to Judith Gilmour and her coaches from CEPD. Thank you for helping to officiate on all the events.

Representing Chester at the Cheshire and Warrington School Games Finals, we have Saughall All Saints and Dogleston in the small schools competition. Good luck to both schools.

If any of the children from your schools are interested in taking up athletics, West Cheshire Athletics Club are a superb club to join.

West Cheshire Athletic Club is organising two open track and field meetings at Ellesmere Port Sports Village on Sunday 20th March and Saturday 26th March. The online entry link can be found here:

<https://wcac.niftyentries.com/Dan-Gilroy-Memorial-Open-Track-and-Field-Meetings>



PIC•COLLAGE

Boccia England Membership

Boccia England are offering a **schools membership** that entitles them to a range of benefits including shop discounts, member newsletter and more.

Want to BE in the know? Want to BE supported? Want to BE Involved? Why not BE a Boccia England member? Contact info@bocciaengland.org.uk for more information and details on how to join.

Sustrans Big Walk and Wheel

Sustrans Big Walk and Wheel is the UK's largest inter-school walking, wheeling, scooting and cycling challenge. It aims to inspire hundreds of thousands of pupils to get active on the school run. This year's challenge will take place from 21 March to 1 April 2022.

During the two-week challenge schools compete to record the greatest number of pupils walking, using a wheelchair, scooting and cycling to school, whilst learning about the benefits of active travel along the way.

The graphic features a stylized, colorful landscape with a winding path, a bridge, a river, and various buildings. In the foreground, the text 'sustrans BIG WALK AND WHEEL' is prominently displayed in a bold, blocky font, with 'BIG WALK' in yellow and 'AND WHEEL' in black. Below this, the dates '21 March – 1 April 2022' are written in a yellow banner. To the right, the Schwalbe logo is shown with the text 'Sponsored by' above it. Below the graphic, there is a block of text providing details about the challenge and registration information.

Sustrans Big Walk and Wheel is the UK's largest inter-school walking, wheeling, scooting and cycling to school challenge that inspires pupils to be amazing and take active journeys to school.

Register to take part.

Sustrans is committed to protecting your privacy and personal data throughout Sustrans Big Walk and Wheel. If you're lucky enough to

Amazing Journeys theme

This year Sustrans are again trying to make sure as many pupils as possible can take part, and have designed interactive school resources to be fun and flexible.

The Amazing Journeys theme will encourage pupils to see their local area from a new perspective whilst learning about the benefits of active travel.

<https://bigwalkandwheel.org.uk/register> —to register

For more information.

<https://www.sustrans.org.uk/our-blog/projects/uk-wide/schools/sustrans-big-walk-and-wheel/>

Teach Handball Hub

A new initiative has been launched to help school teachers inspire the next generation of handball stars and encourage thousands more youngsters to take up the sport.

England Handball has launched the new, completely free, [Teach Handball hub](#) – a one-stop shop for everything teachers need to know about the sport including basic equipment, rules, FAQs, training opportunities and more.

The website contains a wide range of free resources for both primary and secondary school teachers and is aimed at boosting the appeal of the sport. Regardless of the level of experience and knowledge of handball, teachers are being urged to sign up and download a range of free, age and stage appropriate resources.

A competition to celebrate the launch has also been announced, with £350 in handball equipment up for grabs thanks from Net World Sports. Every school teacher that registers on the portal before midnight on February 28th will have the chance to win a [FORZA Primary School Handball Introduction Pack](#) for their school, which includes two handball goals, 12 balls and carry bags.

This new hub hopes to bring even more schools into the handball community to benefit from everything the game has to offer, whether that's teaching in PE sessions, delivering cross-curriculum activities, or running an after school club.

The site offers a wide range of resources, lesson plans for different age groups, activity and session ideas and all the information teachers need on the rules and equipment required for school handball.

Alongside the brilliant resources on offer, teachers will also be able to find opportunities to sign up on specific CPD, both online and face-to-face. As part of the course offer, teachers will be able to develop their refereeing/officiating skills, further their knowledge on how to introduce the game and/or support the GCSE assessments.

To visit the portal, find out more and sign up for courses, visit <https://teach.englishhandball.com>

How to teach handball in schools

A teacher's guide to handball – everyone's favourite new sport

Developed by the team at England Handball, this website is a one-stop shop for everything teachers need to know about handball, including basic equipment, rules, FAQs, resources and more. Register your interest to find out more.



Primary Schools

From Year 1 to Year 6, we have a range of free downloadable resources for your school.

[Visit page](#)



Secondary Schools

Covering Year 7 to 11, our resources can help your school take handball to the next level.

[Visit page](#)



Teachers

We've put together some additional help, information and guides just for teachers.

[Visit page](#)

Inclusion—FREE CPD

Inclusion 2024 Live will take place from Monday 7th to Friday 11th February 2022; this will be a week of live virtual content delivered by expert practitioners and young people, focusing on best practice of the inclusion of young people with SEND in PE, school sport and physical activity.

The live sessions will include:

- Sarah Wild (Head Teacher at Limpsfield Grange): an autism specialist school discussing the inclusion of girls with autism and wellbeing
- Lyfta and students with SEND: interactive immersive digital stories experience which teaches values through sports
- Virtual Pool: Marjorie McClure Specialist School will host a discussion on inclusive school swimming and water safety
- Youth Panel: hearing from young people with SEND on how to make sport and PE relevant and meaningful.



There will be live sessions every afternoon via zoom, with release of free-to-access pre-recorded SEND inclusion content at the end of the week for those who sign up for at least one of the live sessions. More information on the week can be found within the [booking link](#).

A large graphic with a purple background and a stylized tree graphic on the right. It contains the event title 'INCLUSION 2024 LIVE' and the Youth Sport Trust logo. Below the title is a table of the event schedule.

Day	Time	Topic
Monday 7th February	3:30pm till 4:15pm	Lyfta and pupils with SEND: Teaching values through sport and immersive digital stories
Tuesday 8th February	3:30pm till 4:30pm	Youth Voice: interactive panel session with young people with SEND sharing their experiences.
Wednesday 9th February	3:45pm till 4:30pm	Autistic Girls and wellbeing- webinar with Limpsfield Grange School; the UK's only school solely for autistic girls.
Thursday 10th February	3:45pm till 4:30pm	Virtual Pool- connect with schools and pools to discuss school swimming and water safety; led by Marjorie McClure special school.
Friday 11th February		A release of free to access, digital SEND inclusion in PE and school sport content for all those that sign up for any part of the week.

7th February - 11th February

Chance 2 Shine—Updated Primary School Programme

Chance to Shine, the schools cricket charity, has recently launched an updated Primary Schools Programme with a powerful bank of free teaching resources.

The programme, developed in partnership with Youth Sport Trust and supported by funding partner the England & Wales Cricket Board, aims to build on the previous digital resources which launched in 2017 by further supporting the development of teacher confidence to inspire children to play, learn and develop through cricket. The 'Play' content focusses on supporting children to develop the physical and life skills to become a 'Confident Cricketer'.

The resources are available for both existing and brand-new users who have never accessed resources before. They can be found [here](#).

The launch of these resources has coincided with the redevelopment of ECB's Inter Competition programme for primary schools, with 'Dynamos Schools' replacing Kwik Cricket. The newly adapted format provides open and inclusive opportunities using 'Countdown Cricket' as the game type – as seen in the first year of The Hundred. The Dynamos Schools pack can be downloaded [here](#).

Youth Sport Trust Active Recovery Hub

Please take a look at the Youth Sport Trust Active Recovery Hub. Help children and young people to boost their health and wellbeing by promoting being active before, during and after the school day. With so many children being impacted upon by COVID, the Active Recovery Hub has a wide range of resources which schools may find useful.

Find out list of activities below, provided by physical activity and sports organisations.

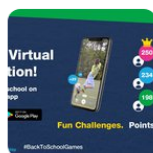
<https://www.yourschoolgames.com/active-recovery/>



Nudge Up: Table Tennis Balance

Nudge Up: Fun activities which develop balancing a ball on the racket, progressing to keepy uppies and movement challenges. Activity: Individ...

Primary, Secondary, Special / alternative provision
Summer Activities, After School, Active Lunchtime, At home



School Games Active Championships

The School Games Active Championships is a national activity campaign to help young people across the UK stay active using the video-based ...

Primary, Secondary
At home, Active Lunchtime, Active Start, Active Breaks



Tokyo Ten activities

Tokyo Ten activities provide simple ways for young people to get active. All you need is ten minutes and simple equipment, and you will dis...

Primary
Active Breaks, Active Start, Active Lunchtime, After School, Summer Activities, At home


Better Health Food Scanner App campaign

The Office for Health Improvement and Disparities (OHID)'s new childhood nutrition campaign has launched. The campaign focuses on using the Food Scanner app to help families make healthier food swaps.

Get the new Scan, swipe, swap – take-home pack

These fun take-home leaflets will help pupils learn about making healthier food choices with the NHS Food Scanner app. Order now and get free classroom display assets too.

Order take-home pack



For all the information you need for this year's campaign make sure you download and watch the webinar recording and Food Scanner App demo video. A full Campaign Communications Toolkit complete with campaign overview, key messages, long and short copy, facts and statistics and activity for Black and Asian communities is also available.

There is also a comprehensive schools programme, with new curriculum-linked resources available on the School Zone, the dedicated website for teachers

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

Core subjects



Scan, swipe, swap – activities toolkit

Interactive PowerPoint full of fun, flexible ideas to teach about healthy eating and the NHS Food Scanner app in the classroom. This resource links to the PSHE, Health education, English, Maths and Science curriculums and contains alternative activities for KS1 and KS2.

Get resource

Children's Mental Health Week

Keep an eye on your inboxes very soon for a resource for schools for Children's Mental Health Week taking place during 7th—13th February.



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 @ChesterSSP

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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

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'

Parent Ambassador

If your school has a parent that would like to be a School Games Parent Ambassador, please can you let us know.

Across Cheshire and Warrington we are seeking School Games Parent Ambassadors to share how the School Games has had a positive influence on their child / family /school.

Please contact Claire or Elizabeth for more information.

Thank you!