



Newsletter



March 2022

Welcome to the latest edition of the Chester School Sport Partnership newsletter. We hope that you have had an enjoyable half term.

Well done to the schools that took part in our events at the start of the Spring term, this second half of the term is when we have the Cheshire and Warrington Winter School Games county finals. Over a two week period in March we have teams representing Chester in a variety of different sports and in venues across Cheshire. We would like to take this opportunity to wish all the teams the best of luck and look forward to seeing lots of the yellow Chester t-shirts at the events.

Thank you to the teachers who attended the virtual 60 Active Minutes training in February. We hope that you found it informative. If anyone was unable to attend, would like a copy of the presentation or would like to speak to Elizabeth or Claire about the 60 Active Minutes guidance, please do contact us.

As we go through the rest of the Spring and Summer terms, there will be more information on activities related to the Commonwealth Games. Included with the newsletter today is a virtual event for schools to attempt to complete the 75 miles from Chester to Birmingham. There will be more activities / information to follow throughout the year.

The events in the Summer term commence as soon as we return from Easter. Over the next couple of weeks we will be entering the summer term event details onto our website, so please do have a look (www.chesterssp.co.uk) and enter the events that you wish to take part in during the Summer term. It's a pretty busy calendar and we look forward to the children taking part and enjoying sport and physical activity.

Year 3&4 Tennis Festival

For your information the Year 3&4 Tennis event this year will be a Year 3&4 Tennis Primary Skills Festival. **NOT** a 3&4 Mini Tennis Red Competition.

The Year 3&4 Tennis event on Wednesday 18th May will be for children who have not played tennis before and the children will take part in a variety of different activity stations where they will learn and develop tennis skills.



Cheshire Schools Football County Finals

A number of Chester primary schools took part in the county football finals which were held at the end of January.

The finals ran very smoothly over the three days and were blessed with dry weather.

The finalists were:

U11 Schools Cup for School Teams: Upton Heath 0, Childer Thornton 0 (Upton won on penalties— pictured below right)

U11 Girls Cup: Winsford High Street 2, Huntington 0

U11 Small Schools: High Legh 3, Calverley 2

U9 Girls: St Martin's Chester 0, Meadow 0 (St Martins won on penalties—pictured below left)

Congratulations to all the teams who represented Chester at this event, we have some very talented footballers in Chester—well done!



We wish the three U11 winners all the best in their regional finals in March.

Resources from the FA

The UEFA Women's EURO 2022 Schools Programme provides teachers with access to a range of free, digital resources to help build excitement amongst pupils in the leadup to the tournament. To find out more and sign up to download free UEFA Women's EURO resources for your class or school, visit www.WEURO2022Schools.com.

The FA have also teamed up with the 1851 Trust to create a new national schools' education programme inspired by the England Women's team, which brings alive, for girls and boys, the wide range of skills and roles involved in elite football. The new curriculum-linked STEM teaching resources and festivals will be free to access, so sign up [here](#) to make sure you receive all the latest info.

And, to receive even more free resources don't forget to register your school for the #LetGirlsPlay Biggest EVER football session on **Wednesday 9 March**

<https://girlsfootballinschools.org/letgirlsplay.php>

Girls Football

On **Wednesday 9 March 2022**, England Football and Barclays want to put on the biggest EVER football session for girls in school, and we need your help!

It's time to take a stand, to make a difference for girls to play football, one simple message **#LetGirlsPlay**.

Whether you're already delivering girls' football in your school or want to take that first step to give girls equal access, the #LetGirlsPlay biggest EVER football session is one not to be missed.

What does the day look like? At lunchtime, in a lesson or after school – you decide! The aim? To get as many girls as possible in school all playing football on the same day!

Whether you want to use one of your own session plans or want a bit of inspiration from the free resources – it's up to you. All we ask is that you capture your session and shout about it across social media using **#LetGirlsPlay** and **#GirlsFootballinSchools**.

How do I get my school involved?

Click the link below and register.

<https://girlsfootballinschools.org/letgirlsplay.php>

CPD

If your school requires any CPD, please can you let us know and if there are several schools that want the same thing, then we can look into this for you.

60 Active Minutes

The 60 Active Minutes CPD session has now been delivered via zoom but also as a staff meeting. We can happily share the presentation slides with you, run another zoom session or deliver direct to your school, please just contact us.

Cricket

We also have plans in place for a Dynamos Cricket course in the summer term. The ECB have changed the format for primary cricket this year and we will no longer be running the usual Kwik Cricket format, but Dynamos Cricket. As soon as the details have been confirmed for this, we will let you know.

Tennis—LTA Youth Schools

Free resources have been designed specifically for schools to support the curriculum and wider school outcomes. The Primary programme brings together inclusive PE lesson plans and accompanying videos, personal development, competition and cross curricular resources.

The Secondary programme includes inclusive PE lesson plans and accompanying videos, modified accessible formats of the game, employability, and mental health and wellbeing resources.

Take part and complete the free Primary or Secondary online training to receive a £250 reward voucher for your school (T&Cs on the link)

<https://lta-tennis.force.com/schools/s/programme-overview> for more details.

Cheshire and Warrington School Games Final—New Age Kurling

On Friday 12th February the Cheshire and Warrington School Games New Age Kurling final was held in Warrington. Representing Chester we had Tarvin Primary School and Dorin Park School.

We are delighted to share with you that Tarvin Primary School won their category and Dorin Park School came in 2nd place in theirs and also won the Spirit of the Games Award. Congratulations to the children and staff from both schools. Amazing!



Congratulations to Chester Blue Coat School who came second in the Cheshire and Warrington School Games County Final for Boccia in January.

School Survey

Over the next few weeks we will be inviting all schools to have a look at the school surveys on the Koboca website. Here you will be able to access county and national surveys on physical activity and well being, in addition to being able to create your own surveys for your school.

Before you can access the website, you will need to register on the Koboca website. To do this click here: <https://www.koboca.co.uk/purchase/>.

You need to fill in the registration form, and on the sports partnership section please go to the drop down box and select Chester School Sport Partnership. **This is important as this links your school to our partnership and will allow you to take part in our surveys and events.**

This is completely **free** this year for all schools across Cheshire and Warrington. You do not need to enter anything in the purchase order or discount boxes, please leave these blank.

Please tick: I understand my Sports Partnership has paid for this package and there is no cost to my school. Once registered you will receive an email with your login codes. Please keep these safe as you will need them to access the surveys. **ONLY ONE LOGIN PER SCHOOL, SO PLEASE SHARE THE SAME LOGIN WITH COLLEAGUES.**

We will inform you when the surveys are 'live' to access.

Change 4 Life Clubs (Primary & Secondary)

One of the outcomes for the School Games for 2021-2022 is to provide opportunities for children whose physical activity levels have been impacted most over the last 2 years.

As a county, we have changed our competition calendar this year to include more events for children which are non-competitive and more festival style events. Thus providing more opportunities for different children to take part.

However at a local level within your school, the implementation of a Change 4 Life Club or a club with an ethos of a Change 4 Life Club is a great way of providing opportunities for this target group.

For information:

The Change 4 Life club model is one based on a set of principles that focuses on targeting a defined cohort of pupils, using meaningful activities to support individuals to develop their enjoyment of physical activity and sport by increasing their competence and confidence so to increase daily (moderate – vigorous) physical activity.

With COVID-19 impacting the physical activity levels of young people from Black, Asian, Minority, Ethnic (BAME), low socio economic groups, special education needs and disabilities (SEND), and girls groups more significantly, focused attention on utilising the clubs to target these pupils is required.

If you need any help in how to set up a Change 4 Life Club (or a club that follow the ethos of a Change 4 Life Club) or for any ideas on what to do in one of these clubs, please contact Claire or Elizabeth.



New Guidelines to Support Disabled Children to be More Active

Disabled children and young people will be supported to be more physically active following the publication of new guidelines from the UK Chief Medical Officers (CMOs).

The new guidelines recommend disabled children and young people:

- undertake 120 to 180 minutes of aerobic physical activity per week at a moderate-to-vigorous intensity – this can be achieved in different ways (for example, 20 minutes per day or 40 minutes 3 times per week) through activities such as walking or cycling
- complete challenging, but manageable, strength and balance activities 3 times per week which are particularly beneficial for muscle strength and motor skills – for example, indoor wall climbing, yoga, and modified sports such as basketball or football
- when first starting to exercise, build up slowly to avoid injury
- break down their exercise into bite-size chunks of physical activity throughout the day to make it more manageable

The guidance, which recommends daily levels of physical activity, will support disabled children and young people to improve their physical and mental health throughout their lives.

Please read the guidance for further details.

<https://www.gov.uk/government/news/new-guidelines-to-support-disabled-children-to-be-more-active>

Year 5&6 High 5 (Stingers) Netball Competition

On Wednesday 9th February nine schools took part in the Year 5&6 High 5 Netball competition at Blacon High School. There were some very close matches with some excellent netball being played. Year 9 leaders from Blacon High School (pictured bottom) umpired the matches and grew in confidence throughout the competition. Well done to the leaders!



1st place - St Martins Academy
2nd place - Chester Blue Coat
Joint 3rd - Mill View and Upton Heath

St Martins Academy (pictured right) will now go on to represent Chester at the Cheshire and Warrington School Games county finals which will take place in Macclesfield in March.



We wish the school good luck for the final.

Thank you to Blacon High School for hosting the event and to the brilliant leaders.

Year 3&4 Netball Festival

On Thursday 10th February, 7 teams took part in our Year 3&4 Netball festival at Blacon High School. This is a new event for us where the children rotate around a series of stations learning netball skills such as interception, shooting and passing.

We had the Cheshire Netball Development Officer there to watch the event and she loved watching the children have fun playing netball.



A group of year 10 leaders from Blacon High School ran the activity stations and engaged really well with the children. Well done and thank you to the leaders!

Good luck to Acresfield and Upton Heath primary schools who will represent Chester at the Cheshire and Warrington Winter School Games finals during March.



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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'

Cheshire & Warrington School Games County Finalists

Good luck to the following teams representing Chester and the county finals:

Waverton Primary—Year 5&6 Girls Basketball

Bishops Blue Coat High School—U14 Basketball

Bishops Blue Coat High School, Queens Park High School, Tarporley High School - Girls Football

Mickle Trafford Primary—Year 5&6 Hockey

St Martins Academy—Year 5&6 Netball

Acresfield Academy & Upton Heath Primary—Year 3&4 Netball

Saughall All Saints & Dogleston Primary—Year 5&6 Sportshall Athletics

Catholic High School & The Kings School—Year 7&8 Sportshall Athletics

GO CHESTER !!!