

Dear parents/ carers,



Chester SSP

Here are some ideas from the ChesterSSP for your children and family to help you get active at home.

Every Wednesday a new challenge will be shared across Cheshire and Warrington up until Wednesday 1st July. Upload any videos onto twitter and tag the Chester SSP in (@Chesterssp, @CWSchoolGames and @ActiveCheshire). Please use the #CheshireVirtualGames. #StayAtHome #StayInWorkOut. The programme schedule is listed below. Good luck!

Cheshire & Warrington Virtual School Games 2020
#CheshireVirtualGames

Programme schedule

Date	Challenges
29/04/2020	Tri-Golf challenge
06/05/2020	Basketball challenge
13/05/2020	Volleyball challenge
20/05/2020	Handball challenge
03/06/2020	Gymnastics challenge
10/06/2020	Orienteering challenge
17/06/2020	Athletics challenge
24/06/2020	Tennis challenge

Submit your videos using Twitter, Facebook, Instagram or email them to your School Games Organiser by Wednesday 1st July. If you are submitting on social media, remember to tag @CWSchoolGames, @ActiveCheshire and your local School Sport Partnership. Use the #CheshireVirtualGames so we can see!

Rewards will be given to the individuals and schools from each School Sport Partnership area.

SCHOOL GAMES

Cheshire & Warrington School Games

#StayInWorkOut #StayHomeStayActive

@CWSchoolGames @ActiveCheshire @ValeRoyalSSP @ChesterSSP
@TheEPortSSP @SSPMacc @SandbachSSP @CandNSSP
@SSPWarrington @SGWarrington

www.activefusion.org.uk/pe-from-home/

Active Fusion have developed free age appropriate Physical Education on sessions for Early Years Foundation on Stage, Key Stage 1, Key Stage 2 and Special Educational Needs pupils. 'PE Parent' is a free, easy to follow resource for parents to give their children a positive, progressive experience in PE and can be delivered in 15-20-minute sessions to fit around your lifestyle. All activities can be done at home and can be adapted to using household items should you not have access to sports equipment.

For each activity there is a games card detailing all the information on how to play and what you will need. There is also a QR code, which you can scan using your phone camera and it will take you straight to the instructional video on our YouTube Page. Within the cards and videos, you will need several ways to progress each activity to challenge your child further should they need to.

This is an example of one of the sessions.

Shooting Challenge

How many players?

- 1 player or more

What do I need?

- A ball or alternatively use rolled up pair of socks or paper ball
- Bucket or objects to make a target to throw in to

How to play the game?

- Can you throw your ball and land it in the target?
- Remember to look at the target and use your non-throwing arm to aim
- Once you have practiced have 10 throws see how many you can land in the target
- Count how many throws it takes you to successfully hit the target 5 times in a row.
- Can you challenge a family member to a competition to see who can score the most points?
- See video below on how to progress this activity into a game!

Top tips...

- Keep an eye on the target
- Throw one handed but aim with your other arm!
- Follow through towards target with your throwing arm

Even more challenge...

- Increase the distance of the throw every time you land the ball in the target
- Can you use your other arm to throw the ball?

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ROBOT

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Blindfold/scarf and soft toys

HOW TO PLAY:

Spread a selection of soft toys on the floor. Starting away from the toys, in pairs, 1 person is blindfolded (using a scarf) and is the 'Robot'. Their partner tells them how and where to move to pick up objects and bring them back. Take turns picking up the toys.

Challenge yourselves by choosing a specific toy each time. Make it harder by not allowing the Robot to touch any of the other toys on their journey. If they do, they have to start again.



SOCK BOWLS

AGE: 7 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: 1 soft toy, 3 rolled up socks per person. Ideally 1 colour per person

HOW TO PLAY:

Place a soft toy on the floor. Each person takes it in turn to throw one of their bunched up socks or paper ball closest to a toy. After all socks are thrown, the closest to the toy wins that round.

The winner of the previous round chooses where to place the toy for the new round. First to 6 wins an end.



CLOSEST TO WALL

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Balls, beanbags, socks, paper balls

HOW TO PLAY:

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.



FREEZE DANCE

AGE: 5 to 9

NUMBER OF PEOPLE: 4+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Music with a pause button

HOW TO PLAY:

Choose one person to be in charge of the music. When the music starts, everyone else dances, the crazier the better. When the person in charge of the music presses pause, the dancers must freeze. Anyone caught moving after that is out. Play carries on until there is one person left, the winner can be in charge of the music and choose the next song.

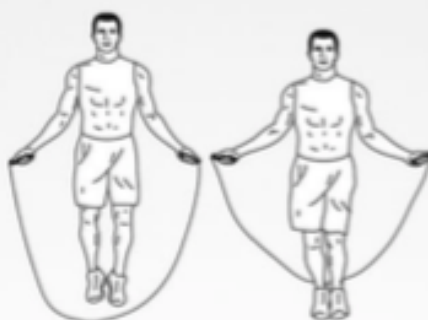
Alternatively, to avoid being out, create a points system where you score a point if you freeze in time.



Have you tried skipping?

JUMP ROPE

30-DAY CHALLENGE



© darebee.com

1	1 min skips 1 min rest 3 sets in total	2	4 min in total throughout the day	3	2 min skips non-stop	4	1 min skips 1 min rest 3 sets in total	5	200 skips one workout
6	1 min skips 1 min rest 3 sets in total	7	4 min in total throughout the day	8	2 min skips non-stop	9	1 min skips 1 min rest 3 sets in total	10	400 skips one workout
11	1 min skips 1 min rest 4 sets in total	12	6 min in total throughout the day	13	3 min skips non-stop	14	1 min skips 1 min rest 4 sets in total	15	450 skips one workout
16	1 min skips 1 min rest 4 sets in total	17	6 min in total throughout the day	18	3 min skips non-stop	19	1 min skips 1 min rest 4 sets in total	20	600 skips one workout
21	1 min skips 1 min rest 4 sets in total	22	8 min in total throughout the day	23	4 min skips non-stop	24	1 min skips 1 min rest 4 sets in total	25	800 skips one workout
26	1 min skips 1 min rest 5 sets in total	27	10 min in total throughout the day	28	4 min skips non-stop	29	1 min skips 1 min rest 5 sets in total	30	1000 skips one workout

Get Set Home Resources

Get Set have set up some home resources on their website for primary and secondary ages. There are a range of free activities, challenges learning resources for parents to do indoors or in their garden with their children.

The About Travel to Tokyo home learning pack includes lots of free, downloadable ideas to get active at home as a family.

The pack is a compilation of the existing Travel Tokyo resources and includes:

- **Tokyo Tens** - ten-minute activities you can t into your day.
- **Active Challenges** - longer-form activities that last around 30 minutes.
- **Holiday Activity Pack** - this holiday activity pack includes lots of free, downloadable ideas to get active indoors or in the garden at home as a family.

Visit www.getset.co.uk for more information.

Name Hangman

Why not have a game of hangman and complete the exercises once the word is complete?

A—45 sec plank

B—50 jumping jack

C—30 squats

D—10 burpees

E—1 min wall sit

F—12 push ups

G—20 arm circles

H—20 squats

I—30 star jumps

J—30 sec plank

K—10 push ups

L—2 min wall sit

M—20 lunges

N—25 squats

O—25 burpees

P—15 arm circles

Q—30 sit ups

R—15 lunges

S—30 burpees

T—30 arm circles

U—30 star jumps

V—3 min wall sit

W—20 burpees

X—40 jumping jacks

Y—30 sec plank

Z—20 push ups



#StayInWorkOut