



Chester SSP



Activities To Do At Home no.5



We hope that if you were able to have a break over Easter, that you had a good rest and were able to stay healthy and active.

Please don't forget that we are still here to give you advice if you need any help with physical activity ideas for children in your schools, whether they are at home or in school.

The School Games website now hosts a variety of primary and secondary activity cards created by NGBs, which will be updated on a daily basis and free for all to access. The first cards to be produced were by Boccia England, British Blind Sport, England Hockey and Swim England. These can be accessed from the new Coronavirus Support area of the website. www.yourschoolgames.com

The School Games have also announced the School Games Active Championships, via the TopYA! App. Further details are inside the newsletter.

Keep an eye on our twitter account for regular challenges and activities. @Chesterssp

Very soon the revised details on the School Games Mark award for 2020 will be released, as soon as we have news on this we will forward it onto you.

Stay safe.

Home Penathlon

Sportshall have set up a Home Penathlon challenge, with clear instructions, videos on youtube and print outs for you to take part at home. If you wish you can also enter the virtual competition by sending them your results.

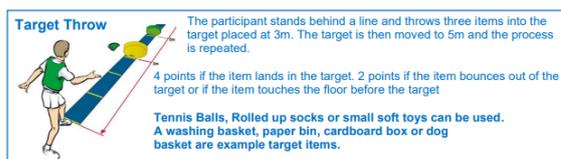
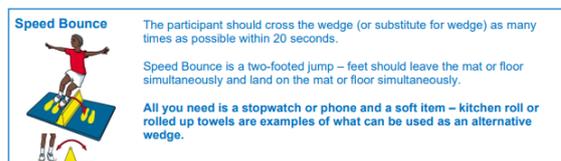
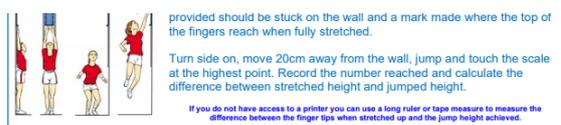
All details are on their website:

<http://www.sportshall.org/homepentathlon>

The events are:

Target throw, speed bounce, 20 x 5m shuttle run, vertical jump and standing long jump.

A great activity if anyone is keen on athletics and wishes to practice.



School Games Active Championships

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa!. New challenges will be available every Monday, Wednesday and Friday to engage with.

Primary and secondary-aged children can join the School Games Active Championships at any time with **free** active challenges being set via videos within a designated School Games version of the TopYa! Active app. All they need to do is download the app, register as a player and type in the **Invite Code 23880**.

Children practise the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches. Points are earned for each video submitted, leading to climbing leader boards and winning prizes!

The TopYa! Active app is committed to online safety and meets rigorous COPPA and GDPR safeguarding standards. No one can communicate within the app. All children can do to communicate with one another is give each other a virtual 'high-five', which functions like a social media 'like'.

Video content is suitable for young people of all ages and abilities, with regular submissions from National Governing Bodies of Sport.

How do I get involved?

Children:

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Player (child) account
3. When prompted to enter an Invite Code enter **23880** and then choose Primary or Secondary School League based on which type of school you attend

If you are under 13 years old, ask your parent or guardian set up the TopYa! Active account first, and then create player (child) accounts afterwards.

Teachers:

When downloading TopYa! Active for the first time from the App Store or Google Play:

1. Create a new PLAYER account
2. Enter invite code: 23880 during account creation
3. Select BOTH the Primary School League and Secondary School League when prompted to join a Team or School Age Group
4. Enter your actual birth date during signup

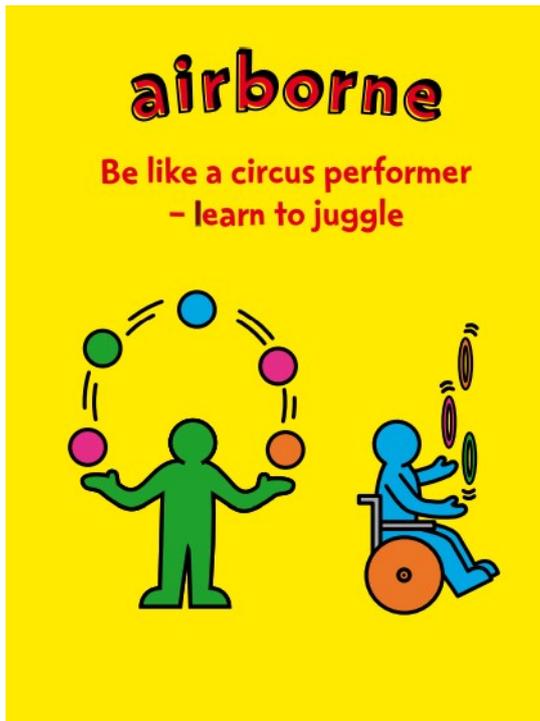
If you already have a TopYa! Active account:

1. CREATE A NEW PLAYER ACCOUNT - PLEASE DO NOT USE YOUR EXISTING TOPYA ACCOUNT

Follow the instructions above

There are also instructions for parents to create an account, please visit the School Games website for more information www.yourschoolgames.com

Learn How To Juggle!



It takes lots of practice to be a good juggler! Keep going and you'll get there:

Juggle with one ball – start throwing the ball from your left hand to right hand and back again in a smooth 'juggling arc'.

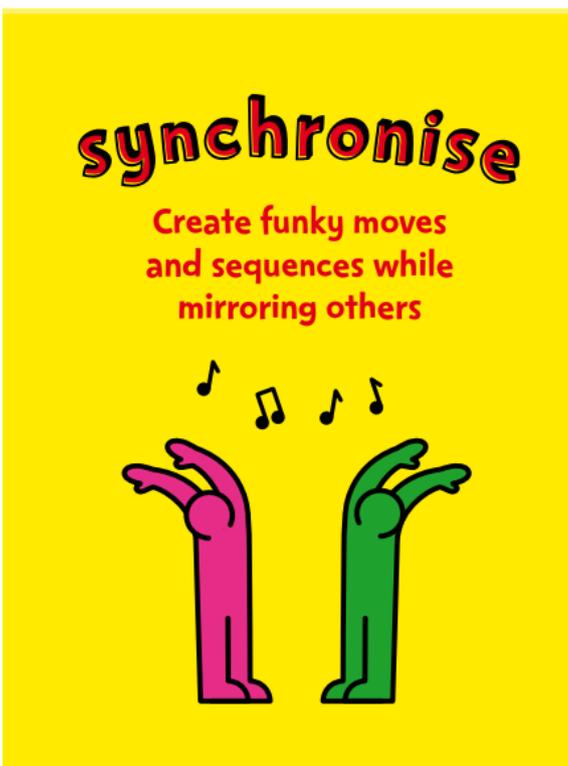
Juggle with two balls – the second ball is thrown when the first reaches the top of the 'juggling arc'.

Juggle with three balls – start with two balls in one hand, one in the other. Throw the first ball from the front of the left hand. When first ball reaches the top of the 'juggling arc' throw the second ball from the right hand, and when the second ball reaches the top of the 'juggling arc' throw the third ball from the left hand.

Stay focussed and be sure to watch the balls all times. Safety: make sure there is enough space between and above players

These activities can be found in the Change 4 Life Creative Activity pack.

Synchronise Activity



Pairs face one another, hands up with palms facing the other person.

Player one moves their hands to create a shape, and their partner mirrors this move. You can make numbers, shapes, letters, animals anything (it's good to suggest themes to stimulate ideas).

After a while, move on to whole body mirroring. Player one picks out a theme (like 'happy' or 'a spooky wood') and moves their whole body to express it.

Players need to watch carefully what their partner is doing and focus on their movements – copy everything they do.

Good at this? Then move on to whole stories for your partner to copy and guess. You can even have a story move from pair to pair to create a mega-story!

Safety: ensure there is space for everyone to move freely.

Stick To The Beat

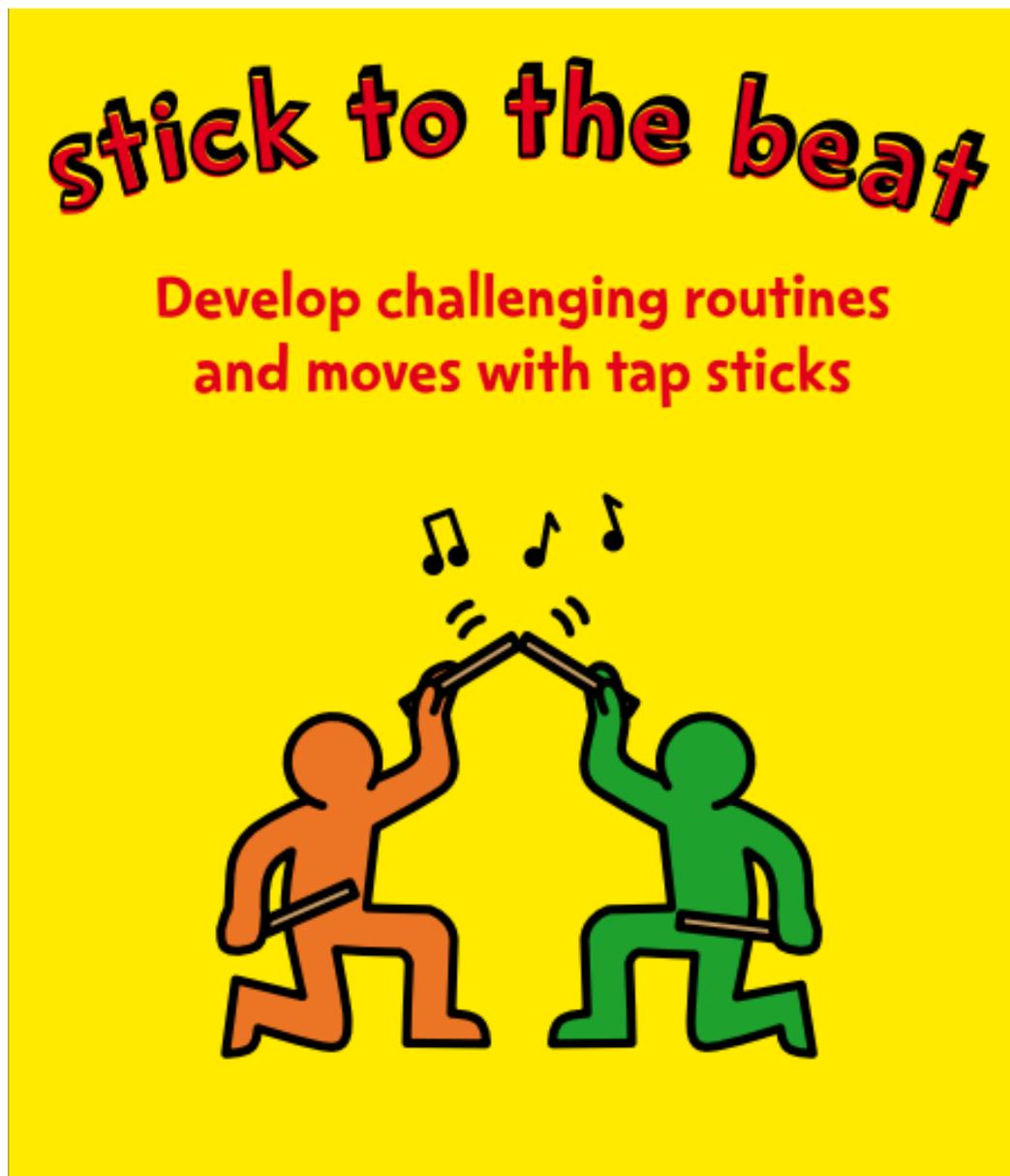
Players kneel on the floor in pairs, facing each other.

Each player has two tap sticks (one in each hand).

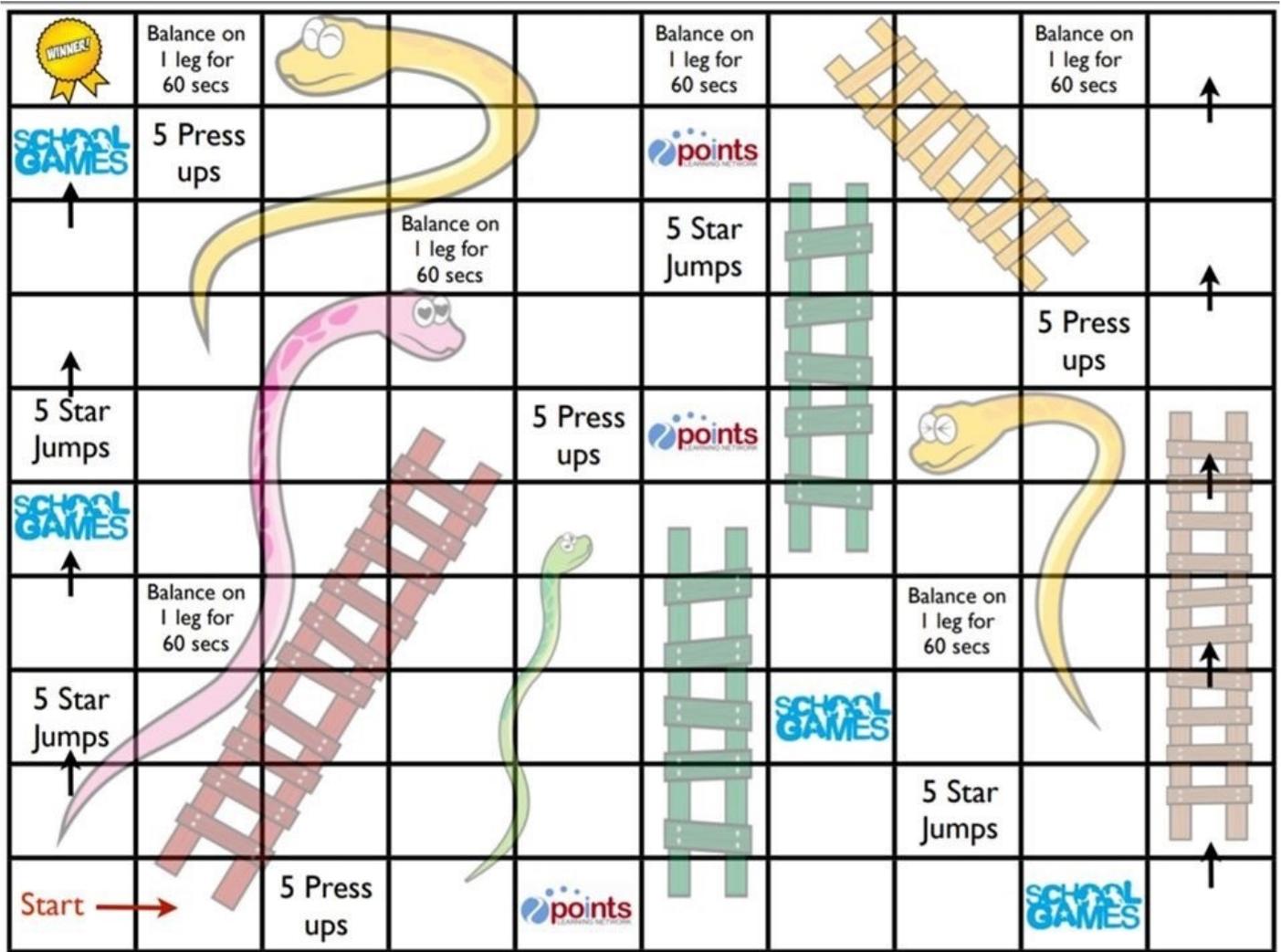
Put some music then ask everyone to:

- Tap both sticks on floor to the beat, four times to the left, right or front
- Holding the sticks vertically, tap each other's sticks, four times
- Holding the sticks vertically, throw and swap your sticks to your partner – keep going! When you're ready, you can work with your partner to create your own linking movements, like passing or throwing the sticks to each other.

Safety: give clear instructions about safe use of sticks and make sure everyone has enough space



Snakes and Ladders Game. Why not design your own?



Heathly Eating Recipes: www.nhs.uk/change4life/recipes

The screenshot shows the Change 4 Life website with the following elements:

- Navigation:** Food facts, Recipes, Activities, Your child's weight.
- Menu:** Breakfast, Lunch, Dinner, Puddings, Lunchbox, Barbecue and picnic.
- Section:** Fun ideas to help your kids stay healthy.
- Card:**
 - Icon:** Chef with whisk.
 - Title:** Mix it up at mealtimes!
 - Text:** Take the first step towards cooking quick and easy meals with Meal Mixer. We'll send you cheap meal ideas every week.
 - Button:** Sign up now
- Meal Mixer App Interface:**
 - Header:** Meal Mixer
 - Breakfast:** Super scrambled eggs
 - Lunch:** 1-2-3 Carrot Soup
 - Evening Meal:** (partially visible)
- Images:** A bowl of rice and vegetables, a smartphone displaying the app, and a roasted chicken drumstick.

Don't forget to eat healthily, there are plenty of recipe ideas on the Change 4 Life website.



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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'

When the weather is nice outside it is tempting to go out and about, but please do observe the social distancing guidelines and follow government advice.

#StayInWorkOut

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home).
- If you go out, stay 2 metres (6ft) away from other people at all times.
- Wash your hands as soon as you get home.
- Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms