



## Activities To Do At Home no.13



Welcome to the latest edition of the newsletter. A huge thank you to schools who have contacted us or sent things through for the newsletter, it is lovely to hear from you. We would normally be in the peak of our summer season now with events every week, but we want you to know that we are still here for you to help keep your children active for their physical and mental health.

Don't forget this week is National School Sports Week—if you are doing anything with your children, please remember the social distancing guidelines and have fun!.

### National Cricket Week 22nd—26th June

Yorkshire Tea National Cricket Week is back with a week of skills, drills and thrills for children, parents and teachers. Every morning during this week they will be publishing a new video and all session plans will be available on the website <https://www.chancetoshine.org/blogs/national-cricket-week-2020> and their social media channels @Chance2Shine

They also have a range of resources including lesson plans for KS1 and KS2 on their website <https://www.chancetoshine.org/teaching-resources>

 <b>YORKSHIRE TEA NATIONAL CRICKET WEEK</b>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLAY	<b>STRICTLY COME CATCHING</b>  WITH MARK WOOD	<b>LAST BATTER STANDS</b>  WITH MICHAEL VAUGHAN	<b>CRICK-FIT SESSION</b>  WITH CHARLOTTE EDWARDS	<b>TOP OF OFF</b>  WITH HEATHER KNIGHT	<b>ALL-ROUNDER CHALLENGE</b>  WITH SAM BILLINGS
LEARN	<b>ART &amp; DESIGN</b>  MAKE YOUR OWN CRICKET EQUIPMENT	<b>ENGLISH</b>  JUNIOR JOURNALIST  WITH TIPS FROM THE PROS	<b>LIFE'S BETTER WITH...</b>  HEALTH AND WELLBEING SESSION WITH DEVON MALCOLM AND JAMES TAYLOR	<b>GEOGRAPHY</b>  LOOKING AT THE TEA-GROWING AND CRICKETING NATIONS	<b>FOOD TECHNOLOGY</b>  CRICKET BALL CUPCAKES

# Cheshire & Warrington Virtual School Games

This week the activity is athletics, please remember to share on twitter @ChesterSSP

## NAME OF CHALLENGE – ATHLETICS

### CHALLENGE

These challenges give you a taste of three different activities that would make up a school athletics competition:

- #1 Run—how far can you run in a set time?
- #2 Throw—how far can you throw a small item?
- #3 Jump—how far can you jump?

The aim with each activity is to compete against yourself in order to improve your 'personal best' scores. Practice the challenges first—consider how you can improve and try again.

Safety note—please make sure you have enough space to perform these activities.

### EQUIPMENT

- A space big and safe enough for each activity
- #1 Chalk marks or two markers of any kind for your start and finish (which can be as simple as a coin or stone), a watch, stopwatch or phone to time your challenge
- #2 A pair of socks or a ball if you have enough space, some method of measuring BUT this doesn't need to be a tape measure if you can't find one - you could use paces, steps, feet, socks, or anything—as long as you measure in the same way each time!
- #3 Socks to mark out your stream, chalk or a marker of any kind to make a mark of how far you get along the stream



CHESHIRE & WARRINGTON  
VIRTUAL SCHOOL GAMES

### HOW TO PLAY

#### #1 Run

Ask someone you live with to time you running for 5 seconds—place a marker where you get up to and try to improve your technique in to help you gain a personal best (for example—run on the front part of your feet with your arms in opposition to your legs and your head high).

#### #2 Throw

Throw a pair of rolled up socks as far as you can and mark where they land. Try different techniques to see which helps you throw the furthest (for example underarm, overarm, push, roll).

#### #3 Jump

Make a big 'V' shape on the floor with your socks. Start at the thin end of the 'V' and jump from one side to the other using a two-footed standing jump until you can go no further. Mark your position. Go back to the start and experiment with the position/ action of your arms/legs/body/head to try to go further and achieve your personal best.

### INCLUSIVE

#1—If using a standard wheelchair see how far you can push yourself in 5 seconds, if using an electric wheelchair how far can you reach with one flick of your control. Users of other walking supports (sticks, crutches, frames etc) can follow the plan to achieve their personal best

#2 - Consider throwing with your less dominant arm to challenge yourself. If throwing is restricted try to roll/drop the ball as far as possible

#3—If jumping is restricted try stepping, pushing/gliding (wheelchair users) or a flick of your control (electric wheelchair users)



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.

CHESHIRE & WARRINGTON  
VIRTUAL SCHOOL GAMES

### SPIRIT OF THE GAMES VALUES

#### HONESTY

For recording your score accurately



#### SELF BELIEF

Improve your technique, believe in yourself and achieve your personal best!




## Get Set 4 PE Resources

Get Set 4 PE regularly update their website with more activities that can be done at home.

They have also introduced social distancing activities which can be done in the playground.

The link below takes you to the free resources, they also have a subscription service, but the free ones will give you plenty of ideas.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

**Get Set 4 PE.**

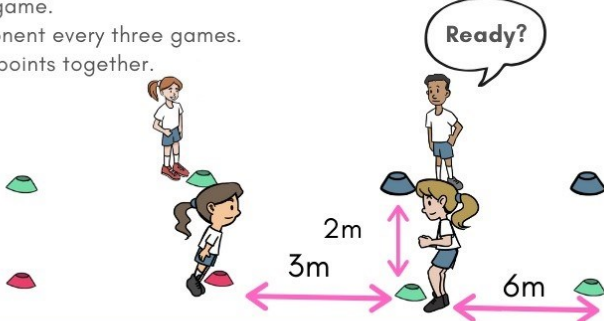
### Rock, paper, scissors

**What you need:** two cones or chalk or lines on the playground per player.

**How to play:**

- Split your group into two teams.
- Children stand at their marker 2m opposite one player from the opposing team.
- Players jump on the spot three times before jumping on the fourth jump either with their feet landing together to represent 'rock', feet landing straddled wide to represent 'paper', or landing with feet one forwards and one backwards to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- After each game all players turn and run to the marker behind them and back before playing another game.
- Rotate your opponent every three games.
- Teams add their points together.

**First team to 15 wins.**



**Considerations:**

- Ensure children are spaced out the appropriate distance apart.
- Select one pupil from the group to add their teams totals together.

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



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

## RLWC2021 Resources

I am sure you will all know that in 2021 the Rugby League World Cup will be hosted by England once again. The difference between next year's world cup and previous world cups will be the men's, women's and wheelchair games coming together for the first time on the sport's biggest stage.

Warrington will be the base for the Papua New Guinea (men's) team, and the Halliwell Jones Stadium will host three group games.

Manchester will be the base for both England and Australia (men's) teams, and Old Trafford will host the men's and women's finals.

Like most international events there is a legacy programme in place which includes some educational resources that schools can gain access too. The education packs include primary, secondary and home learning resources and have been developed by teachers to keep your children engaged.

There will be a full range of cross - curricular education resources launching very soon.

Sign up now and keep an eye out for the cross - curricular resources in the near future.

Sign up by following the link:

<https://www.rlwc2021.com/education/welcome>



### RLWC2021 Education Pack

The Rugby League World Cup 2021 (RLWC2021) provides a fantastic opportunity to inspire people to get involved with a major sporting event. InspiredBy RLWC2021 Education Pack is a free resource available for primary and secondary schools to support teachers to deliver Rugby League in a fun and exciting way.

I think we are all realising that teaching is not quite so easy, but don't worry, we've got your back! We will be adding new resources to our home education pack each week with a range of fun-filled, rugby league themed activities developed by schoolteachers to keep your children engaged and continuing to learn from home. Sign up below to access for free!

The full range of cross-curricular education resources for teachers will launch in summer 2020!



REGISTER OR SIGN-IN NOW



## Chance to Shine

CHANCE TO SHINE WEEKLY SESSION: WEEK 11 - FEROCIOUS FIELDER II INDIVIDUAL ACTIVITY	CHANCE TO SHINE WEEKLY SESSION: WEEK 11 - FEROCIOUS FIELDER II PARENT & CHILD ACTIVITY
<b>LEARNING OUTCOMES:</b> Develop throwing accuracy towards a set target	<b>LEARNING OUTCOMES:</b> Develop throwing accuracy towards a set target
<b>EQUIPMENT:</b> <ul style="list-style-type: none"><li>- A ball</li><li>- A few pieces of paper</li><li>- Something to stick the paper to a wall with</li></ul>	<b>EQUIPMENT:</b> <ul style="list-style-type: none"><li>- A soft ball/tennis ball</li><li>- Markers to act as 'goals'</li><li>- A target to place in the middle of the playing area</li></ul>
<b>PAPER SMASH:</b> <ul style="list-style-type: none"><li>- Set up your paper targets on the wall (ideally 4 pieces at head height) with the numbers 1, 2, 4 &amp; 6 written on them</li><li>- Using an overarm throw, try and hit the paper target</li><li>- Scoring = each throw is equal to the number written on the piece of paper that you hit. See how many points you can score in 12 throws</li></ul>	<b>HIT THE STUMPS:</b> <ul style="list-style-type: none"><li>- Standing behind your goal line and using an overarm throw, aim to try and hit the target in the middle after the ball has bounced</li><li>- Scoring = 10 points if you hit the target, 5 points for making it over your partner's goal line</li><li>- Have 6 goes each to complete a set and see what the scores are</li></ul>
<b>STRETCH ACTIVITY:</b> <ul style="list-style-type: none"><li>- Try throwing underarm</li><li>- Take a step backwards from the target</li></ul>	<b>STRETCH ACTIVITY:</b> <ul style="list-style-type: none"><li>- Increase the throwing distance</li><li>- Increase the size of the goal line</li></ul>
<b>COACHING POINTS:</b> <ul style="list-style-type: none"><li>- Create a powerful side-on position to the target, with a wide base</li><li>- Use your non-throwing arm to aim towards the target</li></ul>	<b>COACHING POINTS:</b> <ul style="list-style-type: none"><li>- Fix your eyes on the target</li><li>- Point the toes of your front foot towards the target</li></ul>
	
 <p>LET US KNOW HOW YOU GET ON! SHARE A VIDEO OF YOU COMPLETING THE SESSION ON OUR SOCIAL MEDIA CHANNELS!</p> <p>@chance2shine @chance_to_shine /chancetoshinecricket</p>	 <p>LET US KNOW HOW YOU GET ON! COMMENT BELOW WITH YOUR BEST SCORES AND WE'LL SEE IF YOU MAKE IT ON TO THE LEADERBOARD AT THE END OF THE WEEK!</p>

Don't forget that each week the Chance to Shine website has a new activity to learn, there are usually two activities, one which is an individual one and the second which can be an adult and child activity.

[https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak?utm\\_source=Portal+Teachers&utm\\_campaign=873d869cfc-EMAIL\\_CAMPAIGN\\_2020\\_04\\_24\\_03\\_37\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_b4486fc5f7-873d869cfc-125566101](https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak?utm_source=Portal+Teachers&utm_campaign=873d869cfc-EMAIL_CAMPAIGN_2020_04_24_03_37_COPY_01&utm_medium=email&utm_term=0_b4486fc5f7-873d869cfc-125566101)

## Tennis Sessions

Judy Murray with the Judy Murray Foundation has released three Back to Basics with Brodies you tube tennis lessons which develop the skills and movements to help learn and play tennis. All activities follow the 2m distancing guidelines and can be done at home. There are some fantastic skills that can transferable across different sports. The safe distancing programmes are free to download.

<https://www.youtube.com/watch?v=LS080saF9og>



Programme 1 - Back to Tennis Basics with Brodies



Programme 1 - Back to Tennis Basics with Brodies

## Something for the Superhero fans



# CAPTAIN AMERICA

NEILA REY WORKOUT

neilarey.com



**1**  
120 steps / 30 sec  
run on the spot



**2**  
80 punches



**3**  
10 knee tuck jumps



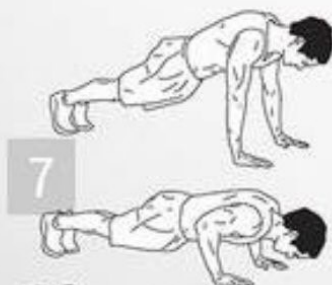
**4**  
20 sit-ups



**5**  
10 butt-ups



**6**  
10 raised leg circles



**7**  
10 push-ups



**8**  
10 back rotations



**9**  
20 bicep curls

**level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

Keep an eye on the Your School Games website for more resources like this ([www.yourschoolgames.com](http://www.yourschoolgames.com))

## #StayInWorkOut

### Swimming skills

Primary challenge card

#### STEP

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

#### Space

- Have a designated spot to complete each of the collected cards

#### Task

- The cards can also have different letters or numbers on them so the child creates a word or completes a maths calculation at the end
- Try the above with safe self-rescue skills such as float on back, personal survival stroke, huddle position or HELP position

#### Equipment

- Illustrations can be downloaded and printed from the internet or drawn by hand
- A dining room chair could be used for some activities such as breaststroke and front crawl

#### Time

- The skills can be performed from 10 seconds to 30 seconds

#### People

- The activity can be done individually, in pairs or as a team relay with family members

- Place a variety of swimming skill or stroke picture cards on the floor in the house or garden

**Skills** could include — star float, push and glide, log roll, mushroom float, blowing bubbles,

**Strokes** could include — breaststroke, front crawl, backstroke or butterfly

- One at a time, a card is collected and that skill/stroke has to be performed until all of the cards are complete

[www.swimming.org/swimengland](http://www.swimming.org/swimengland)  
[www.yourschoolgames.com](http://www.yourschoolgames.com)

## Sport England

Sport England regularly update their website with links to activities that can be done at home for adults and families at home or outside. Please take a look as there a lot of useful links on there.

[https://www.sportengland.org/jointhemovement#get\\_active\\_at\\_home](https://www.sportengland.org/jointhemovement#get_active_at_home)

Why we're hereKnow your audience ▾How we can help ▾Campaigns and our work

Home > Campaigns and our work > Stay in, work out

# Join the Movement

Tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and share how you're getting active during this time.

Join the Movement

Get active at home

Get active outdoors

The facts

Get involved

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Accept



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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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