



# Chester SSP



## Newsletter



March 2018

Welcome to the spring edition of the Chester School Sport Partnership newsletter.

Thank you to all the teachers who attended the Netball Basic Skills Refresher Training on 11th January, we hope you found the session useful.

We have had a busy first half to the school term, thank you to all the schools for your attendance at our events. The county finals are in March and we wish all the teams (see the back page), the best of luck in their events!

Entries are now open for the Summer Term competitions: [www.chesterssp.co.uk](http://www.chesterssp.co.uk)

Chester SSP were winners of the Cheshire and Warrington Innovation Award for the Inclusive Multi-Sport Competition held last term. As a result, we have now progressed to the North West Regional Conference in May where we will present to all the School Games Organisers in the North West.

### Level 3 School Games—U14 & U16 Badminton

Congratulations to the Upton-by-Chester High School U16 boys badminton team who finished 3<sup>rd</sup> in the Level 3 School Games event held at MMU in Crewe on Thursday 18th January.

They lost to Weaverham 3-2, beat Bridgewater 5-0, and beat Cardinal Newman 4-1. The players (pictured right) were: Ethan Parry, Harvey Rowlands, Matt Eagles & Joe Harris. Well done!



In the U14 boys team event, Bishops Bluecoat came in 5th place. The boys performed very well but were ultimately well beaten. They played ten matches losing nine of them, but were competitive by scoring more than half of their opponents points in every game. The boys involved were Sam Ardern, Ollie Hitchcox, James Craig, Curtis French and James Blunt.

In the U14 and U16 Girls event, Chester were represented by the Queens School. The U14 girls team came in 3rd place and the U16 girls team came in 5th place, all the players had a great time and enjoyed themselves at the event!

## Change 4 Life Champions & Deliverers Training



On Wednesday 14th February, we held our Change 4 Life Champions and Deliverers Training Day at Ellesmere Port Sports Village. Here the children from years 5&6, and deliverers were provided with information about the Change 4 Life Programme, and how to go about setting up Change 4 Life Clubs and activities within their schools. The children wrote a vision statement and a delivery plan, and are now tasked with going back to their schools, speaking to their head teachers and setting the plan into action.

The programme is aimed at getting inactive children more active, and to provide healthy eating and healthy lifestyle messages to the children in the school.

The deliverers were provided with information on linking in the programme into the Whole School Development Plan and to school priorities.

We also looked at how to invite the children to the clubs, who would run the clubs and the ethos of Change 4 Life Clubs.



## Change 4 Life Clubs—Primary

Do you run a breakfast / lunchtime / after school club for children that are not engaged in traditional PE sports, or for children who are not generally physically active?. If the answer is no, then please refer to the Department of Health's Childhood Obesity Plan which recommend that children have 60 active minutes every day. This is split into 30 minutes within school time and 30 minutes beyond the school day, every day.

Change 4 Life Clubs or clubs which are specifically for inactive children are a way of engaging and educating the children about the importance of being active and sustaining physical activity into their lifestyles.

If you do already run a club, please do let us know about it. Each term we are required to submit data about all such clubs within our primary schools. Unless you tell us about them, we can't report your successes. Last term only a handful of schools reported back, when we know when we talk to you individually, that you do run them!.

## Step into Sport Conference

On Wednesday 24th January pupils from Blacon High School, Bishop Heber High School and Tarporley High School represented Chester at the county Step into Sport Conference held at Ordford Jubilee Hub in Warrington.

Here the pupils completed workshops on leadership skills, organising a coaching session and qualities of a leader. They have now been tasked with setting up a 10 week extra curricular club for inactive children at their school and have been given information on where they can continue to develop their leadership skills.



Paralympian Rik Waddon was there to help with the day and provided an inspirational talk about his life story.



## PE & Sport Premium—Ofsted

We have received some feedback in reference to the PE & Sport Premium funding from schools who have had recent Ofsted inspections. Ofsted will check your school website prior to their visit to see your latest information on the PE & Sport Premium funding. This information must be easy for them to find and not 'hidden' somewhere on your website. They will want to see what you have / plan to spend the money on, the impact the funding has had on the children, including the health impact and any relevant data / evidence. We do have some documents which give advice and a template on how to evidence the impact of the funding, please contact us for a copy.

## Year 5&6 Basketball Competition

On Thursday 25th January, Upton-by-Chester High School hosted the Year 5&6 Basketball Competition. It was an amazing event with 20 teams from 18 schools and involving 150 children.

There were four pools of competition, with the winning schools progressing to the semi finals. Here Christleton beat Hoole in a very close game 1:0, and Waverton beat Saughall 3:0 in a very tense and well fought game.

Third and fourth place play offs resulted in Hoole beating Saughall 2:0.

The final was a repeat of last year's teams with Waverton (pictured right) playing Christleton (pictured bottom). A very close match resulted in extra time, where Waverton scored the winning goal and will now represent Chester at the Level 3 School Games.



A huge thank you to the four referees from Upton-by-Chester High School who ran all the games in such a professional and fair way. Thank you also to the school for hosting the event.

Well done to all the schools who took part and good luck to Waverton in the county final!.



## Year 5&6 Sportshall Athletics Competitions



On Wednesday 31st January and Thursday 1st February we held three heats of the Year 5&6 Sportshall Athletics Competition at Ellesmere Port Sports Village.

In total 25 school teams took part in the event across the two days, involving 492 participants.

On the Wednesday morning, Highfield Community Primary School were delighted to win the first heat of the day. With some very strong field eventers and solid running performances, they scored the highest number of points to win, the first time they have won one of our athletics events. Congratulations!.



On Wednesday afternoon, 9 teams battled it out to a very close competition. Cherry Grove were surprised and very happy at winning their heat, again with some very strong individual performances and great team work in the relays.

## Year 5&6 Sportshall Athletics Competitions cont'd

On Thursday morning, another 6 school teams took part in the final heat of the competition. Of the three heats, this was an extremely close competition, with the leading school changing after every event!. The winning school was decided on the very last event, the 4x1 relays.

Overleigh St Mary's CE Primary School were declared the winners, with a very close Saughall All Saints coming in second place.

After the three heats, the results from each event were then calculated to find out who was the overall winner and would go on to represent Chester at the Level 3 School Games in March.

Results are as follows:

- 1st - Overleigh - 758 points
- 2nd - Saughall - 754 points
- 3rd - Highfield - 742 points
- 4th - Cherry Grove - 734 points
- 5th - Upton Heath - 724 points
- 6th - Acresfield - 678 points
- 7th - Christleton - 666 points
- 8th - St Werburghs - 662 points
- 9th - Mickle Trafford - 654 points
- 10th - Guilden Sutton - 560 points



Congratulations to Overleigh St Mary's (pictured above) –a fantastic win. Well done to all the schools that took part in the event, it continues to be a popular and exciting competition.

Thank you to all the leaders from West Cheshire College for helping at the event, to coaches from CEPD, Dennis and Tim from West Cheshire Athletics Club, Ellesmere Port Sports Village and to all the support from teachers and parents at the event.



## Year 3&4 Small Sided Football Competition



On Thursday 8th February, 20 schools took part in the Year 3&4 Football on the new 3G football pitch at Blacon High School.

There were some extremely close games which could have gone either way, with many goals scored in the last minute of the games.

Schools who won their pools to go through to the semi finals were Guilden Sutton, Waverton, Cherry Grove and Christleton.

Winning the final in a close match against Waverton was Guilden Sutton. Both teams will now represent Chester at the Winter School Games in March.

A huge congratulations to all the children and schools who took part in the event!

Many thanks to the leaders from Blacon High School for their excellent refereeing.



## 30 Active Minutes

The government's Childhood Obesity Plan recommends that children should be 'achieving 60 active minutes a day', of this 30 minutes should be within the school day and 30 minutes beyond the school day. This will be one of our focus areas for the summer term and we want schools to start thinking about their own timetables and whether you are achieving 30 active minutes.

In the summer term we will be holding an engagement event (date TBC), where this will be one of the areas where we will share the latest information on this initiative.

Please remember that all schools can now access the Active School Planner via the resource section of the School Games website. The free to use tool, primarily for primary schools but available to all, is designed to track and improve physical activity levels in your pupils. Your use of the tool will also contribute towards your School Games Mark criteria so please ensure to include a copy of your planner with your evidence.

We hope you enjoy using the Active School Planner!

<https://activeschoolplanner.org/>

## Year 5&6 High 5 Netball Competition

Well done to all the schools that took part in the Year 5&6 High 5 Netball Competition at Blacon High School on Thursday 15th February.

Twenty four school teams took part in the event on a cold but sunny day. Winners of each pool who progressed through to the semi finals were:

Christleton v Upton Heath

Waverton v Hoole

The games were fast and competitive with some matches being decided on goals at the final whistle. The players all played extremely well, with Waverton (pictured right) and Upton Heath (pictured below) in the final.

In a tense final game, winners of the competition were Waverton who will go on to represent Chester at the Level 3 School Games in March. We wish the players the best of luck in the final!



Thank you to the two leaders from Blacon High School for umpiring, and also to Judith Gilmour and her coaches from CEPD.

Thank you also to Blacon High School for hosting the event.



## Level 0 / Personal Challenge

There is a new criteria of the School Games Mark this year, and this is in relation to Level 0 / Personal Challenge activities.

To fulfil this criteria schools should have positioned 'Personal Challenge' as a key component of your School Games provision. It is the mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best'; this includes competing against yourself and others to improve personal performances.

Personal Challenge (Level 0) is a student driven/self led opportunity to attempt to improve their performance – this can be informal, physically active challenges both at school and beyond the school day. These challenges should be accessible for all students in school and designed to engage as many participants as possible.

An example of a personal challenge:

Students encouraged to beat their Tennis 'Bounce About' score (how many bounces they can do in 30 seconds). Students record it, and those who have the greatest improvement are celebrated.

To fulfil this criteria, schools at Bronze level do not need to do any personal challenges, at Silver level, they just need to do one, and at Gold level, they just need to do two personal challenges. This can just be one class, not the whole school.

Most schools, if not all, will already do similar activities such as this. Why not get your School Sport Organising Committee / Crew to organise a competition one lunch time to see how many keepy uppies children can do, or how many skips in a minute!

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## School Games Mark Update

The new 2018 School Games Mark window will open on **Wednesday 09 May** and will remain open until **Friday 03 August**. In addition to the new criteria, which can be viewed along with various supporting documents in the resources section of your dashboard, there will be an all new Mark application form this year run through the new website. [www.yourschoolgames.com](http://www.yourschoolgames.com)

The form will now be fully mobile compatible and some of the data will be pre-populated for you based on what you and your SGO have entered in your respective online calendars. If you've missed something or made a mistake, don't worry, as you will be free to change and add to this information as required prior to submitting.

If you need any help or advice in relation to any aspect of the School Games Mark, please contact us and we can come and go through it with you.

Remember to keep copies of all your events and registers in a file so that it is easy to report your information.

## School Games Platinum Mark 2016-2017

Overleigh St Mary's CE Primary School and Waverton Community Primary School in Chester have been awarded their plaques for the Platinum School Games Mark Award for 2016-2017.

Congratulations to both schools for this excellent achievement!

All schools are eligible to apply for the School Games Mark Award, with the criteria for 2017-2018 already available on the School Games website [www.yourschoolgames.com](http://www.yourschoolgames.com), and applications opening in the summer term.



If any schools want one of us to come and chat to you about the School Games Mark Awards, please do contact us.

Full details on the criteria, the guidance notes and an off-line version of the 2017-2018 application form are now on the School Games website, via your school dashboard.

If you have not re-registered yet, please do so first.

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



## Dates for your diary 2017-2018

March

Primary Schools

Secondary Schools

Primary & Secondary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12 Level 3 School Games	13 Level 3 School Games	14 Level 3 School Games	15 Level 3 School Games	16 Level 3 School Games
19	20	21 Level 3 School Games	22 Level 3 School Games	23 Level 3 School Games
26	27	28	29	30

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Yr 3&4 Diamond Cricket Competition	3	4
7	8	9 Yr 5&6 Tri Golf Festival	10 Yr 3&4, 5&6 Key Steps Gymnastics Competition	11
14	15	16	17	18
21	22	23	24 Yr 5&6 Quad Kids Athletics Competition	25
28	29	30	31	



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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)

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

### **Level 3 School Games—Chester Teams.**

We would like to wish all the teams representing Chester at the Level 3 County School Games the best of luck in their respective events!

Year 5&6 Basketball—Waverton

Year 3&4 Football—Guilden Sutton & Waverton

Year 5&6 Hockey—Kings & Guilden Sutton

Year 5&6 High 5 Netball—Waverton

U12, U14, U15, U16 Girls Rowing—Queens

Rowability—Dorin Park

Y5&6 Tag Rugby - Acresfield and Waverton

Disability Sportshall Athletics—TBC

Year 5&6 Sportshall Athletics—Overleigh

Year 7 Boys Sportshall Athletics—Catholic High

Year 8 Boys Sportshall Athletics—Blacon High

Year 7 & 8 Girls Sportshall Athletics—Queens

U15 Girls Volleyball—Catholic High

U12, U14, U16 Girls Football—TBC

U14 Boys Basketball—TBC

U15 Girls Handball—Upton High

U15 Boys Handball—Tarpoley High

U13 Girls Rugby—Catholic High & Upton High

U15 Boys Volleyball—TBC