



Activities To Do At Home no.12



Welcome to the latest edition of this newsletter, we hope that each week there maybe one or two examples of activities that you can share with some of the children in your schools or at home.

Physical and mental health is so important, especially now that lockdown has been going on for so many weeks. Some children (and adults) may be struggling with the current situation, and getting out for some fresh air and a bit of exercise is essential.

Just a reminder that the School Games Mark award is on hold for a year, you do not need to apply this year.

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.



**GIRLS' FOOTBALL
SCHOOL PARTNERSHIPS**
Supported by **BARCLAYS**



YOUTH
SPORT
TRUST

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 <https://www.girlsfootballinschools.org/>

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. Click on the boxes below to access resources, ideas, useful information and links to help you grow girls' football.

NEW: important FA Heading Guidance released 24th February 2020 click on the link for guidance document and guidance poster



Curriculum



Participation



Major Events



Reward and Recognition

Cheshire & Warrington Virtual Games

This is a great orienteering challenge this week which has been demonstrated on the video below
<https://youtu.be/2WhJyt0NYpo>

If you need a copy of the legend to print and cut out, then please contact us. Alternatively draw and make your own. This game is learning to match the map symbols to their descriptions, which is good knowledge to have for when the children take part in an orienteering event. Good luck with the event, and the next challenge is out on Wednesday.

Don't forget to share the challenge with us on @ChesterSSP

ORIENTEERING – MAP SYMBOL RELAY

CHALLENGE

Aim of the challenge is to correctly match orienteering map symbols with their descriptions.

Have look at the OAA Legend, memorise the descriptions and associated symbols.

The challenge is to choose a description card run out to the map symbol cards choose the correct symbol and run back to the start.

Repeat this until you have matched all description cards with the symbol cards.

ESSENTIAL EQUIPMENT

- Space big & safe enough for the activity (ideally you would want a 3- 5 m space to run in)
- Downloaded OAA Legend & Resource Card
- Scrap cardboard / paper and pens /pencil / scissors to create & cut out OAA Legend & Resource Card
- Stopwatch or phone to time your challenge

OPTIONAL EQUIPMENT

- 8 - 18 household objects to hold the symbols down (if outside)
- Blu tac or sticky tape to hold cards down (if outside)
- Another person to call out the description

SCHOOL GAMES **CHESHIRE & WARRINGTON SCHOOL SPORT ALLIANCE** **Active Cheshire** **CHESHIRE & WARRINGTON VIRTUAL SCHOOL GAMES**

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.

HOW TO PLAY

Start the timer

Pick up a random card from the description pile and run to the symbol pile.

Select the matching symbol card, bring them both back and place them down on the floor, on a table and or chair together.

Repeat until you have finished matching all the cards & stop the timer.

Use the OAA Legend worksheet to check you have correctly matched each off the description cards with the symbol cards.

For every incorrect matching of the cards add 5 seconds to the total time it took you to complete the challenge.

Example: Katie took 2 minutes 20 seconds to complete the challenge, she got 3 symbols incorrect, so it took Katie 2 minutes 35 seconds to complete the challenge.

Can you beat your previous time and correctly match all descriptions to symbols?

INCLUSIVE

Increase or decrease the amount of description & symbol cards used. Try 8 different cards first (Basic Set) then increase the number of cards as you see fit until you use all 18 cards (Basic & Advanced sets).

Adjust the distance you have to travel, shorter distance to make it easier, longer distance to make it harder.

Instead of running between the description and symbol areas can you move in different ways? Why not try side stepping, skipping, hopscotch or even a bear crawl! Can you use your opposite hand to pick up and carry each of the cards?

Wheelchair users can place the cards on tables or chairs to ensure they can reach the cards.

If you want to be creative instead of printing the symbols out, can you draw the symbols or even create you own symbols for the descriptions?

SPIRIT OF THE GAMES VALUES

SELF BELIEF
In your own ability to match the correct description to symbol

HONESTY
When you are scoring

DETERMINATION
If you select the wrong symbols then try it again until you get it right

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#StayInWorkOut

Coin fencing lunge

SCHOOL GAMES

Primary and secondary challenge card

This challenge will help you to learn the basics of fencing lunge footwork. Start with your feet in an L shape, place a coin under the heel of your front foot. Slide the coin until you are in a lunge position, then stand back up. How many lunges can you do going forward without losing your balance

S T E P

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

S 

Space

- Use any space for this activity, bedroom, corridor or outside (Make sure it is a safe space)

T 

Task

- How many lunges you can do in a row without lifting the foot off the coin.
- Make it a game of tag against a family member. Move in lunges to tag your opponent, remember to keep the foot on the coin

T 

Time

- Perfect sliding the coin without lifting your foot, remember to switch feet.
- You could try this as a game of tag, you could play for a certain amount of time or to an amount of points

P 

People

- Do this activity on your own or as a competition against one of your family members

E 

Equipment

- Use any coin, socks or any equipment that slides along the floor



www.britishfencing.com

www.yourschoolgames.com



#StayInWorkOut

Make it through the maze

SCHOOL GAMES

Primary challenge card

Create a maze with different turns and widths by using chalk and makers. Try and get to the other end of the maze without touching the lines.

S T E P

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

S 

Space

- This can be done in any space from your local park to your garden

T 

Task

- Change the maze after every round
- Award bonus points for not putting feet down
- Record the time it takes to complete the maze

T 

Time

- Complete the maze as many times as possible in the time you have

E 

Equipment

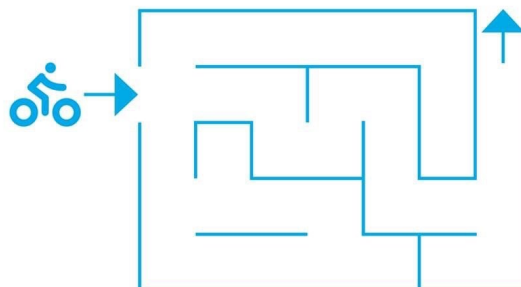
- Use sticks or socks to mark out the maze

P 

People

- You could do this challenge by yourself or a member of your family could do it at the same time

In action



www.britishtriathlon.org

www.yourschoolgames.com



Primary 2m Playground Games

Under the Sea

- Starfish – star jumps on the spot
- Crab – sideways scuttling movements
- Dolphin – crouching low and leaping up on the spot
- Stingray – crouching low and gliding around
- Octopus – moving around slowly using jelly arms and jelly legs



@misswilliams29

Zip, Zap, Zoom!

- Form a circle and stand 2m from each other
- Zip – clap-point to the person on your left
- Zap – clap-point to the person on your right
- Zoom – clap-point to somebody else at another location in the circle
- The person selected must then keep the game going
- Restart if the wrong command is said or someone claps in the wrong direction



@misswilliams29

Pass the Movements

- Children line up behind the game leader, standing 2m apart from one another
- Children close their eyes and can only open them when they hear their name called
- The game leader says the name of the person behind them. This child opens their eyes and the leader then silently shows them 1-3 movements to memorise
- The aim is to pass the movements from beginning to end without making any mistakes



@misswilliams29

Countdown

- Form a circle and stand 2m apart from one another
- The aim is to count down from 15 to 1
- The game leader will start the countdown at 15
- Another player will say the next lowest number
- Children in the circle can say any number
- If two players say a number at the same time then they must do 5 star jumps and begin the game again



@misswilliams29

International Olympic Day—23rd June

Held on the birthday of the modern Olympic Movement, International Olympic Day is a chance for people all over the world to get active and explore the Games together. This year the Get Set community is asked to use the Olympic Day resources to move, learn or discover at home with family or at school. Take a look at the link below for more information.

<https://www.getset.co.uk/resources/home-learn->

[ing/olympicdayhome?utm_campaign=2683839_June%20IOD%20Get%20Set%20Newsletter%20SECONDARY&utm_medium=email&utm_source=Edcoms%20Get%20Set%20Core&utm_content=sharedesignseta&dm_i=2LQT,1LIV3,34SMF0,5F0SF,1](https://www.getset.co.uk/resources/home-learn-ing/olympicdayhome?utm_campaign=2683839_June%20IOD%20Get%20Set%20Newsletter%20SECONDARY&utm_medium=email&utm_source=Edcoms%20Get%20Set%20Core&utm_content=sharedesignseta&dm_i=2LQT,1LIV3,34SMF0,5F0SF,1)

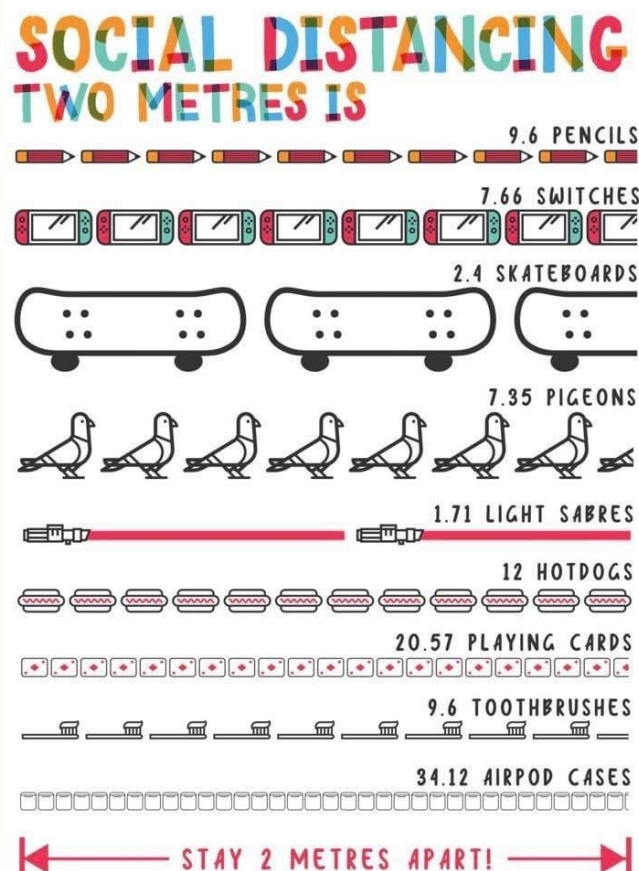
2 Metre Distancing

Social distancing is extremely difficult for young children who may not be able to understand how far away 2 metres away is.

This simple poster opposite is something we found which you could use and even demonstrate some of the examples (maybe not the pigeons!) next to a tape measure so they can see for themselves how far away 2 metres is.

Youth Sport Trust

Please keep an eye on the Youth Sport Trust website as they regularly update their home resource library.
<https://www.youthsporttrust.org/free-home-learning-resources-0>



Wacky Races

Home Physical Education

How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?

Can you create your own Wacky race ideas?

Can you challenge yourself to always try your hardest?

Top Tips

Crawling

Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.

How did you feel if you did not win a race?

Complete P.E. INSPIRE. LEARN. SUCCEED.

YOUTH SPORT TRUST

25 YEARS Believing in every child's future

Blast Off

Home Physical Education

How to play:

- Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart.
- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
- Can each pair reach 0 without dropping the ball?
- If competing against another pair the first pair to reach 0 are the winners.

Can you encourage your partner even if they make a mistake?

Can you concentrate on your throw and focus on where to aim?

Top Tips

Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

Let's Reflect

If you dropped the ball what did you change?

How did it feel when you dropped the ball and how did you respond?

Complete P.E. INSPIRE. LEARN. SUCCEED.

YOUTH SPORT TRUST

25 YEARS Believing in every child's future

National School Sport Week—Have you signed up yet?

The annual National School Sport Week campaign takes place from Sunday 20th—Friday 26th June 2020 to celebrate the important role of Physical Education and school sport in enhancing young people's wellbeing.

This year, the Youth Sport Trust has teamed up with Sky Sports to run a national campaign which will aim to unite the country - families, schools, sport and businesses - in a celebration of the power of sport to bring people together, even during isolation.

The UK-wide campaign will challenge people to take on their families, friends and neighbours in virtual sporting challenges – helping them to connect in an unprecedented period of school closures and social distancing.

The campaign builds on the Youth Sport Trust's #StayHomeStayActive campaign which has been supporting schools, parents and young people with daily free resources to get young people moving and enjoying the PE curriculum while at home.

How it works

They will provide everyone who registers with free videos and activity cards to help you plan a series of challenges across National School Sport Week at Home. You will receive these well in advance of the week itself so you'll have plenty of time to plan your activities.

The active challenges will all have an emphasis on togetherness, inclusivity and wellbeing. They will be things you can do within the home, and where you can engage in straightforward virtual competition with friends, neighbours and family outside your home.

Register

Anyone can register to take part in National School Sport Week. Simply click one of the options below to get started:



Register as a School

If you are from a school,



Register as a Parent or Carer



Register as an Organisation

Anyone can register to take part in National School Sport Week: schools, parents or organisations.

Look at the link below for more information:

<https://www.youthsporttrust.org/national-school-sport-week-home>

A workout suggestion for this week

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE IT MONDAY SHUTTLE RUNS Markers	<ul style="list-style-type: none"> Create a shuttle run with 2 markers. You need a straight line somewhere in your house/garden, preferably 5m long. If you do not have enough space then set up a circle to run around instead. How many shuttle runs/loops can you do in 3 minutes? Increase the time to make it more challenging. 					
TRY IT TUESDAY RIVER CROSSING A Start and Finish Line 2 objects	<ul style="list-style-type: none"> You need a start and finish line, and two hard items that you can stand on i.e. floats, spots, card etc. The space between your start and finish line is a river; you must cross the river without falling in. You must use your two items to cross. Only your feet and hands can touch your items, no body part is allowed to touch the river (floor), if you do you need to start again How quickly can you cross? Use smaller items to make it more challenging! 					
WORK OUT WEDNESDAY STEP UPS A step – this could be the bottom step of any set of stairs in your house.	<ul style="list-style-type: none"> How hard do you want to work out? You have two options. <ol style="list-style-type: none"> Speed Challenge - Do step-ups for 30 seconds – how many can you do? Endurance Challenge - Do step-ups for the whole 5 minutes – how many can you do? Rules: Safety first - Your whole foot must go on the step! Try leading with your non dominant foot 					
TRAIN IT THURSDAY TENNIS KEEPIE UPS Racket/Hand/Book Ball/Paper/Balloon	<ul style="list-style-type: none"> You need to keep an object in the air as long as possible. You can use a racket, your hand or a hard book. You will also need a ball, a balloon or a rolled up piece of paper. Bounce your object as many times as you can without it dropping it on the floor. How many can you do? Use your weaker hand 					
FRIDAY FINISHER	<ul style="list-style-type: none"> Repeat all the activities and try to beat your score! Good Luck! 					

YST ACTIVE IN MIND

BODY

HYDRATION

I can stay hydrated by...

I need water each day.

SLEEP

I need hours of sleep.
I could improve my sleep by...

NUTRITION

I could improve my nutrition by...

ENVIRONMENT

Your environment influences who you become, what you believe and do.

Who should be part of your support circle?

How does technology affect your attention, mood, sleep and memory?

I will change my technology use by...

MIND

WHAT AM I WORRYING ABOUT?

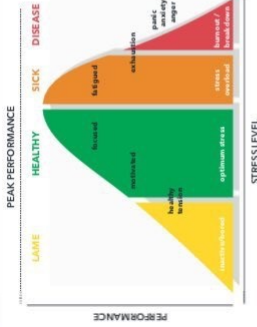
Is there anything I can do about it?

NO?
Let it go.

YES?
Do it now or make a plan about how and when you will do it.

What are my stressors?
I can influence them by...

When I feel stress I notice...



MANAGING YOU

This is your plan for change!

Use this poster to consider what actions will work best to MANAGE YOU and make positive changes to your mindset.

Remember to:

- Study and revise SMART by turning off distractions, using mind maps, taking regular breaks and giving yourself enough time to prepare.
- Keep a good balance between your school, social and family life; they are all equally important.
- Keep yourself active throughout times of stress and anxiety or when you need your brain to function better.
- Surround yourself with positive peers and role models.
- Use your Active in Mind Mentor wisely. They will help you MANAGE YOU and help you make positive changes.

NEURO-PLASTICITY

Your brain changes by the minute based on what you are thinking and doing.
I can change my brain by...

VISUALISATION

Successful people use visualisation to create neural pathways to success, mentally rehearsing their actions.
I am visualising...

MINDFUL RELAXATION

The technique I am going to try is...

I AM GRATEFUL FOR...

HABIT CHECKER

What will you do today to make it a good day?
Did you do something in the last 24 hours to take you closer to your goal?

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NEW HABITS & ACTIONS

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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'

