



# Newsletter



December 2018

Welcome to the December edition of the Chester School Sport Partnership newsletter in 2018-2019.

We have had another busy half term with lots of different events going on. Thank you to everyone who has attended, helped and supported us.

As a reminder if you are planning on applying for the School Games Mark this year, you will need to audit the children in your school to record the number who are least active.

If you have not yet booked onto any events in the Spring term, please can you do so via our website [www.chesterssp.co.uk](http://www.chesterssp.co.uk)

We would like to take this opportunity to wish you all a lovely Christmas break and we look forward to another great year ahead.

## Young Ambassador Training

Our Sports Ambassador training was held on Thursday 22nd November, where 32 children from years 5&6 learned about being a Sports Ambassador in their school.

They were given four tasks to complete at their school as part of their new role:

1. **Set up a School Sport Organising Crew.** Here they discussed what roles could be in their crew and how they would recruit members.
2. **Organise a level 1 intra school competition in their school.** They looked at different types of competition formats, different age groups, sports, and areas such as risk assessments and first aid.
3. **Create / maintain a notice board for sport in their school.** As part of the requirement for School Games Mark, many schools already have a notice board, so they were tasked with keeping it up to date, making it stand out and ensure that everything on there was relevant.
4. **To support / lead a lunch time club.** Help the play ground leaders to run clubs that attract the least active in their school.

At the end of the session children were given a certificate and a Sports Ambassador pin badge.

The children will be invited back to another training session in the New Year.



## Year 5&6 Quick Sticks Hockey

Well done to all the schools that took part in the Year 5&6 Quick Sticks Hockey Competition at The County Officers Club in Upton on Thursday 15th November.

We had two events taking place at the same time, the 'A' and the 'B' team event. Overall 25 teams represented a total of 18 schools from across Chester.

In the highly fought 'A' event, teams that progressed through to the semi-finals were Guilden Sutton, Tarvin, The Kings School and Christleton. Victorious in the semi-finals were the same two teams that made it to the final last year: Guilden Sutton and The Kings School. Congratulations to The Kings School who retain their title for another year.

In the 'B' event, again there were some very close games. The two teams in the final were Mickle Trafford and St Werburgh's, with St Werburgh's winning the 'B' event.



Congratulations to all the teams and good luck to both Guilden Sutton and The Kings School who will represent Chester at the county finals in March.

Thank you to the fantastic leaders from Upton High School for the amazing refereeing, and also to the coaches from CEPD.



## SEN Multi Sport Festival



On 29th November, we held our SEN Multi Sport festival at Ellesmere Port Sports Village, where 118 children took part in four activities. They rotated around: wheelchair basketball which was led by Paralympian Anna Jackson, boccia, new age kurling and sitting volleyball. (There is a wheelchair basketball club at the Sports Village, so if any of the children enjoyed taking part and want to take wheelchair basketball a step further, then please contact us and we will give you the details for Anna Jackson).

Many of the children had not represented their school before and had a wonderful time. The smiles on their faces was just magical.

Thank you to the coaches from CEPD for helping to support the event and to the teachers and staff from the schools.



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## School Games Mark

If your school achieved a School Games Mark Gold award in 2017-2018, you should now have received your Gold plaque.

If you achieved the Silver or Bronze Award, then you should be able to download your certificate on the dashboard of your school page of the School Games website ([www.yourschoolgames.com](http://www.yourschoolgames.com)).

If you need any assistance, please drop us a line and we will help you in this process.

## Year 2 Multi Skills Festival

On Thursday 6th December, 17 schools and 519 children took part in the Year 2 Multi Skills Festival at Ellesmere Port Sports Village. Here the children rotated around six stations: target throw, speed bounce, stacking cups, fast feet ladders, dynamic balance and chest pass.

This was the first time that the children had attended one of our events, and they had an absolutely amazing time. Each activity lasted for six minutes, where the children were completing the activities which help to develop their fundamental movement skills.

All of the activities could easily be replicated in a school hall or in the playground. The teachers were encouraged to stay and help their children to complete each of the tasks, hopefully the children can now go back to their schools and continue the fun!

Thank you to the staff and helpers from the schools and the coaches from CEPD for their help on a very busy but brilliant day.



## FA Primary Literacy Course

On Thursday 10th January we have organised a FA Primary Literacy Course.

The Active Literacy Programme is an initiative set up by the FA in partnership with the National Literacy Trust to improve the literacy skills of children through sport themed activities. The programme targets girls aged 5-7 years with the hope that the link between active movement and literacy helps to engage young girls into sport for life. The activities are built around creative play and each girl will receive a creative work book to complete and support their learning. There will be 3 stories that the Activator will work through with the Girls.

Each school will:

- Receive three storybooks plus 20 copies of a Home Activity Book, for the girls to do with their families.
- Training for a member of staff, who will be the Activator or will be supporting the Activator in school.

### Training

The training will be delivered locally and will be a 3hr training session (1-4pm) including theory- and practical-based learning.

To book your place onto the FREE course, please book via our website [www.chesterssp.co.uk](http://www.chesterssp.co.uk)

**PLEASE BOOK YOUR PLACE ASAP AS THE COURSE IS THE FIRST WEEK BACK IN JANUARY**

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## School Sport Organising Crews and Committees (SSOC)

If your school would like some assistance in setting up your School Sport Organising Crew or Committee (SSOC), then please contact us and we will arrange to visit your school and meet with a small group of the children.

All schools (primary, special and secondary) can have a SSOC who work together to listen to the pupil voice of their peers and to develop a plan for the year on what they want to do. Be that to organise intra school events, set up a new lunch time club, or aim to get every child involved in sport at the school.

Don't forget if you have any Young Ambassadors in your school, they can be involved in setting up and running the SSOC.

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## Primary CPD

Don't forget that part of the SSP package for Member primary schools is bespoke CPD sessions for individual schools matched to your school priorities. For example if your school wants a twilight CPD session on gymnastics for your staff, then we can arrange this for you.

Please try and look at your calendars now so that dates can be booked well in advance.

Just let us know what you would like and suggested dates, and we will try to accommodate you.

## 60 Active Minutes

The recommendation by the Chief Medical Officer is that children do 30 active minutes within the school day, and 30 active minutes beyond the school day. An interesting document worthy of a read is 'A Practical Guide for School Leaders. Designed to move Active Schools'. The document shows how research has proven that active children have better attention, behaviour and academic performance.

Below is an extract from the second page of the document:

### Active Children do Better.

- Active children do better in every possible way. They perform better in school and are better behaved. Physical activity can increase attendance rates and levels of concentration. Active kids have improved chances for better physical, financial, emotional and social outcomes in the future.
- Every jump, kick, sprint and throw increases a child's chances of success, in school and in life. Making sure all children receive that opportunity starts with a physically active primary school.
- These are schools that integrate fun options for physical activity into the entire school day. That means before, during and after school.
- However, today's generation of children are the least active in history. With each passing year, they engage less in active play and sport and have fewer opportunities for quality physical education. The cost of physical inactivity is high, and children begin paying the price as early as primary school.
- When children do better, schools and communities do better. If attendance, behaviour and grades are areas a school leader is looking to improve, research shows physical activity will help to achieve it. Creating a student body that moves is an investment in a school culture that will thrive.
- This guide for designing active schools is for the school change makers and leaders. These are the people who make decision that shape a school's physical activity culture and influence how activity is integrated throughout the school day. The choices they make today will make all the difference in a child's future.

The document provides a summary of the evidence base in support of active schools and serves as a blueprint for school leaders to create change today.

For an online version of this guide and related resources, visit: [designed.move.org/resources](http://designed.move.org/resources)



## Primary PE Lead Training

Thank you to all the teachers who attended the PE Lead training at Blacon High School on 28th November. Here teachers new to the role looked at the:

- Active School Planner
- School Games website
- The guidelines for the PE premium funding
- Principles of competition
- 30 Active Minutes
- CPD

They were able to share ideas on what has worked well in their school, and gain a greater understanding of their role. If you are new to the role and were unable to attend the training, then please do contact us.

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## Change 4 Life Champions Training

On Monday 21st January, we have arranged the Change 4 Life Champions and Mentors training day in Ellesmere Port.

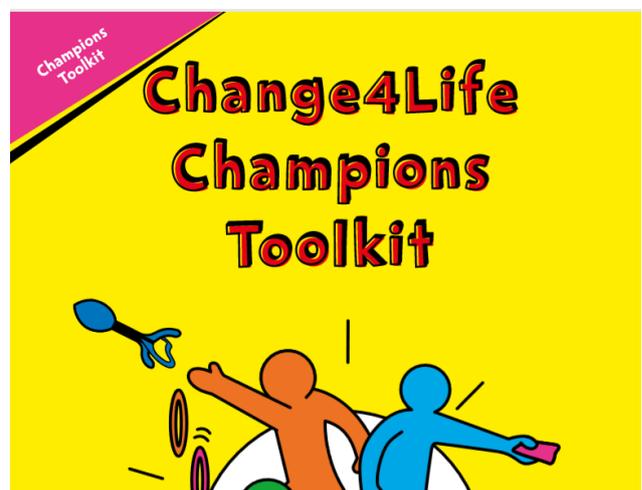
Here children from years 5&6, and deliverers will be provided with information about the Change 4 Life Programme, and how to go about setting up Change 4 Life Clubs and activities within their schools.

The programme is aimed at getting inactive children more active, and to provide healthy eating and healthy lifestyle messages to the children in the school. One of these messages is linking in with the GULP campaign (Giving Up Loving Pop).

The Change 4 Life programme links in with the Chief Medical Officer's recommendation of providing 30 minutes of physical activity within a school day and 30 minutes outside of the school day. Clubs and activities need not be called Change 4 Life Clubs, but can follow the ethos and principles of a Change 4 Life club i.e. getting more children more active and following healthy lifestyles.

At the start of the Spring term, we will send out the details of the training event and will ask for children to be selected and consent forms returned.

Please do put the date in your diary now.



## PE & Sport Premium for Primary School 2018-2019

The Government have released the guidance document for the PE & Sport Premium Funding for 2018-2019.

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

As last year, you will receive the funding in two instalments, the first of which you should have received already. The second will arrive in the Spring term.

### How to use the PE and sport premium

Schools must use the funding to make additional and sustainable improvements to the quality of physical education (PE), physical activity and sport you offer.

This means that you should use the premium to develop or add to the PE, physical activity and sport activities that your school already offers. Also to build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

Schools can use the premium to secure improvements in the following indicators:

- The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- The profile of PE and sport is raised across the school as a tool for whole-school improvement
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport

For example, you can use your funding to:

- Provide staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively and embed physical activity across your school
- Hire qualified sports coaches to work with teachers to enhance or extend current opportunities
- Introduce new sports, dance or other activities to encourage more pupils to take up sport and physical activities
- Support and involve the least active children by providing targeted activities, and running or extending school sports and holiday clubs
- Enter or run more sport competitions
- Partner with other schools to run sports activities and clubs
- Increase pupils' participation in the [School Games](#)
- Encourage pupils to take on leadership or volunteer roles that support sport and physical activity within the school
- [Raise attainment in primary school swimming](#) to meet requirements of the national curriculum before the end of key stage 2
- Embed physical activity into the school day through active travel to and from school, active playgrounds and active teaching

**Active miles**—Where schools choose to take part in an active mile, you should use your existing playgrounds, fields, halls and sports facilities to incorporate an active mile into the school day and develop a lifelong habit of daily physical activity.

## PE & Sport Premium for Primary School 2-18-2019 -cont'd

**Raising attainment in primary school swimming** -The premium can be used to fund the professional development and training that are available to schools to train staff to support high quality swimming and water safety lessons for their pupils.

The premium may also be used to provide additional top-up swimming lessons to pupils who have not been able to meet the national curriculum requirements for swimming and water safety after the delivery of core swimming and water safety lessons. At the end of key stage 2 all pupils are expected to be able to swim confidently and know how to be safe in and around water.

Schools are required to publish information on the percentage of their pupils in year 6 who met each of the 3 swimming and water safety national curriculum requirements.

You should not use your funding to:

- Employ coaches or specialist teachers to cover planning preparation and assessment (PPA) arrangements – these should come out of your core staffing budgets
- Teach the minimum requirements of the national curriculum – with the exception of top-up swimming lessons after pupils' completion of core lessons (or, in the case of academies and free schools, to teach your existing PE curriculum)
- Fund capital expenditure

### **Accountability -Ofsted inspections**

Ofsted assesses how primary schools use the primary PE and sport premium. They measure its impact on pupil outcomes, and how effectively governors hold school leaders to account for this.

You can find details of what inspectors look for in the 'effectiveness of leadership and management' section of the [Ofsted schools inspection handbook 2018](#).

**Online reporting**—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 2019** at the latest. This is different to last year's reporting deadline. Online reporting must include:

- The amount of premium received
- A full breakdown of how it has been spent
- The impact the school has seen on pupils' PE, physical activity, and sport participation and attainment
- How the improvements will be sustainable in the future

You are also required to publish the percentage of pupils within your year 6 cohort in the 2018 to 2019 academic year who met the national curriculum requirement to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

Attainment data for year 6 pupils should be provided from their most recent swimming lessons. This may be data from years 3, 4, 5 or 6, depending on the swimming programme at your school.

**School compliance reviews**—a number of schools in each local authority will be sampled to review what they have published on their use of the funding and the swimming attainment.

## Dates for your diary 2018-2019

### December

Primary Schools

Secondary Schools

Primary & Secondary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 Year 2 Multi Skills Festival	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

### January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10 CPD—FA Primary Literacy Course	11
14	15	16	17	18
21 Change 4 Life Champions Training Day	22	23 Step into Sport Conference	24 Year 5&6 Basketball Competition	25
28	29	30 Year 5&6 Sports Hall Athletics Competition	31 Year 5&6 Sports Hall Athletics Competition	

### February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7 Year 3&4 Small Sided Football Competition	8
11	12	13 Year 5&6 'B' Netball Competition	14 Year 5&6 'A' Netball Competition	15
18	19	20	21	22
25	26	27	28	



**Chester School Sport Partnership**  
Blacon High School  
Melbourne Road  
Blacon, Chester  
CH1 5JH

Phone: 01244 371475 ext 130 / 131

Fax: 01244 374279

 @ChesterSSP

**School Games Organisers:**

**Claire Smedley & Elizabeth Newstead**

[claire.smedley@blaconhigh.cheshire.sch.uk](mailto:claire.smedley@blaconhigh.cheshire.sch.uk)

[enewstead@blaconhigh.cheshire.sch.uk](mailto:enewstead@blaconhigh.cheshire.sch.uk)



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)

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

## Cheshire & Warrington Winter School Games

The Cheshire and Warrington Winter School Games will take place between Monday 11th March and Friday 22nd March at various locations throughout the county.

Events this year include:

Year 3&4 Football, Year 5&6 Quick Sticks Hockey,  
Year 5&6 Tag Rugby, Year 5&6 High Five Netball,  
Year 5&6 Basketball,  
Year 5&6, 7&8 Sports Hall Athletics,  
Year 7-11 Indoor Rowing, U13 Girls Rugby,  
U14 Boys Basketball, U12, U14 & U16 Girls Football,  
U15 Girls and Boys Handball,  
U15 Girls and Boys Volleyball, Boccia and New Age  
Kurling.



During the spring term we will send all our Level 2 inter school competition winners the details for the county School Games event.