



# Chester SSP



## Newsletter



May 2022

Welcome to the latest edition of the Chester School Sport Partnership newsletter. This half term has flown by with events every week, thank you to the schools who have attended our events.

There is quite a lot of information in the newsletter this half term, so please make the time to have a read.

The last half term of the year is pretty busy with the Dynamos cricket and Quad Kids competitions, the Cheshire & Warrington Summer Games, the Gifted and Talented session, top-up swimming, the Sports Awards and the Active Play Through Story Telling CPD session. To book onto the sports competitions and CPD, please do so via our website, the closing date is always a week before the event.

<https://chesterssp.co.uk/>

Thank you to schools who have submitted nominations for the Sports awards, the closing date for sending these in is Friday 27th May.

The School Games Mark application window is now live and closes on 27th July. Please do contact us if you want some help with the application, we can come and meet with you and complete it together. Please check the School Games website for the guidance documents or email us for a copy.

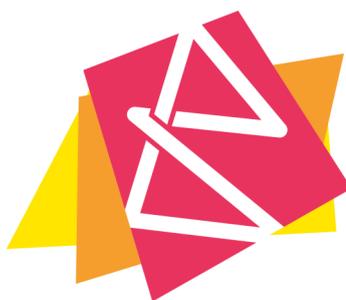
<https://www.yourschoolgames.com/>

Please remember that if you need our help or advice for something, please do contact us.

We hope that you have an enjoyable half term break and we look forward to seeing you all and having some sunshine (fingers crossed) at our final events of the year in June and July.

### Chester to Birmingham Virtual Challenge / Personal Best

We hope that some schools are well underway with the Chester to Birmingham Virtual Challenge. Please do let us know if /when you complete the distance and we will send you a certificate for you school.



**UNITED BY  
BIRMINGHAM  
2022**

As this is one of our School Games challenges endorsed by United by Birmingham 2022. Please can you send us a copy of your record sheet so that we can record the participation figures. Thank you.

## Year 3&4, 5&6 & Inclusive Golf Competition

On Wednesday 27th and Thursday 28th April we held our Year 3&4, 5&6 and Inclusive golf competitions at Westminster Park in Chester. We had a total of 23 school teams take part over the two mornings of activities.

The children took part in a variety of golf challenges involving chipping and putting.

The results are as follows:

Year 3&4—Hoole

Year 3&4 Inclusive—Tarvin

Year 5&6—Oldfield

Year 5&6 Inclusive—Upton Heath

Thank you to Judith Gilmour and the coaches from CEPD for their help and to Westminster Park Golf Course for hosting the event.



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## Year 3&4 Cricket Festival

On Wednesday 11th May we held our Year 3&4 Cricket festival at Christleton Cricket Club. Andrew Jackson from the Cheshire Cricket Board ran the event where three schools took part in the morning session where they took part in batting and fielding activities. It rained all morning, but didn't stop the children from having fun.

Unfortunately the ground was just too saturated by the morning rain for the afternoon cricket session to take place.

Many of the children were new to cricket so it was fantastic for them to visit a cricket club and see the lovely grounds at Christleton.

Thank you to Andrew Jackson, Christleton Cricket Club and of course the teachers (who were the bowlers) for a great morning of cricket.



## Year 3&4 Football

On Thursday 5th May Blacon High School hosted the Year 3&4 football competition. This was for children who were not part of community clubs or school teams, and gave the children an opportunity to play in a competitive tournament.

We had 13 school teams in attendance with many players who had never represented their school in a football match before.

Refereeing the matches we had some amazing leaders from Blacon High School who were also coaching the children during the games.

We had some very close games with a four way tie for first place in pool A, with the winning team going through to the final based on the number of goals scored.



Winning the event this year was Acresfield Primary School, and coming in a brilliant second place was St Werburgh's. There was some very competitive matches during the event, well done to all the children involved.

Thank you Blacon High School for hosting the event and to the 4 leaders for refereeing the matches.

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## Year 5&6 Key Steps Gymnastics

On Thursday 19th May Ron Bell at Ellesmere Port Gymnastics Club hosted the Year 5&6 Key Steps Gymnastics competition. This was an extremely close event with the winning team ahead by a score of 0.3 points. Congratulations to St Werburgh's for winning the competition and to Oldfield for coming in a very close second place!

Many thanks to Ron Bell, Jodie and Andy for running the event at the amazing facilities at the club.



## Year 3&4 and Inclusive Festival

Hoole Tennis Club based in Mickle Trafford hosted the Year 3&4 and the Inclusive Tennis festivals on Wednesday 18th May.

Thirteen school teams took part in the event where the teams rotated around different activity stations. The event was for children who were new to tennis and was aimed at developing sport specific skills.

The children had an amazing time in the glorious sunshine.

Thank you Pete and Callum from Hoole Tennis Club for helping on the day and letting us use your fantastic facilities. Thank you also to Jenny and Clive from Cheshire LTA and the brilliant coaches from CEPD for running all the activity stations.

Well done to all the children who took part in the event.

Thank you to St Clare's for the fantastic photos!



## Physical Literacy Course

We have organised a free CPD course with some amazing resources—please do have a look below.

**Aimed at:** Any members of staff in your primary school including teachers, TA's, lunchtime supervisors and any other support staff.

### Course Outline:

**This course has been developed to support girls in KS1 and lower KS2 in developing their physical literacy and speaking and listening skills through the medium of creative play and storytelling.**

- Supports the development of fundamental movement skills and physical literacy
- Delivered through creative play and storytelling
- Specifically targets girls who are inactive / have low levels of physical literacy
- Opportunity for girls to reflect on behaviours and understand their impact on self and others
- Builds on their sporting confidence and competence of fundamental movement skills developed in Active Play Through Storytelling
- Using Marvel storytelling, girls are introduced to basic football movements
- Girls develop basic understanding and competence in invasion game principles

All course attendees will receive new, creative fun resources to use in their schools to help girls to become more engaged and inspired to participate in physical activity. You will receive lots of resources including Aladdin and Incredibles 2 storybooks, posters and adventure passports for the girls.

**DATE:** Wednesday 22<sup>nd</sup> June 2022

**VENUE:** Northgate Arena, Victoria Road, Chester CH2 2AU

**TIME:** 9.00am – 12.00pm

**COST:** Free

To register for the course please do book via our website:

<https://chesterssp.co.uk/events/ks1-2-physical-literacy-course/>

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## Dynamo Schools

Dynamos Schools has replaced Kwik Cricket as the Inter competition programme for Primary schools and means that teams progressing to County Finals will be playing the newly adapted format, which provides open and inclusive opportunities.

The [Dynamos Schools pack](#) is available along with a training aid to help those unfamiliar with the new format with a better understanding of their role officiating the competitions. There is also a [video](#) and the [tutor notes](#) designed to help facilitate discussion with those taking part.

## 60 Active Minutes Training

60 Active Minutes is mentioned in the School Games Mark application for this year.

If you are interested in attending a face to face or virtual training session on the 60 Active Minutes, then please do contact either Elizabeth or Claire. We do also have a copy of the presentation if you want to read through that.

### Physical Activity Within Schools

This training will support you to increase physical activity throughout the school day to boost health and academic achievement for your pupils.

We will look at how schools can:

- Meet the requirements of the Government's Childhood Obesity Plan and the UK Chief Medical Officers' Physical Activity Guidelines.
- Develop your understanding of the evidence and research underpinning active approaches in schools.
- Learn how to use the free Active School Planner to increase daily activity and reduce sitting time for every child.
- Explore solutions to boost wellbeing and achievement by building in active minutes of physical activity into the whole school day and influencing active minutes beyond the school day.



## Bring the Power - <https://www.birmingham2022.com/power>

The Birmingham 2022 Commonwealth Games is inviting all schools across England to bring their pupils closer to the excitement of the Games, by taking part in our Bring the Power Schools Festival and creating a Bring the Power Festival Day in their setting.

Bring the Power is the Youth Engagement programme which aims to bring children and young people aged 5-25 closer to this celebration of thrilling, fast paced sport, and exhilarating culture.

To support all schools to participate, all schools can sign up to the Bring the Power website to access digital and downloadable resources to support them in planning their exciting day. There are separate resources for primary and secondary schools.

To maximise flexibility, your activity can take place on any day that suits your setting between the 18 May and the end of the summer term. This is an opportunity for pupils and teachers to decide what 'Bring the Power' means for their school community and host their own events and/or whole school activities.

We recommend that the day is co-designed by your pupils and can take any form, such as an introductory assembly, sports day, creative activities, literacy, or music exploration. Youth Voice is a key focus of Bring the Power, so we recommend activity which celebrates children and young people as agents of change.

We encourage schools to incorporate this activity into any of their existing planned schools' events, such as British Council activities, Sport England's School Games and Sport Relief events.

By signing up to the website, teachers will have access to download the FREE Bring the Power Festival Pack with opportunities to win amazing prizes to help you and your pupils deliver an exciting day for your school community.



## Physical Activity Survey

Thank you to all the schools who have completed the Physical Activity survey on the Koboca website. We hope that you have found the survey results interesting and that they have helped you with PE and physical activity planning in your school.

For the schools that have not completed this yet, please do have a look. The survey is split into Key Stage categories and is very easy for the children to complete. For the older ones, you can just send them a link and they can complete the survey as a short homework task or even during tutor time.

If you need any help with the survey or registering on Koboca, please do contact Claire or Elizabeth.

Home About Koboca Benefits Examples Reports FAQ's Register Login

Progress 1 / 8

Please choose up to 3 of the following sports you would like to try if they were offered at school?  
(Please select 3 answers)

Athletics	Badminton
Basketball	Boccia
Cricket	Cycling

<https://www.koboca.co.uk/register/>

## School Games Mark

The School Games Mark application process is now live on the School Games website.

The purpose of the School Games Mark is to reward and recognise school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active.

The application is not very time consuming; the majority of questions will involve the user answering either a yes/no question or choosing from a list of pre-determined options.

Not every school has the time or desire to undertake an extensive application, nor are all schools keen to progress through the award levels year on year. So for the schools with limited capacity, the bronze award will be considered the entry level and is very quick to complete.

Please do have a look at the criteria attached, you are able to access the application via your dashboard on the School Games website. <https://www.yourschoolgames.com/>

If you need any help on this, on the 60 Active Minutes guidance or anything else, please do contact Elizabeth or Claire. We are happy to come and meet with you.

For any school who is completing the Platinum application this year, please do contact us if you need assistance.

## YST National Sport Week

The UK is facing a 'new pandemic' of loneliness, rising mental health needs and childhood inactivity. In a bid to get more young people to have fun doing sport and find their place within it, we are asking teachers, parents, and organisations across the UK to sign up for **National School Sport Week, 20-26 June**.

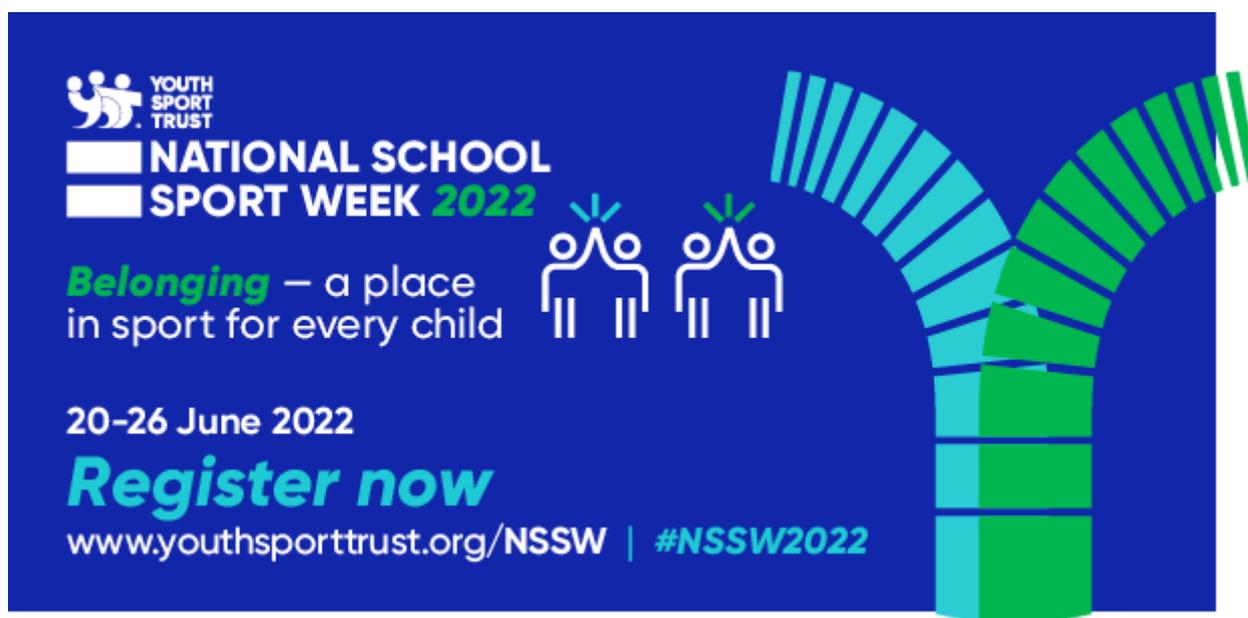
The YST have launched a new video by 21-year-old Elodie Fleet who sits on their Youth Board, Claire Coates, a Headteacher Ambassador from Griffydam Primary School, and Olympic and Commonwealth Games swimmer Adam Whitehead. The video brings to life the theme of the campaign '**Belonging – a place in sport for every child**'. Watch the video in the link below:

[https://www.youthsporttrust.org/join-us/national-school-sport-week?utm\\_source=email&utm\\_medium=Pardot&utm\\_campaign=YST\\_Newsletter&utm\\_term=&utm\\_content=](https://www.youthsporttrust.org/join-us/national-school-sport-week?utm_source=email&utm_medium=Pardot&utm_campaign=YST_Newsletter&utm_term=&utm_content=)

On the week itself, the YST will run a series of 60-second interactive challenges in exchange for charitable donations to help schools foster a sense of belonging and encourage children to have fun. Everyone who signs up for National School Sport Week will receive free resources, including ideas on how to raise awareness of the importance of school sport and being a changemaker within it.

For more information and to register to take part in this summer's National School Sport Week click below.

[https://www.youthsporttrust.org/join-us/national-school-sport-week?utm\\_source=email&utm\\_medium=Pardot&utm\\_campaign=YST\\_Newsletter&utm\\_term=&utm\\_content=](https://www.youthsporttrust.org/join-us/national-school-sport-week?utm_source=email&utm_medium=Pardot&utm_campaign=YST_Newsletter&utm_term=&utm_content=)

A promotional graphic for National School Sport Week 2022. The background is dark blue. In the top left is the Youth Sport Trust logo, which consists of three stylized figures in white and green. To the right of the logo, the text 'NATIONAL SCHOOL SPORT WEEK 2022' is written in white, with '2022' in green. Below this, the tagline 'Belonging – a place in sport for every child' is written in green and white. To the right of the tagline are two stylized white figures with green lines above their heads, representing people. In the bottom left, the dates '20-26 June 2022' are written in white, followed by 'Register now' in large green letters. At the bottom, the website 'www.youthsporttrust.org/NSSW' and the hashtag '#NSSW2022' are written in white. On the right side of the graphic, there is a large, stylized archway made of horizontal bars in shades of green and blue, resembling a tunnel or a bridge.

## Commonwealth Games

**Active Assembly:** The aim of this resource is to raise the awareness of the Commonwealth Games and Values across schools and young people in England. The recording is available to all schools, SGOs and Active Partnerships at any point between now and the end of the summer term. There are also some useful teacher resources to help deliver the active assembly themselves.

The assembly and activities aim to pique your pupils' interest and knowledge around B2022 and support you in getting further involved in our B2022 National Virtual Competition, where there are some



**National Virtual Competition**

Each challenge will help you to either

- Develop your sports specific skills
- Develop your aerobic capacity
- Develop your strength

*Just like the athletes, we need to practice, but most of all have FUN!*

#B2022SGVirtualComp

personal best challenges linked to the Commonwealth Games values of Humanity, Destiny, and Equality.

Please check out your dashboards on the School Games website for further details.

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

## Chance to Shine

Every year, pupils all over the country enjoy a week of cricket-themed activity in the classroom, on the playground and in local communities. In 2022, National Cricket Week will take place **Monday 27th June - Friday 1st July**.

This year Chance to Shine are showcasing the power of cricket to give ALL young people a positive experience of sport. Soon they will be launching a **dedicated hub of free resources** for National Cricket Week and of course, their Teachers Portal is always available and full of ideas to incorporate cricket into your lessons. Whether it's a 10-minute challenge or a full day of cricket activities we'd love for you to get involved.

[https://teachers.chancetoshine.org/s/?language=en\\_GB](https://teachers.chancetoshine.org/s/?language=en_GB)

## School Games Virtual Competitions

The Commonwealth Games brings nations together in a colourful celebration of sport and human performance. Underpinned by the core values of humanity, equality and destiny, the Birmingham 2022 Commonwealth Games aim to unite the Commonwealth family through a festival of sport and culture. Often referred to as the 'Friendly Games', the event is renowned for inspiring athletes to compete in the spirit of friendship and fair play.

To help schools, School Games Organisers and Active Partnerships embed the spirit of the friendly games associated with the Commonwealth Games, we have created virtual challenges for young people to take part in, inspired by the three values. Each month, we will shine a spotlight on one of the challenges based around the values:

- **Equality:** 25 April-27 May (the Commonwealth Sports Movement's sports and Games are a level-playing field, bringing people together as equals)
- **Destiny:** 07 June-08 July (together, the Commonwealth Sports Movement can create a more peaceful, sustainable, and prosperous future)

Each theme includes three challenges which are examples of how it is possible to use a high-profile event to engage children and young people. These challenges will help develop physical literacy skills, strength, or aerobic capacity, whilst aiming to inspire children and young people to be more active. Feel free to use what we have created, add your own, and inspire young people to get creative.

As the Competition encourages and celebrates participation, we want to see schools get involved by sharing their activities on social media! The schools with the highest levels of engagement with the National Virtual Competition social media posts will be entered into a monthly draw. Prizes each month will include:

- 2 x Athlete Mentor visits
- 3 x cuddly Perry mascots

In July, the two schools with the highest level of social media engagement throughout the Competition will have the opportunity to join the B2022 School Games Legacy Celebration event in Birmingham on **Weds 03 August** and spectate sporting events in the evening.

Use **#B2022SGVirtualComp** and tag our social channels in your posts to be in with a chance to win:

[Twitter](#)  
[Facebook](#)  
[Instagram](#)

**Equality** Inspiring the next generation using positive experiences of competition

**Equality:** The Commonwealth Games and its sports are a level playing field, bringing people together as equals. This value complements the School Games Values of Teamwork and Passion.

This virtual competition is linked to the sport of Dymnastics. Dymnastics is synonymous with strength, grace, and style. The sport sees its athletes leaping, twirling and flying across a range of iconic apparatus, earning points from a panel of judges. Dymnastics involves a lot of strength. It is key to develop strength in children and young people of all abilities. This challenge therefore includes strength-based challenges.

**School Games Value Challenges**

Encourage players to find someone to help encourage them to hold the position longer. (Ask) it together will help motivate them to try harder, especially when they start to get tired.

It feels great to challenge yourself. Players could create a fun celebration to share after their attempt.

**Challenge 1**

• Leg strength challenge.

• How many standing squats can a player do in one minute?

• Make sure their legs are shoulder width apart, both feet are flat on the floor and they squat down as though going to sit on a chair. Movement should be controlled.

**Challenge 2**

• Arm strength challenge.

• How many triceps dips can a player do in one minute?

• Players should grip the front edges of a chair, step or bench with their hands. Hover their bottom just off and in front of the seat, feet flat, and legs bent so thighs are parallel to the floor. Arms should be straight; this is their starting position. Players should lower their bottom down, in a controlled movement, using their triceps muscles and then back up again.

**Challenge 3**

• Whole body strength challenge.

• How long can players hold a plank for?

• Players should get down on all fours, as though doing a press-up, keep their palms and forearms flat to the floor and hands under shoulders. Their body should form a straight line from their head to their ankles. Players should contract their abs to prevent their bottom sticking out or dipping. Challenge players to hold the position as long as they can.

**Using High profile events to inspire - Top Tips**

• Give information about the high-profile event so the young people can learn more about it.

• Explain how your activities link to the high-profile event.

• Explain why you are doing the activities (ATTEN) e.g. to develop new skills, to improve fitness, to have fun.

• Always promote where the young people can watch the high-profile event, including social media sites etc.

**Remember for all 3 Challenges**

• Players will only improve if they practice. See if they can improve their score.

• Players could challenge others to see who can score highest.

• Equally y some points awarded to anyone who can adapt the games to include others.

**#B2022SGVirtualComp**

Share your activity on social media for a chance to win monthly prizes!

Scan here

To watch a video explaining how to create meaningful challenges.

**SCHOOL GAMES**

**UNITED BY BIRMINGHAM 2022**

We look forward to seeing your school bring these activities and values to life!



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Website: [www.chesterssp.co.uk](http://www.chesterssp.co.uk)

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

## **Who is aware of the School Games in your school?**

We are inviting schools to share the School Games and events with others in your school.

Why not invite parents to be Sports Ambassadors of the school, or invite school Governors to see your school taking part in School Games festivals and events.

We are conscious that the School Games programme is not widely known outside of those that attend events, the PE leads and senior staff in schools.

### **What is the mission?**

Putting physical activity and competitive sport at the heart of schools and providing more young people with the opportunity to compete and achieve their personal best.

### **What is the vision?**

The School Games will continue to make a clear and meaningful difference to the lives of even more children and young people.

**Are members of your PTA aware of the School Games? Can they help to raise funds for team kit?**