



Chester SSP



Activities To Do At Home no.8



Welcome to the latest edition of Activities to do at Home newsletter. We hope that you are staying active and trying out some of the different suggestions we have provided over the weeks. Please do share with us anything that you have found or currently do, that you would like us to share with other schools.

Thank you to schools who have shared their videos for the Cheshire and Warrington Virtual School Games. We have seen some great videos, thank you!

Watch out every Wednesday for the release of the latest challenge. So far we have had tri-golf and basketball, you can share your videos with us up until 1st July. Good luck! Keep any eye on @ChesterSSP.

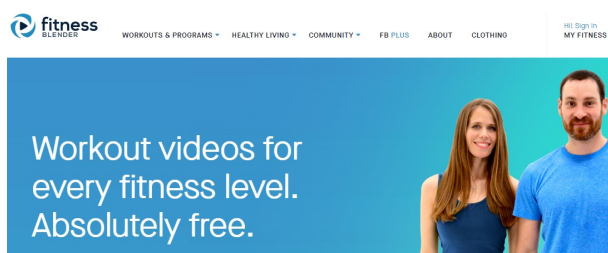
Please remember to always stick to the guidelines on social distancing when you exercise, and only go out to exercise with members of your household.

#StayAtHome #StayInWorkOut

Fitness Blender

The Fitness Blender website has videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not. This is suitable for children in Key Stages 3-5, plus adults.

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



Please remember that we are using this newsletter format as a signposting tool to a variety of exercise challenges, ideas and activities that are around at the moment. Please remember to adapt the exercises to meet the needs of the person taking part, think about the space available and the equipment used. Don't forget to think about the ability of the person taking part and whether any adjustments need to be made to the activity.

Make sure that the exercise area is clear and there is nothing nearby which could cause a trip or fall. Challenges are designed to be suitable for each age group, however it is important to understand that if someone chooses to take part, they are doing so at their own risk.

Please remember the social distancing guidelines for all activities.

Girls Football in Schools

Welcome to the Girls' Football in Schools website

This website has been designed to help schools to mainstream girls' football in the PE curriculum, provide opportunities for girls to participate, lead and compete in girls' football and maximise inspiration from major women's football events.

www.girlsfootballinschools.org

The FA supported by Barclays and the Youth Sport Trust have a vision to give 'Every girl equal access to football in schools by 2024' and we need your help to achieve this vision.

The website includes sections on the curriculum, participation, leadership, competition, major events and Barclays Lifeskills. There are some excellent resources for both primary and secondary schools, including an activity videos page.

There is also a section on signing a pledge which is just an agreement by your school to commit to helping to grow girls football in your school through providing girls with equal access to:

- Learn through football in PE lessons
- Participate in girls only football sessions
- Compete in girls' football school fixtures/events
- Lead girls' football activity for others

Please help to support the vision and give girls more footballing opportunities by signing the pledge on the website.

If you have any questions regarding the programme then please contact Claire Smedley.
claire.smedley@blaconhigh.cheshire.sch.uk



GIRLS' FOOTBALL
SCHOOL PARTNERSHIPS
Supported by  **BARCLAYS**



**YOUTH
SPORT
TRUST**

YST Home Learning Resources—Secondary

HOME » RESOURCES » CORONAVIRUS SUPPORT » HOME LEARNING RESOURCES

YST FREE HOME LEARNING RESOURCES - SECONDARY

#ThisIsPE secondary is designed to support teachers and parents/carers with secondary aged children in signposting to appropriate physical education content which will enable pupils to continue their development within national curriculum PE at home during the school closures.

Each #ThisIsPE secondary PE activity comes with a downloadable learning card, which outlines what space and equipment is needed; learning outcomes, both physical and personal; guidance in how to adapt the activity to make it harder and easier and some questions to consider whilst the activities are being done.

#ThisIsPE is a collaborative project with Yorkshire Sport Foundation (YSF) and the Association for PE, and endorsed by the Department for Education as a home school resource. While YSF provide content for the primary school children here at YST we're focussing on secondary schools with a series of short videos. We are also working with Special Olympics GB to ensure we have inclusive content.

All activities can be done in and around the home and can be carried out with objects you can find around the house. All videos have been filmed by current secondary PE teachers who are part of the Youth Sport Trust Secondary PE CatalYST network.



www.youthsporttrust.org/free-home-learning-resources-secondary

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#ThisIsPE Athletics — Discus

SECONDARY KEY STAGE 3 PE // ATHLETICS

Content outline
This activity focusses on the field event. Discus. It aims to develop the basic knowledge of the throwing technique.

- Correct grip
- Release technique

S T T E P

This resource and supporting video have been created by:
Chesney Ward, King Edward VI School

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Space

- If the activity being performed is to include throwing an object, it is advised that this is performed in an outdoors environment – with lots of space
- If an outdoor space is unavailable, the technique can be practiced without throwing an object

Task

- Practice correct grip in isolation
- Basic technique progressions; swing at side, then throw whilst standing side on
- To make the activity more difficult, rotation footwork can be practiced and applied

Equipment

- Use different household items (Eg. Paper plate, celotape, sweet-tub lid)
- Use equipment of different weights to make the activity easier / more difficult
- Use a towel for a throwing line

People

- If you have another person in your house, you may be able to coach someone else the correct throwing technique
- When practising the release technique (whilst rolling the item), this can be completed in pairs by rolling to one another

Learning intention

Physical:

- To develop the correct technique of throwing a discus

Personal:

- Creativity
- Leadership

Learning questions:

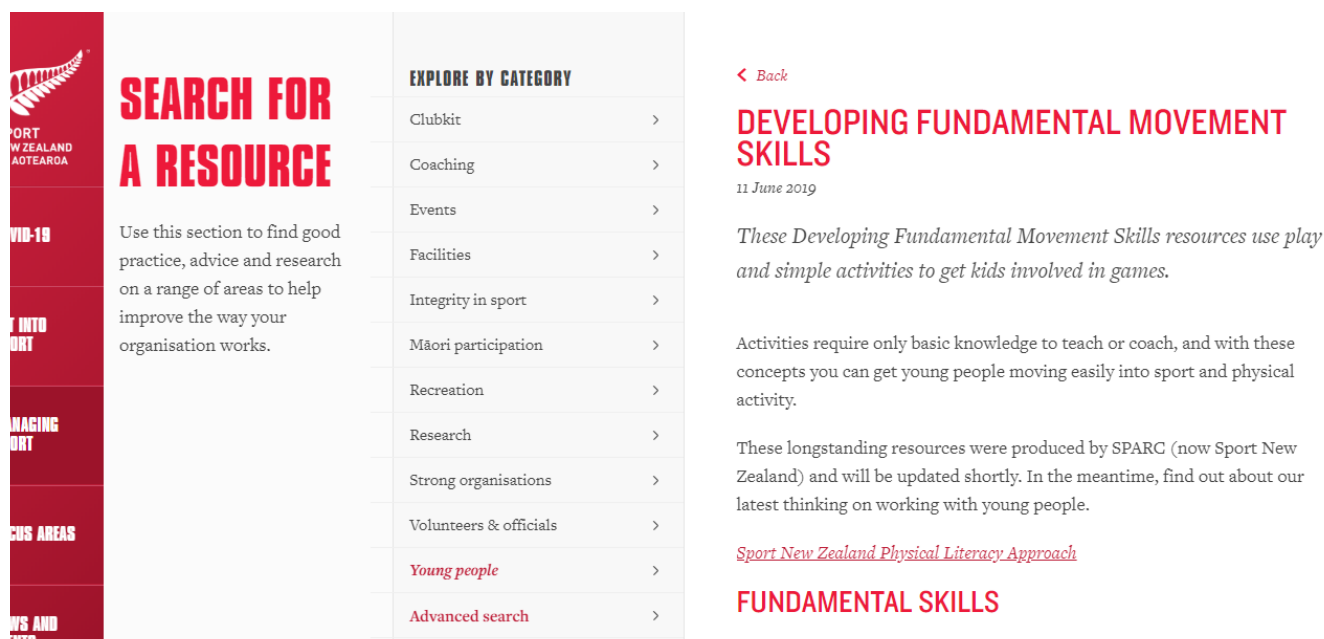
- Which object did you select to replicate a discus?
- What characteristics of this item are similar to a discus?
- Which finger did the discus roll off when you released the throw?
- What coaching points would you identify from this activity?
- How would you effectively teach this technique to another person?



More resources

www.youthsporttrust.org/free-home-learning-resources-secondary

Sport New Zealand Resource



SEARCH FOR A RESOURCE

Use this section to find good practice, advice and research on a range of areas to help improve the way your organisation works.

EXPLORE BY CATEGORY	
Clubkit	>
Coaching	>
Events	>
Facilities	>
Integrity in sport	>
Māori participation	>
Recreation	>
Research	>
Strong organisations	>
Volunteers & officials	>
<i>Young people</i>	>
<i>Advanced search</i>	>

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DEVELOPING FUNDAMENTAL MOVEMENT SKILLS

11 June 2019

These Developing Fundamental Movement Skills resources use play and simple activities to get kids involved in games.

Activities require only basic knowledge to teach or coach, and with these concepts you can get young people moving easily into sport and physical activity.

These longstanding resources were produced by SPARC (now Sport New Zealand) and will be updated shortly. In the meantime, find out about our latest thinking on working with young people.

[Sport New Zealand Physical Literacy Approach](#)

FUNDAMENTAL SKILLS

<https://sportnz.org.nz/managing-sport/search-for-a-resource/guides/fundamental-movement-skills>

This resource has a comprehensive guide to FUNDamentals, which will be useful for planning for next year for Early Years / KS1. These Developing Fundamental Movement Skills resources use play and simple activities to get kids involved in games.

Activities require only basic knowledge to teach or coach, and with these concepts you can get young people moving easily into sport and physical activity. Essential for when the children start to learn sport specifics.

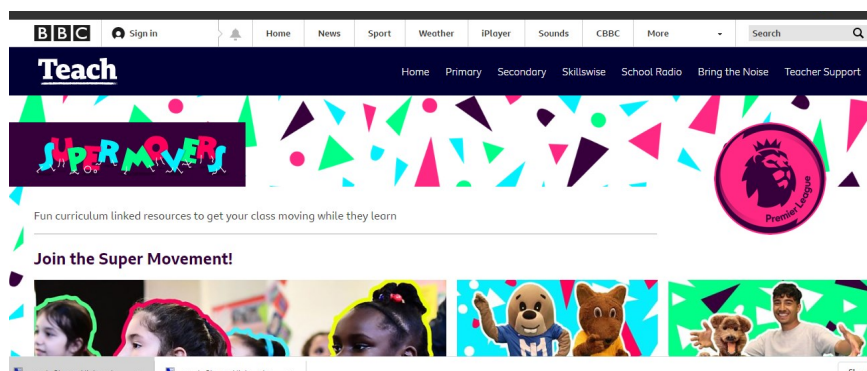
A recent addition to the resource is a COVID-19 section with advice and workouts for the current situation.

This resource is an interesting read and can be easily implemented into your planning.

Supermovers

The BBC Supermovers website has videos for children in KS1 and KS2 which help them move while they learn. They support curriculum subjects, including maths and english.

www.bbc.co.uk/teach/supermovers



BBC Teach

Home Primary Secondary Skillswise School Radio Bring the Noise Teacher Support

Teach

Fun curriculum linked resources to get your class moving while they learn

Join the Super Movement!

Home

Move Crew

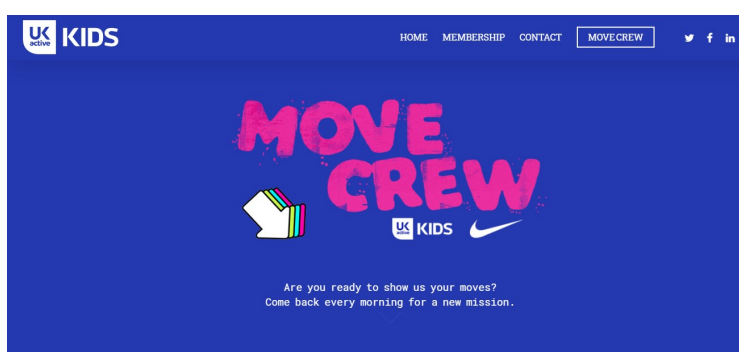
Ukactive and Nike have teamed up to launch, a brand-new programme to help children stay physically active while they're off school.

It allows children to take part in daily 'activity missions' created by school staff members, coaches and elite Nike athletes like Dina Asher-Smith.

New missions are available each day at 8am and are designed to help children reach 60 minutes of daily physical activity through fun at home activities.

https://ukactivekids.com/movecrew/?utm_campaign=LFTP%20270420&utm_medium=email&utm_source=CMA_SPORT%20ENGLAND&utm_content=

Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity. So, join the #nikemovecrew



BBC Boogie Beebies

For any schools that are struggling for activities for the younger age groups, the BBC Boogie Beebies website is for the early years foundation stage, and has videos that get younger children up and dancing with CBBC presenters.



Letter shapes

For any households who want to try something different, have you tried using the body to create letters to spell words? You could work as teams where the other team has to write down each letter to create a word. The first team to guess a word wins!

Please note that this activity can only be done by people living in the same household, and not in schools due to social distancing measures.



Wellbeing

The DFE have produced a list of helpful websites in relation to well being:

Anna Freud National Centre for Children and Families

Website: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Key stages: early years foundation stage to key stage 2

Description: wellbeing advice for all those supporting children and young people.

British Psychological Society (BPS)

Website: <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>

Key stages: early years foundation stage to key stage 2

Description: advice on dealing with school closures and talking to children about COVID-19.

Children's Commissioner

Website: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Key stages: early years foundation stage to key stage 2

Description: a downloadable guide for children about coronavirus.

MindEd

Website: <https://www.minded.org.uk/>

Key stages: early years foundation stage to key stage 2

Description: an educational resource for all adults on children and young people's mental health.

The Child Bereavement Network

Website: <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Key stages: early years foundation stage to key stage 2

Description: advice on supporting grieving children during the coronavirus outbreak.

BPS

Website: <https://www.bps.org.uk/news-and-blogs>

Key stages: key stage 3 to key stage 5

Description: advice on dealing with school closures and talking to children about COVID-19.

Children's Society

Website: <https://www.childrensociety.org.uk/coronavirus-information-and-support>

Key stages: key stage 3 to key stage 5

Description: information and support on different aspects of mental health and wellbeing.

Further information can be found on the Department for Education website.

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

SCHOOL GAMES

Safety: please wear suitable shoes that are fastened securely, and make sure you are competing in a safe space!

Equipment: Create a line on the floor using; chalk, a small towel, a ruler, a long sock, or any other long flat item that you can jump over

Speed Bounce

- Keep two feet together, bend your knees and swing your arms to jump over the centre of the mat and back again.
- Remember to bend your knees when landing, and land on the balls of your feet.
- Both feet must touch each side of the mat at the same time.
- Each jump over the middle of the mat is worth 1 point.



How many bounces can you Achieve in 30 seconds?



	Key Stage 1	Key Stage 2	Secondary
SCHOOL GAMES PLATINUM	31-40	41-50	51-60
SCHOOL GAMES GOLD	21-30	31-40	41-50
SCHOOL GAMES SILVER	11-20	21-30	31-40
SCHOOL GAMES BRONZE	0-10	10-20	21-30

Adaptations – make this challenge work for you;

- Use a stepping action (one foot at a time) instead of jumping with both feet at once.
- Hold the hands of an adult to support you as you jump from one side to the other.
- Wheelchair users/physical disability: set up two parallel lines on the floor 2.5m apart. Move from side to side touching one line, then the other. The distance can be adapted to suit the individual athlete.





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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'

#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

