



# Chester SSP



## Activities To Do At Home no.11



Welcome to the latest edition of the newsletter. If your school is opening up for more children to start to return to school, please do contact us if you need any support with PE ideas.

In reference to the School Sport Partnership Sports Awards, we have decided to postpone it for this year. We appreciate that at the moment the priorities in schools are very different, and we know that your main concern is to keep everyone as safe as possible. We do not want to create any additional work load that is not necessary at this time.

### Cheshire and Warrington Virtual School Games

The challenge this week is a series of gymnastics moves, which can be performed on the floor. We are delighted that Olympic Gymnast Craig Heap demonstrates the moves for us on a video link. Follow us on @ChesterSSP for the release of a new challenge every Wednesday until 1st July. Please share your attempts with us, we enjoy watching everyone across the county trying all the different sports.

#CheshireVirtualGames  
@ActiveCheshire  
@CWSchoolGames

On Wednesday 10th June, the next challenge is an orienteering one!

## THE ALPHABET OF SHAPES CHALLENGE

**CHALLENGE**

Each performer has to move through the alphabet of shapes fluently and under control. Each shape should be performed with quality and control.

Perform the routine fluently and in the correct order

(Safety note, please make sure that there is enough space to perform these actions)

**EQUIPMENT**

You!  
A clear space for you to perform safely  
A towel or yoga mat (if you have one) if you are performing outside

<p>1. tuck</p>	<p>5. straight</p>
<p>2. pike</p>	<p>6. dish</p>
<p>3. pike straddle</p>	<p>7. arch</p>
<p>4. straddle</p>	<p>8. front straddle</p>
	<p>9. puck</p>

CHESSHIRE & WARRINGTON  
SCHOOL SPORT ALLIANCE

Active Cheshire  
Empowering Youth Learning Through Sport for All

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

**CHESSHIRE & WARRINGTON  
VIRTUAL SCHOOL GAMES**

## Girls Football in Schools

The Girls' Football in Schools online community is designed to support teachers in the primary and 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 schools.

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



**GIRLS' FOOTBALL  
SCHOOL PARTNERSHIPS**  
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**YOUTH  
SPORT  
TRUST**

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## Teach Active Webinars

**Teach Active is an online resource tool, providing teachers with lesson plans and resources with which to deliver the Primary Maths and English curriculum through physical activity.** Due to all face to face events being postponed, Teach Active have been delivering webinars directly to schools/homes. In the last two weeks alone they have delivered to over 500 schools!

### How can Teach Active support you and your schools?

Webinars and high quality CPD – all details and booking forms can be found on the website <https://www.teachactive.org/webinars-training/>

- Are you still hosting subject leader meetings? Would you like Teach Active to deliver a session just for your school?
- Are you starting to plan your 2020/2021 CPD Calendar. Teach Active deliver free CPD.
- Jon Smedley, in partnership with Youth Sport Trust, is available (all costs covered) to deliver keynotes at your conference.

For more information check out [www.teachactive.org.uk](http://www.teachactive.org.uk)

## BBC Bitesize in PE

1st level

### Movement skills class clips

Part of [Physical Education](#) | [Movement skills](#)

4 class clips



#### Instruction - Balancing a feather >

Watch a clown following instructions on to how to balance a feather on her hand.



#### Instruction - Balancing on a beam >

Watch a clown following instructions on

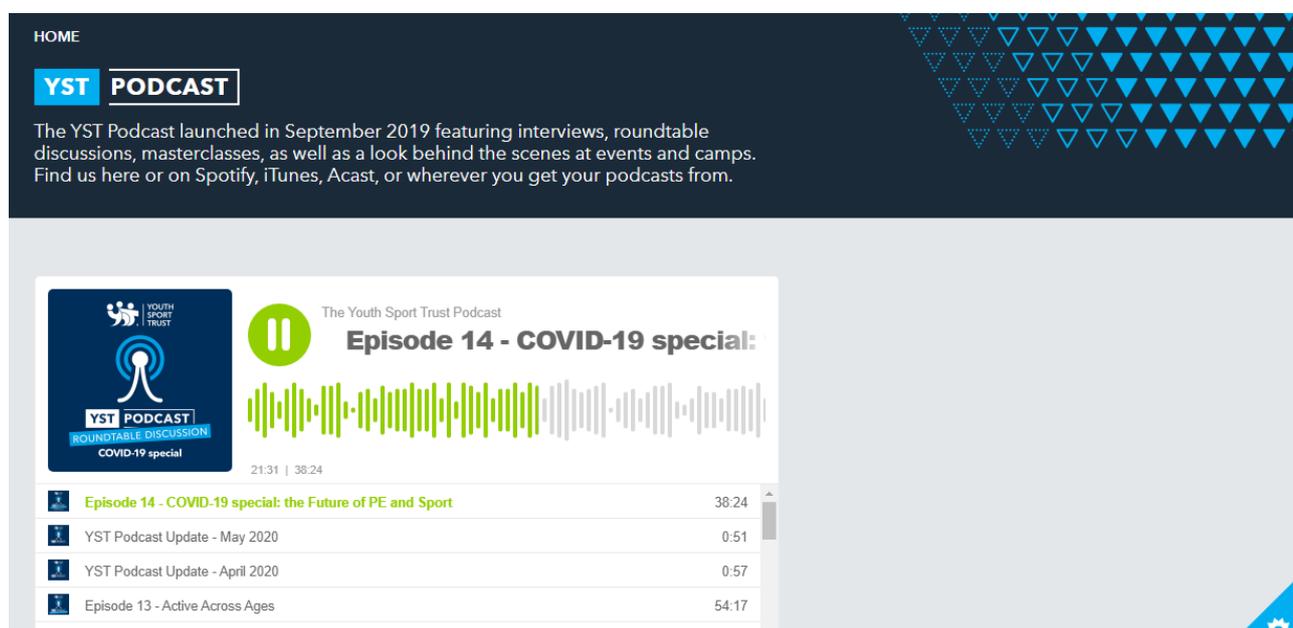
Please keep an eye on the BBC Bitesize website as there are regular updates on PE lessons and activities. The library is for all ages and includes movement and PE, plus good advice on nutrition.

<https://www.bbc.co.uk/bitesize/subjects/zdhs34j>

## Youth Sport Trust COVID-19 Podcast

If any teachers are interested, there are a variety of podcasts by the Youth Sport Trust on their website. There is one on COVID-19 and physical activity. It looks at physical activity at home, and the physical and mental impact of COVID-19 and children not being at school.

It then looks at social distancing in school and PE when the schools are open again. There are no answers, just a discussion on the impact on children and the focus on physical literacy. Look at <https://www.youthsporttrust.org/yst-podcast> for more information.



HOME

**YST PODCAST**

The YST Podcast launched in September 2019 featuring interviews, roundtable discussions, masterclasses, as well as a look behind the scenes at events and camps. Find us here or on Spotify, iTunes, Acast, or wherever you get your podcasts from.

**Episode 14 - COVID-19 special:**

21:31 | 38:24

 Episode 14 - COVID-19 special: the Future of PE and Sport	38:24
 YST Podcast Update - May 2020	0:51
 YST Podcast Update - April 2020	0:57
 Episode 13 - Active Across Ages	54:17

# Youth Sport Trust—KS4 Tennis

#ThisIsPE

## Tennis — Forehand Stroke

SECONDARY KEY STAGE 4 PE /// NET/WALL

### Content outline

This activity aims to develop and refine the technique for a forehand ground stroke in Tennis.

- Correct stance
- Contact point
- Follow-through



This resource and supporting video have been created by:

**Guy Wnuk, Stratford-Upon-Avon 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

- Increase the distance away from the feeder or target area/object to make the activities more difficult
- Decrease the distance away from the feeder or target area/object to make the activities easier
- If you are using a tennis racket and tennis ball – make sure you increase the size of the area for safety



### Task

- How many times can you hit a target in 10 attempts?
- Change the distance or size of the target area you are aiming for to adapt the activity
- Ball feeder can change speed of delivery to make the task more difficult
- Remove the net to make the task easier



### Equipment

- Change size of ball (smaller ball will increase difficulty)
- Change size of the targets (smaller target will increase difficulty)
- Use different household items (Eg. Rolled up socks, different types of ball)
- Create your own racket – try to use items which will replicate a racket, such as a frying pan
- Create your own net – what household items could you use?



### People

- If you have another person in your house, get them to throw the ball and alter the speed and direction of the throw
- Challenge a friend with an online competition

### Learning intention

#### Physical:

- To develop and refine the forehand stroke in Tennis

#### Personal:

- Communication
- Creativity

#### Learning questions:

- Why do we need to be side on when performing the forehand?
- Why is it important to make contact at waist height?
- Why do you need a follow-through?
- Why are balance and co-ordination important components of fitness for Tennis?
- What shot would you be likely to perform next following a successful forehand?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?



More resources

[www.youthsporttrust.org/free-home-learning-resources-secondary](http://www.youthsporttrust.org/free-home-learning-resources-secondary)

The library of home learning activities on the Youth Sport Trust website is regularly updated. This week I have included a KS4 forehand stroke in tennis. Many activities include videos as well as guides that you can download. Please visit the website for a wide range of activities.

<https://www.youthsporttrust.org/free-home-learning-resources-secondary>

## Youth Sport Trust - Wednesday Webinars

Every Wednesday the webinars cover PE related themes and wider perspectives in the world of education linked to the current challenges parents, teachers and anyone else in the wider world of education might be facing. You can watch live each week, or the recordings of previous episodes.

<https://www.youthsporttrust.org/free-home-learning-resources-0>

### Wednesday Webinars

Welcome to the first in our series of YST Wednesday Webinars. In the coming weeks, we will be covering PE related themes and wider perspectives in the world of education linked to the current challenges parents, teachers and anyone else in the wider world of education might be facing. Click on the video to hear from our PE and Achievement team about how we are supporting home learning for physical education.

<b>PLAY</b> Activity that involves enjoyment, it can be structured or unstructured and involves being creative and using your imagination.	<b>PHYSICAL ACTIVITY</b> Any movement that uses energy that could be within a lesson, after, between lessons and extra-curricular.	<b>PHYSICAL EDUCATION</b> The National Curriculum subject, learning to move and moving to learn. Teaching and learning is planned and progressive and makes explicit reference to physical development, whilst contributing to social, mental and emotional skills.	<b>SPORT</b> A game, competition, or activity needing physical effort and skill that is played or done according to rules in which an individual or team competes against others. In schools sport forms part of an enrichment offer.	<b>ACTIVE LEARNING</b> Learning through involvement. This helps stimulate the learner to Develop recall, deeper understanding and apply knowledge in imaginative ways.
<div style="background-color: #00aaff; color: white; padding: 5px; margin: 0 auto; width: 80%;"> <b>OUTCOME:</b>  <b>PHYSICAL LITERACY</b> </div>				

## Funetics Free Home Pack

England Athletics' funetics' team have developed an athletics and curricular based resource to help primary school children keep active and to support learning in a home environment. The free-to-download funetics Home School Pack not only helps you teach the fundamental life skills of running, jumping and throwing but also gives children the opportunity to practice academic skills using sport as a foundation. The pack includes: worksheets, activity cards, fun games, and includes the history and heroes of the sport. <https://funetics.co.uk/for-parents/funetics-home/> by

## School Games NGB resources

On the School Games website, there is a coronavirus support section which is available for public to view (no login required). This week I have included a copy of the Hockey resource which has been put together by England Hockey. Please visit the website where you can view the variety of different sport formats which can be completed at home. [www.yourschoolgames.com](http://www.yourschoolgames.com)

### #StayInWorkOut

## Dribbling the ball

Primary challenge card



**T** ✓ ✓ ✓

**Task**

- Make different shapes when dribbling the ball e.g a circle, a square or your name
- Try the activity whilst walking and then get faster
- Have your hands close together, then apart
- Try it with knees bent or stood upright
- Dribble with the ball in front or to the side

**E** 

**Equipment**

- Use a hockey stick if you have one or find a suitable alternative e.g. long cardboard tube, swimming noodle
- Use a beach ball, balloon or any other round object
- Lay out different obstacles to dribble around

**In action**



**S T E P**

Ideas on how to adapt the activity in a national lockdown.

**S** 

**Space**

- Try the activity inside or outside
- Use furniture as obstacles, but make sure there is nothing you can trip over

**T** 

**Time**

- Aim to spend no longer than 30 seconds per attempt and then change to a new shape or obstacle

**P** 

**People**

- Do this alone or with more people

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

[www.yourschoolgames.com](http://www.yourschoolgames.com)



# Playing Tennis During Lockdown in England

- **Max 2 people per court (unless players are all from the same household)**
- **Only handle your own racket and personal (marked) tennis balls**
- **Only one to one coaching permitted**
- **Avoid changing ends or change at opposite sides of net**
- **Online/phone bookings and payments advised**
- **Buffer period between bookings (e.g. 10 mins)**
- **Maintain social distancing (2m rule) at all times**
- **Follow public health guidelines for hygiene**
- **Do not play if you are self-isolating**

Full guidelines for players, coaches and venues at [lta.org.uk/coronavirus](http://lta.org.uk/coronavirus)



The Lawn Tennis Association have released some guidance for people that want to play tennis outside and for tennis clubs. For more information, please visit their website: [lta.org.uk/coronavirus](http://lta.org.uk/coronavirus)

## Socially Distanced PE Ideas

The Power Of PE website has a few good ideas for socially distanced PE lessons for primary age. It's worth a look if you want to try something different.

<http://powerofpe.co.uk/socially-distanced-pe-a-few-ideas/>

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### Socially Distanced P.E! (A few ideas)

In preparation for June the 1st I've started to create/collate a few ideas on how to maintain Social Distancing throughout PE lessons. The MAC I work for have asked that lessons use no equipment and minimal markers/cones on the floor. Whilst this is understandable – it is also a challenge. I've shared my initial ideas here in the hope that it could help someone else out elsewhere.

I think PE will play a HUGE role in ensuring the kids have fun and feel connected – as well as keeping them healthy. So here is what I have so far...

## Socially Distanced P.E!

### Idea 1: Adventure assault course



#stayhomestayactive  
@PEatHome1



## EXPLORE

You will need:-

1. Just yourself this week!
2. A Superhero costume/props if you have any.



**Bright ideas**

Look at superhero clips online, look at the way superheroes move and the poses (shapes) they make.

Can you think of 3 shapes (poses) that show the strength/character of your superhero? Practice your shapes thinking about which way they fit together best.

Now practice your poses at different levels? Do you think they look best at a high, medium or low level? You can use all three.

Chose a piece of superhero music. Listen to the music, can you perform your poses to the music? Hold each pose for at least 3 seconds.



PE at Home - DANCE

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Dance?

<https://www.danceexchange.org.uk/>

<https://www.standance.co.uk/>

<https://www.facebook.com/DebonairDanceAcademy/>

## PRACTICE

Now you have some fantastic superhero shapes you are going to add transitions (link the shapes together.) You can link them with a TURN, TRAVEL or JUMP.

Use these words to help you = run, half turn, twist, leap, hop, roll, slide, jump

You might want to write down or draw your poses and transitions to help you remember them.

Practice your shapes and transitions with your music. Think about making every movement strong, controlled and accurate.



## Writing Challenge!

We are surrounded by lots of real life superheroes in our world at the moment. Doctors, teachers, fire fighters, shop keepers, delivery drivers are all helping us whilst we are at home.

Chose a real life hero and draw a picture of them.



Can you create a fact file about your hero? What did they do for you? What makes them a hero? What do you know about their job?



## DEVELOP

You should now have a short dance with three super hero poses, linked together by spectacular transitions!

Can you add in another pose and transition? Practice this with your music and add to your dance.

To finish off your dance, add an opening and ending 'freeze frame.' This means that you will be completely still before starting your dance and the same when you have finished your dance.

Practice your dance with the music until you are happy with it.

Ask your family if they will watch you 'perform' or video your dance to watch it back. Ask for tips on how to make it even better.

### KEYWORDS:

Transitions (linking one shape to the next)  
Freeze Frame (clear beginning and end)  
Pose (shapes)  
Freeze Frame (stillness)

## History Challenge!

Florence Nightingale was a famous British nurse. Florence is remembered as a hero because she helped to make hospitals clean and wrote books about how to be a good nurse.

Can you research and answer the following questions?

- What country and city was Florence born in?
- Which war did Florence help to treat wounded soldiers and make sure the hospital was clean in?
- What was Florence's nickname? International Nurses Day is celebrated each year on what date? (Florence's birthday)



## Parent's Tip!

Help your child to select a piece of superhero music they really like. Some possible suggestions are the Avengers Assemble, the Spiderman theme or Cartoon Heroes by Aqua.

If you have younger or older children encourage them to give music and pose ideas and to join in.

Make sure you have enough room to complete the tasks and that you have practiced each technique!

KS1



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

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

