



Newsletter



March 2021

Welcome back after the February half term break. We are excited that schools are now re-opening and children can see their friends again. It's been tough with remote learning and the cold winter weather meaning children have spent more time than we would like sat inside in front of screens. Now with the schools returning and spring on the way, then children can enjoy more time outside, not just for PE but other subjects too.

Please do keep an eye on the Youth Sport Trust website for supporting documents and resources helping schools with the return to school sport.

<https://www.youthsporttrust.org/coronavirus-support>

The YST Coronavirus Support Live sessions were very interesting, and you will be available to watch the recorded sessions from the link on their website very soon. <https://www.youthsporttrust.org/digital-support>



In reference to the summer term, as soon as we are advised that it is safe for inter school competition to commence, then we will contact you with our plans.

Cheshire and Warrington Winter School Games Events

Due to the short amount of time from schools returning back to school and the start of the Easter holidays, the decision has been made to move the virtual county finals for the Winter School Games to after the Easter break. Please do continue to send us your completed score sheets. Many thanks to Dorin Park School for sending in some photos of their football event.



Latest Government Guidance - 8th March

Physical activity in schools

You have the flexibility to decide how physical education, sport and physical activity will be provided while following the measures in your system of controls. Pupils should be kept in consistent groups, sports equipment thoroughly cleaned between each use by different individual groups.

You can hold PE lessons indoors, including those that involve activities related to team sports, for example practising specific techniques, within your own system of controls. For sport provision, outdoor sports should be prioritised where possible, and large indoor spaces used where it is not, maximising natural ventilation flows (through opening windows and doors or using air conditioning systems wherever possible), distancing between pupils, and paying scrupulous attention to cleaning and hygiene. This is particularly important in a sport setting because of the way in which people breathe during exercise. External facilities can also be used in line with government guidance for the use of, and travel to and from, those facilities.

Where you are considering team sports you should only consider those sports whose national governing bodies have developed guidance under the principles of the government's guidance on team sport and been approved by the government i.e. sports on the list available at grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events.

Competition between different schools should not take place until wider grassroots sport for under 18s is permitted.

Refer to:

- guidance on grassroots sports for public and sport providers, safe provision and facilities, and guidance from Sport England
- advice from organisations such as the Association for Physical Education and the Youth Sport Trust
- guidance from Swim England on school swimming and water safety lessons available at returning to pools guidance documents
- using changing rooms safely You can work with external coaches, clubs and organisations for curricular and extra-curricular activities. You must be satisfied that it is safe to do.

Activities such as active miles, making break times and lessons active and encouraging active travel can help pupils to be physically active while encouraging physical distancing

[government guidance](#) - click here.

AfPE Guidance on Use of Changing Rooms in PE

For all indoor spaces, maximise natural ventilation flows (through opening windows and doors or using air conditioning systems wherever possible) distance pupils and pay scrupulous attention to cleaning and hygiene.

All staff and pupils are expected to adhere to the current social distancing guidelines as far as is reasonably practicable.

afPE would advise:

As much as possible, fresh air is increased within buildings by opening windows and doors frequently to encourage ventilation, taking account of any potential security, fire safety issues or inclement weather.

- During winter months, as a minimum, windows will be fully opened 15 minutes before a room is used, and whenever a room is unoccupied in order to purge the air.
- Where possible, windows will be kept partially open at times of occupation.

<https://www.afpe.org.uk/physical-education/coronavirus-changing-rooms-in-physical-education/>

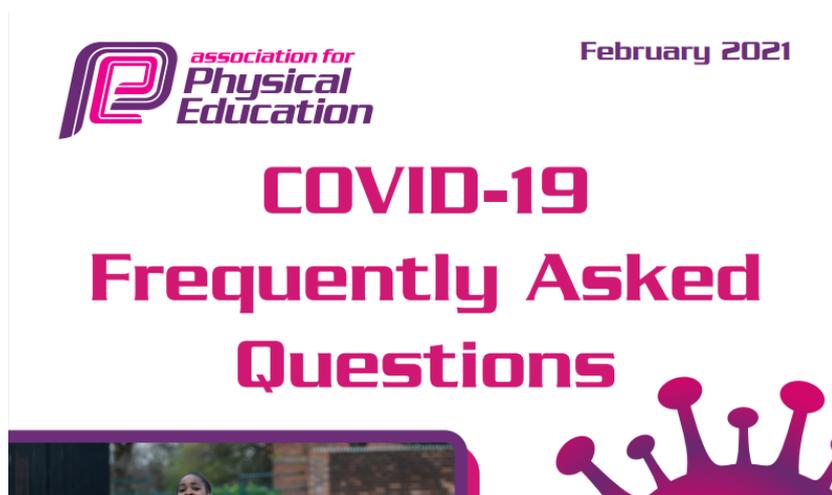
Please do keep an eye on the afPE website for regularly updated guidance and support.

<https://www.afpe.org.uk/physical-education/coronavirus-guidance-support/>

afPE COVID-19 FAQ

afPE has produced a new set of **frequently asked questions** (FAQs) for schools; following the government announcement regarding the full re-opening of schools.

The [government guidance](#) (published 22nd February) has been used as the basis for afPE's interpretation of what this means in a Physical Education, School Sport and Physical Activity (PESSPA) context.



They have consulted widely to ensure that the advice supports the workforce and children and young people. As always, the employer makes the final decision so your working practices should be set by them.

New Resources from the FA

Kids can now unlock the magic of Disney and Pixar's The Incredibles, with the new FA Shooting Stars – inspired by Disney at home challenges, with six new Incredibles themed games.

Perfect for primary aged girls and boys, they will need to unlock their inner Super Hero as they are challenged to move like Elastigirl, use their speed like Jack-Jack and jump like Mr Incredible.

Register, download and share the resources by clicking below.

<https://girlsfootballinschools.org/>



WHAT IS THE FA SHOOTING STARS INSPIRED BY DISNEY PROGRAMME?

The FA Shooting Stars programme inspired by Disney is made up of two initiatives; Active Play Through Story Telling and Girls' Football Clubs, both have been developed to support the engagement of girls aged 5-11 years old. There are some fantastic resources available to support you in delivering these sessions including story books, flipbooks and videos, as well as 'take home' adventure passports so children can share their experiences with parents/carers.



Active in Mind—Free workshops

Recognising the increased stress and anxiety of young people being at home for another lockdown, the Youth Sport Trust have taken the decision to release their brilliant Active in Mind workshops for free through their website. They have adapted the workshops normally delivered by Athlete Mentors so that teachers or other pastoral staff can provide face to face or virtual sessions for those young people that need support for their mental health and mindset.

You will find slide decks, training matrixes and practical activities on the website, as well as the poster download for your target group and top tips videos to share with the whole school.

<https://www.youthsporttrust.org/active-mind>

anxiety.

Free Digital Resources - accessible for all

The COVID-19 pandemic has had a huge impact on young people's mental health and wellbeing. To support young people during this time, take a look at the resources down the right hand side of this page. We hope these resources help young people now and prepare them for their return to school. They include:

- Our free Active in Mind poster
- Top tips video playlist from our [Athlete Mentors](#) for managing mental health
- Three videos from our Senior Athlete Mentor, Rachael Mackenzie, to guide you.

Targeted Resources - for nurture groups

We have developed five workshops for teachers and school staff to deliver to pupils who may be experiencing mental health issues. Resources include:

1. [Active in Mind mentor cards](#)
2. [Poster for nurture group](#)
3. [Teacher and staff members delivery matrix \(five workshops\)](#)
4. [Teacher and staff member presentation for nurture group](#)

For further information on the national programme supported by our team of inspiring Athlete Mentors, please contact:

60 Active Minutes

Please do think about the Chief Medical Officer's recommendation of an average of 60 Active Minutes per day for children.

After a challenging year with a decrease in physical activity levels, a decrease in physical fitness and worryingly, an increase in anxiety and mental illnesses (to name just a few), physical activity and sport have never been so important.

Please complete the Active School Planner heat map to see how active your children are actually being. <https://www.activeschoolplanner.org/>

We know schools have struggled to catch up on missed curriculum from last year, but please do think about the impact on the child on them having less time doing sport, PE and being physically active. Have you noticed them being a bit 'flat' in the afternoons, are they lacking in energy and enthusiasm? If the answer is yes, please do what you can to make the children more active (active miles, active lessons, active breaks, are they doing one or two hours of PE a week?).

Physical activity will give them a break from sitting at the desk, and they will come back to class invigorated, bright and keen to learn.



Active Cheshire—Safeguarding Course

Active Cheshire is running an online Safeguarding & Protecting Children Workshop on the **15th of March 6pm-8:30pm**.

The workshop will be delivered by an experienced UK Coaching tutor. This will be interactive and run using the Zoom platform.

This would be a great opportunity to update your safeguarding training, which should be done at least every 3 years.

You can sign up for the workshop through Active Cheshire's Eventbrite page - [Active Cheshire Events | Eventbrite](#)

For more information on safeguarding, visit Active Cheshire's safeguarding Page - [Safeguarding and Protecting Children Workshop - Active Cheshire](#)

Premiership Rugby On-line Lessons

Premiership Rugby has launched an innovative and engaging platform with twice-weekly online lessons to support parents and teachers in keeping children engaged with learning.

Premiership Rugby Champions *Learn with Us* lessons are streamed live, every Wednesday and Friday at 10am.



Designed and delivered by Premiership Rugby Champions teachers, the live lessons will use rugby to inspire KS2 primary children to learn mathematics and PHSE. Themed Tackling Numeracy and Tackling Health.

Based around sport, the lessons are designed to bring learning to life in a short, fun and interactive way, engaging primary school-age children in both numeracy and health and well-being during this current school term. With the decline in physical activity levels as well as learning in core subjects amongst young children being widely reported, lessons are designed to hopefully help reduce the impact further by making learning engaging and fun for both parents and children alike.

<https://www.premiershiprugby.com/community/learnwithus/?fbclid=IwAR2LOvheZvjDq1jXgRUnfi06PZv eGEiITRchCD1kOwWjH-0aYplcCPQSWX0>

Six Nations Rugby Packs

Twinkl have teamed up with England Rugby to bring you some FREE rugby themed resources, including PowerPoints, worksheets and colouring pages to excite your students and children throughout the competition.

Teach children about the history of the Six Nations and the values of England Rugby, or practice rugby themed Maths and English before or after the games!

https://www.twinkl.co.uk/resources/twinkl-partnerships/england-rugby?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_2021-02-07_GB-ENG_0&utm_content=custom8

Game of Our Own

Have you heard about the fantastic digital Game of Our Own – supported by Barclays resources?

Did you know these are available free for any school in England via our dedicated Girls' Football in Schools website?

Game of Our Own – supported by Barclays is a fantastic tool to support secondary school teachers explore ways to engage girls in curriculum PE through an innovative life skills approach.

The Game of Our Own – supported by Barclays programme specific resources include life skill cards and game/activity cards brought to life with videos commentated by Lioness legend and TV pundit Sue Smith. You can also check out our wider Key Stage 3/4 girls football resources, available to download that will further enhance learning and promote ownership.

[WATCH PROMO](#)

Welcoming Barclays as a supporting partner of the Game of Our Own programme this year means that you can also utilise the array of resources available to schools through Barclays existing LifeSkills programme. These will support PE and help with transferable skills in English, PSHE and in preparation for the world of work.

You can access all of the Game of Our Own – supported by Barclays resources by registering your school on the Girls' Football in Schools website now.

[www.girlsfootballinschools.org] REGISTER NOW

The Football Association, supported by Barclays and in partnership with the Youth Sport Trust, have a vision to give every girl equal access to football in school by 2024



The screenshot shows the website's navigation bar with the following links: Accessibility tools, Safeguarding, About us, Sign up/Login, and the Youth Sport Trust logo. Below the navigation bar is a menu with the following categories: CURRICULUM, PARTICIPATION, COMPETITION, LEADERSHIP, PLEDGE, BARCLAYS LIFESKILLS, and MORE. The main content area features a large image of girls in football kits running on a field. Overlaid on the image is the text: "WELCOME TO THE GIRLS' FOOTBALL IN SCHOOLS WEBSITE". Below this, a smaller text block reads: "The Football Association, supported by Barclays and in partnership with the Youth Sport Trust, have a vision to give every girl equal access to football in school by 2024."



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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'

Introduction to Dodgeball Course

British Dodgeball are offering 50% OFF their Introduction to School Dodgeball online course until the end of March.

To redeem this discount, use code 'marchdodge' at the checkout. Learn more about the course and sign-up.

For any questions, please email hello@britishdodgeball.com

<https://www.britishdodgeball.org/courses/introduction-to-school-dodgeball/>

