



# Chester SSP



## Activities To Do At Home no.9



Welcome to another edition to the newsletter. Now that we have more access to exercise outside, please do so, but remember your social distancing guidelines.

Many thanks to schools who have shared videos for the Cheshire and Warrington Virtual School Games. It is great to see children having fun with sport, and we miss their happy smiling faces. Watch out every Wednesday for the latest challenge @Chesterssp.

**Volleyball- Keepy Uppys Ball Control**

**Challenge**  
Each player aims to keep the ball in the air. You can choose to volley the ball against the wall or into the air. This is all about controlling the ball and technique seen in the picture on the right.

Try it both ways and see which work best.

You have 1 minute to keep the ball in the air as long as you can  
(Safety note, please make sure you are playing in an open space)

**Equipment**

- Volleyball/ball/balloon/beach ball- you can use anything that replicates a volleyball
- Wall- find a wall where you have space and can play

SCHOOL GAMES | Active Cheshire | Cheshire & Warrington Virtual Games

## Healthy Movers

**Healthy Movers**  
**Using Objects: Target Games**

**Benefits:** Helps children get good at aiming.

**Where to play:** Indoors or outdoors. **Safety:** Lots of space near target.  
**Equipment:** Small sponge balls or paper balls. Variety of targets.

**Activity 1**

- Make some targets.
- Ask the child to throw something at the target.

**Activity 2**

- Put scores on the targets. Add up how many you have scored.

**Activity 3**

- Take turns and tell each other which one to aim at.

**Activity 4**

- Put down groups of targets e.g. 5 milk containers. Can the child roll a ball to knock them over?
- Can they take a small step back every time?

**Change it:** Easy – Increase the size of the targets. Allow the child to stand near to the target.  
Hard – Make the targets smaller. Move the targets further away. Put something in front of the target.

YOUTH SPORT TRUST

## Sport England Update

Sport England have provided an update on the latest Government advice on outdoor exercise.

The government has announced that from Wednesday 13th May, people can go outside more than once a day for exercise as long as they are following social distancing guidelines, alone, with members of their household, or with one person from outside of their household (maintaining the 2m distance).

All outdoor sports and physical activities are permitted, without time limit, with the exception of swimming in an open air swimming pool.

They must still only exercise in groups of no more than two people, unless they're exercising with their household.

Any facilities associated with outdoor sports and physical activities are permitted to reopen, including basketball and tennis courts, playing spaces like golf courses (public and private) and playing fields and watersports.

Outdoor gyms, playgrounds, or outdoor swimming pools will remain closed.

They'll be allowed to open from Wednesday 13 May. Each venue, including council-owned sports facilities, will make their own decisions about when their facilities are ready.

The government will be publishing high-level guidance for sports and venues to help them think about preparations for this.



For more information, please visit:

[https://www.sportengland.org/how-we-can-help/coronavirus/coronavirus-what-happens-next#your\\_questions\\_answered](https://www.sportengland.org/how-we-can-help/coronavirus/coronavirus-what-happens-next#your_questions_answered)

# 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.

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.**

The Girls' Football in Schools online community is designed to support teachers in the secondary sector with their delivery of football.

The concept of the GFSP online community is to provide webinars, interactive workshops alongside the opportunity for informal discussions with those involved with girls football in schools. One of the key features would be a weekly 'connect and share' with the aim of building a network of like-minded professionals who want to further develop the game for girls in secondary schools.

The first meeting took place on Tuesday 5th May which looked at the role of the Girls' Football School Partnerships supported by Barclays, the involvement of the FA's PE unit and most importantly offered the opportunity to connect with other teachers and share the key challenges facing you in your PE & football delivery.

The next session is Tuesday 19th May 3-4pm. To register your interest simply complete the form and they will be in touch with the next steps.

For further details please look at the links on the @FAPEunit twitter feed or visit the website [www.girlsfootballinschools.org](http://www.girlsfootballinschools.org).

If you have any questions regarding the programme then please contact Claire Smedley.

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



# Premier League Primary Stars



Resources

Home learning

For schools

Clubs

Competitions

Training

News

Sign in | Register



To support those looking for ways to educate and entertain children aged 5-11 and keep them active, we are making school curriculum-linked resources available for home learning, with no registration.



### Fun activities

Explore fun activities and games to do at home. Why not try and challenge your family members?



### English

Poetry, reading, spelling challenges - we've got you covered!



### Maths

A variety of fun maths resources using the inspiration of the Premier League.



<https://plprimarystars.com/home-learning>

To support those looking for ways to educate and entertain children aged 5-11 and keep them active, Primary League Primary Stars are making school curriculum-linked resources available for home learning, with no registration.

You can also sign up to receive their free weekly newsletter.

The example shown opposite is a

**Football Fun activity pack** - A variety of fun activity sheets which include spelling puzzles, fact-finding and sum-solving.

In this pack, you can also download the **Colour in Premier League football stickers** where you can colour in your favourite Premier League football players.



Resources

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## Active School Planner

Thank you to St Clare's Catholic Primary School for completing your Active School Planner heat map.

If you have time this term, please can you complete the heat map for your class. This will be helpful to see whether you class in the autumn / spring term were completing their recommended amount of 30 active minutes per day within school. This will help you in the planning for next year.

Please visit: [www.activeschoolsplanner.org](http://www.activeschoolsplanner.org)

## Lawn Tennis Association Home Resources

LTA Youth isn't just about tennis; it's about kids developing mentally and physically on and importantly, off the court.

You can improve your tennis skills any time, any place, with the LTA Youth Home Activities hub, it's full of activities for the whole family.

The LTA Youth Home Activities hub consists of four areas:

Tennis at Home Exercises - short videos containing tennis exercises.

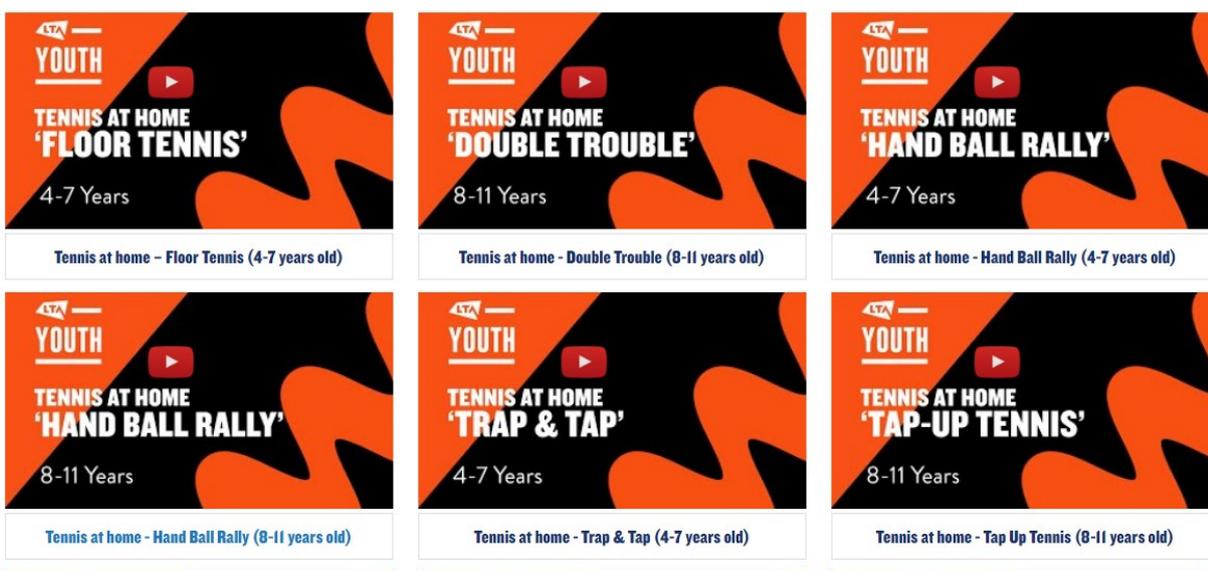
Activity Cards - fun, simple activities including colouring, word searches and quizzes.

Personal Development Challenges - to explore and develop qualities such as resilience, perseverance, passion and respect.

Learning Activities - tennis themed school lesson activities including numeracy, literacy, geography and science.

<https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

### Tennis at Home Exercises



## Let's Ride Local

This website includes advice on teaching children how to ride a bike, tips on cycling and has over 1000 cycle routes to enjoy.

[www.letsridelocal.co.uk](http://www.letsridelocal.co.uk)



## Orienteering

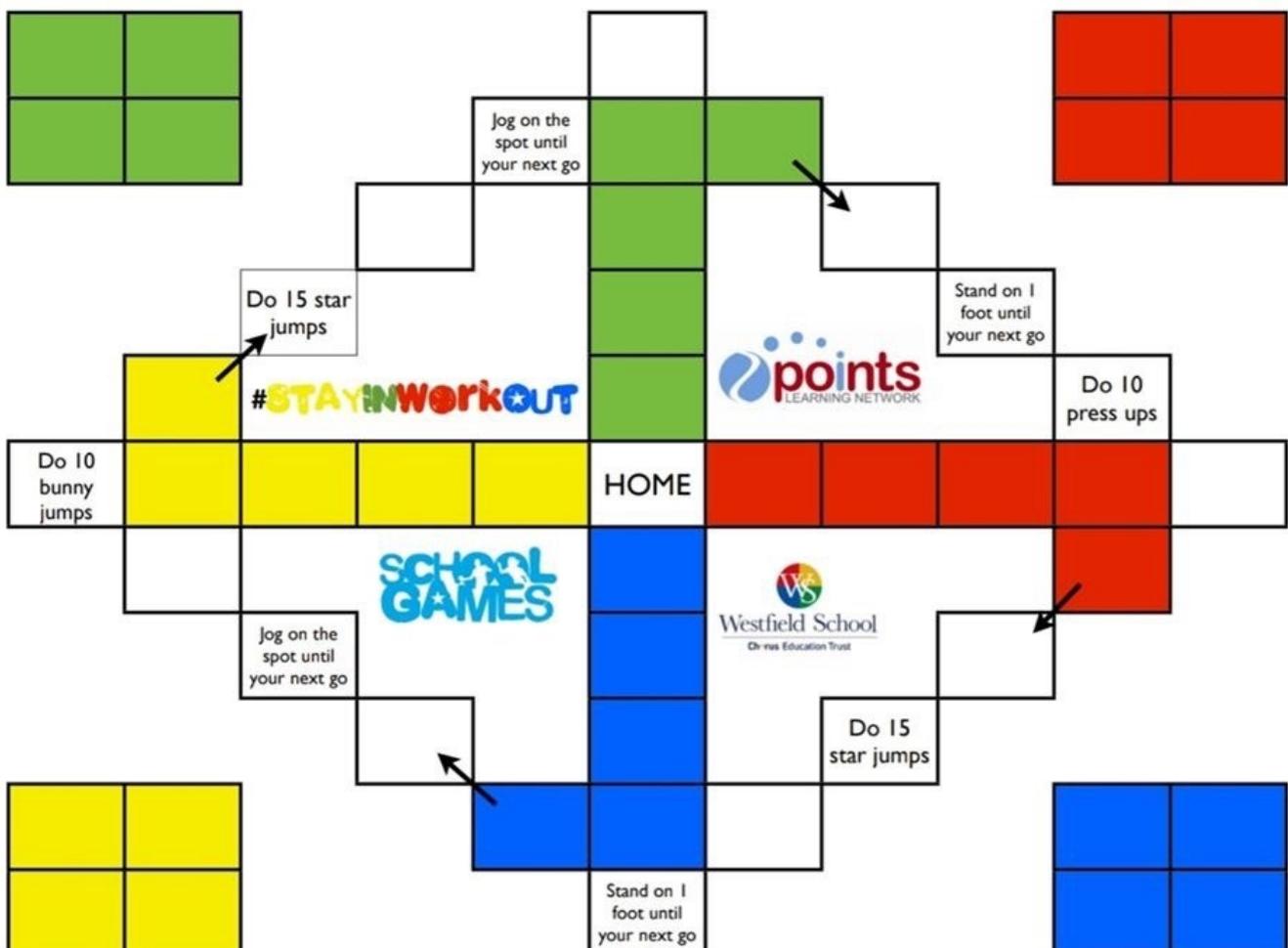
**Let's Get Started** is a range of resources to help teachers and parents introduce orienteering concepts. They have been created during the Covid-19 Lockdown and should be accessible to complete beginners to the sport.

For each part there is short animated video explaining the concepts, a worksheet, a PDF copy of the teachers slides and any additional resources.

<https://www.scottish-orienteering.org/news/lets-get-started-orienteering/>



## How about a game of ludo?



## Brio Leisure On-line Workouts

Brio Leisure are offering free on-line workouts during the closure of their leisure facilities.

They have weekly timetables for both children and adults (see the example timetable opposite).

Please visit the Brio Leisure website where you can view the timetables and see the information on how to join in with their virtual classes.

[www.brionaleisure.org](http://www.brionaleisure.org)



	AM	PM
MONDAY	<b>KEEPY UPPY CHALLENGE</b>	<b>BRIO BEAR WORKOUT</b>
TUESDAY	<b>KIDS DANCE WORKOUT</b> with Claire	<b>SPOT THE DIFFERENCE</b>
WEDNESDAY	<b>KIDS MINI CIRCUIT</b> with Suzie	Count along with Brio Bear <b>HOW MANY CUSTARD PIES</b>
THURSDAY	<b>SPORTS DAY</b> with Daniella	Count along with Brio Bear <b>HOW MANY CIRCLES</b>
FRIDAY	<b>BOWLING GAME</b> with Stuart and Lydia	<b>BRIO BEAR JOG</b>
SATURDAY	<b>DIDDI DANCE</b> with Suzie	<b>UNDER THE SEA WORDSEARCH</b>
SUNDAY	<b>AVENGERS WORKOUT</b>	<b>DRAW YOUR OWN BRIO BEAR</b>

Unless stated otherwise, our AM workouts air at 7.30am and PM sessions start at 6pm. Don't worry if you can't make these times, the videos are available anytime in our Facebook video library

Follow us   

## Get Set 4 PE

Get Set 4 PE has a bank of resources on their website for primary age children which can be viewed online or downloaded.

These include basic games and activities which are suitable for early years through to KS2.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

## Alphabet scavenger hunt



**What you need:** One or more players, a piece of paper, a pen and a stopwatch / clock.

### How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

**How quickly can you find the alphabet?**





**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)

If you no longer wish to receive the Chester School Sport Partnership newsletter, please can you notify us on [enewstead@blaconhigh.cheshire.sch.uk](mailto:enewstead@blaconhigh.cheshire.sch.uk) or [claire.smedley@blaconhigh.cheshire.sch.uk](mailto:claire.smedley@blaconhigh.cheshire.sch.uk) and we shall remove you from our mailing list.

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

