



Chippenham Sports Partnership News

Easter 2021

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Another 'New' Normal

With the government announcement that schools would remain closed after Christmas to most students, and only open to key worker and vulnerable pupils, teachers across the country quickly made new plans and adapted to the situation. Unfortunately, this meant that our provision once again had to move to a virtual one. That said, we have made it our mission to create new exciting challenges for all of the pupils attending schools within our partnership. Each week we chose a different theme and shared activities with schools so they could be used not only with pupils attending school, but also with those pupils learning remotely at home.

In this newsletter we would like to share a roundup of some of the exciting workouts – we hope you have enjoyed them!



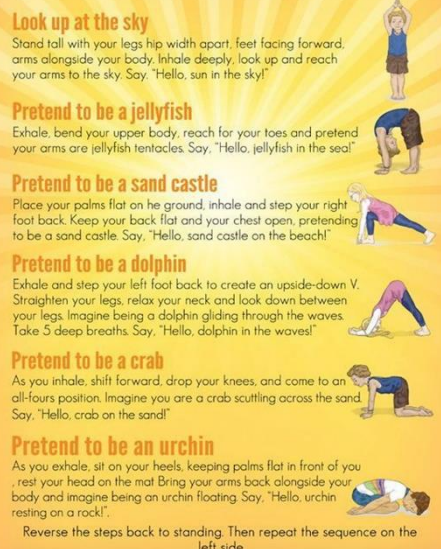
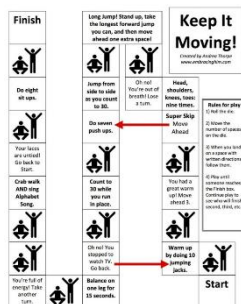
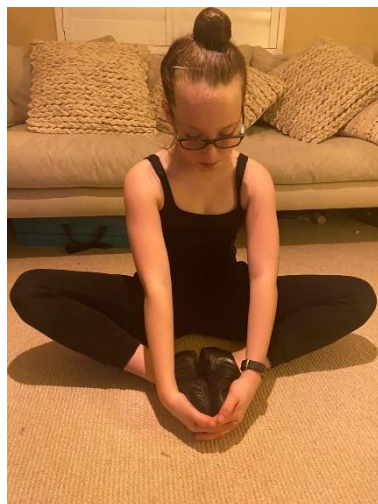
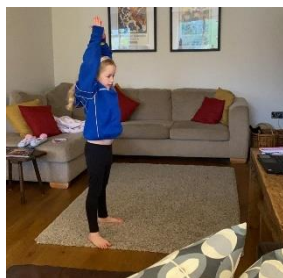
Remote Learning – Yoga

Week 1 got off to a flying start when we focused on providing a week of yoga for our primaries. Yoga is a fantastic way to improve physical health but also bring about a sense of calm and peace, which has a positive impact on mental wellbeing. With things seeming uncertain once again we felt this would be the perfect theme to kick start our remote learning.

Pupils had the chance to try different poses and we were lucky to have some amazing photos sent in of them in action! They were also set the challenge of creating their own PE board game.



CharterYr5 @CharterY5 · Jan 11
Yoga afternoon. Thank you @ChipSportPart



Remote Learning – Superhero Week!

Superhero week was one of our favourite weeks! In celebration of the amazing job that our key workers do, Chippenham Sports Partnership put together some key worker themed workouts. We also wanted to say a massive well done to all of the pupils, as this current situation has not been easy for them and they have been superheroes themselves. Therefore, we were thrilled to be able to share some 'well done' messages from real life key workers. Chippenham Sports Partnership would like to say a huge thank you to all of the key workers who helped make that possible.

If you didn't get chance to see the video messages please click on the link below or find the video on our new Chippenham Sports Partnership Youtube channel:

[Heros Of Lockdown - YouTube](#)

Delivery Drivers /Post Person Super Heroes

with the Chippenham Sports Partnership

Component of Fitness: Cardiovascular Endurance
The ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues

Day 5: Delivery Drivers & Post Person Super Heroes



Your Role:
Choose the length of time you would like to take between exercises.
20 second break between exercises... 1 Super Hero Point awarded
30 second break between exercises... 2 Super Hero Points awarded
40 second break between exercises... 3 Super Hero Points awarded
Once you have completed an exercise, you cannot do it again, so cross it off the list!

Exercises
6 Parcels Delivered
10 Star Jumps
10 seconds running on the spot
5 squats
5 lunges
10 second plank
7 Parcels Delivered
12 press ups
10 tricep dips
20 seconds mountain climbers
10 Tuck jumps
10 sit ups
8 Parcels Delivered
40 seconds of star jumps
40 seconds of squats
40 seconds of lunges
40 seconds of plank
9 Parcels Delivered
15 press ups
15 tricep dips
40 seconds mountain climbers
15 Tuck jumps
15 sit ups
10 Parcels Delivered
90 second wall sit
2 minutes running on the spot
30 Burpees
30 Tuck jumps
25 Tricep dips



Police Super Hero

with the Chippenham Sports Partnership

Component of Fitness: Explosive Strength
The ability to exert maximal force in minimal time

Day 3: Police Super Heroes


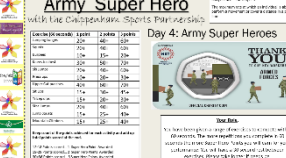
Your Role:
You must work your way through the 9 exercises. You must complete the circuit **three times over**.
1 Super Hero Point – Workout - 30 seconds per exercise/ 30 second rest
2 Super Hero Points – Workout - 40 seconds per exercise/ 20 second rest
3 Super Hero Points – Workout 50 seconds per exercise/ 10 second rest




Army Super Hero

with the Chippenham Sports Partnership

Day 4: Army Super Heroes





you are amazing.

gardenanddecor.com

NHS Super Hero Workout

with the Chippenham Sports Partnership




Day 1: NHS Super heroes

Your Role

- Each exercise must be performed for 40 seconds with a 20 second rest before the next exercise. You must complete all exercises once.
- You have the opportunity to earn up to 3 super hero points based on your performance.

Complete the circuit once... 1 super hero point awarded
Complete the circuit twice... 2 super hero points awarded
Complete the circuit three times... 3 super hero points awarded



Component of Fitness: Muscular Endurance
The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

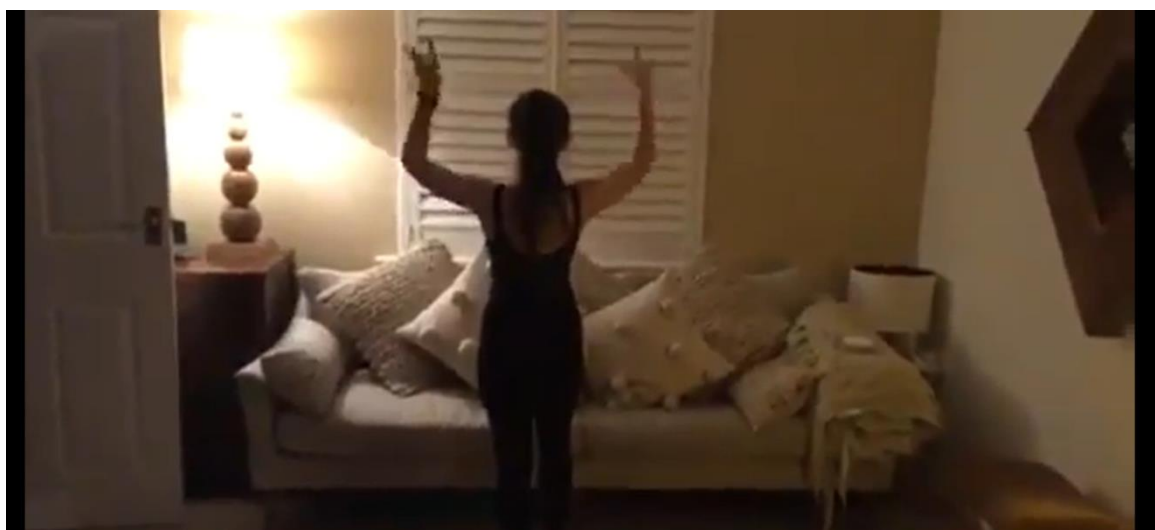


Remote Learning – Dance Like No Ones Watching!

Not only is dance great for physical fitness and development, but it is also great FUN!

Our dance week gave pupils the chance to try new dances as well as get creative to design their own! They were encouraged to think about different dance concepts and shown some ideas for exciting dance moves to try. We were really impressed with some of the amazing videos we were sent of pupils dances!

The Chippenham Sports Partnership are looking forward to hosting the Dance Festival again next year!



Your Theme
with the Chippenham Sports Partnership

The theme is "Dance like no one is watching"

Dance Choice Board

1 Perform a dance (for people or your toys)	2 Dance with your eyes closed	3 Sing and Dance at the same time
4 Make your own dance and teach someone	5 Get 1 family member involved	6 Get all the family involved
7 Learn a new dance	8 Share your dance @chipsportpart (with parents permission)	9 Bring all the dance elements together



Dance with us!
with the Chippenham Sports Partnership

This weeks challenge is to try something different and... to dr your best

To remember when dancing all you need to do is your... DR BEST

D = Dance Elements
R = Relationship to... people, props, themes, space, music

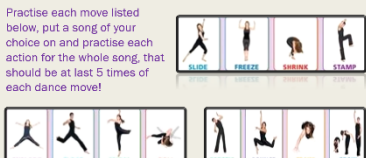
B = Body... poses, body awareness, balances
E = Energy... quality of movement
S = Space... levels, pathways, direction
T = Time... Rhythm, beats, tempo



Have lots of fun and just enjoy the art of dance! Good luck everyone

Check out those dance moves
with the Chippenham Sports Partnership

Practise each move listed below, put a song of your choice on and practise each action for the whole song, that should be at last 5 times of each dance move!



Lets Create a Dance Motif...



Ideas to get you started....

CREATING A DANCE MOTIF

When creating a dance motif always consider:

DYNAMICS **RELATIONSHIPS**

1 **PROPORTION** Proportions are the relative sizes of the parts of the motif.

2 **SEQUENCE** Sequences are a series of related movements that are linked together.

3 **TRANSITION** Transitions are the movements that link the parts of the motif together.

4 **SCENERY** Scenery is the background or setting for the motif.

5 **CHARACTER** Character is the personality or mood of the motif.

Remote Learning – Lets Get Fit!

During 'Lets Get Fit' week we shared information about how to stay healthy such as eating enough fruit and vegetables, drinking plenty of water and listening to your body. Exercise obviously plays an important role in physical fitness so we wanted to give everyone lots of fun and exciting workouts to try each day at home!







Lets Get Fit MONDAY

with the Chippenham Sports Partnership

Choose a 2 colours do the first colour then have a 2 minute break then onto the 2nd colour
Before we start we are doing a little wake and shake ...
<https://m.youtube.com/watch?reload=9&v=nSJMtUT4ez4>

Red Workout	Blue Workout	Yellow Workout	Green Workout
*Jog in place for 1 minute *10 R and L leg stretches *Plank for 20 seconds *15 Scissor Jumps *10 Sit Ups *Wall Squat 25 seconds *15 Ski Jumps *10 Toe Touches	*40 Jumping Jacks *10 R and L arm stretches *7 Squats *15 Heel raises *20 High knees *7 Lunges *15 Crunches *20 Mountain Climbers	*40 Jumping Jacks *30 Second Stretch *20 Back Kicks *10 Squats *ABC Push Ups *20 Jump Ropes *7 Standing long jumps *10 Hops each foot	*Jog in place for 1 minute *30 Second Stretch *10 Leap Frogs *10 Walking Lunges *15 Squat Kicks *25 Mountain Climbers *15 Skips in place *15 You Pick
Repeat For 12 Minutes 30 Second Rest in Between	Repeat For 12 Minutes 30 Second Rest in Between	Repeat For 12 Minutes 30 Second Rest in Between	Repeat For 12 Minutes 30 Second Rest in Between

30 seconds break between each one and Repeat 3 times







Lets Get Fit THURSDAY

with the Chippenham Sports Partnership

"The Chippenham Sports Partnerships says"

High Knees	Balance on your right Foot
Star Jumps	Play an air guitar
Fast Feet	Jumping Jacks
Press ups	Clap your hands fast
Hands on your head	Squat Jumps
Walk like a duck	Lunges
Balance on your left Foot	Arm circles
Plank	Skip around






Playing Solo – do each activity twice whilst shouting out what activity you are doing

Rules: The players must obey all commands that begin with the words "The Chippenham Sports Partnership Says" If "The Chippenham Sports Partnership Says" touch your nose" then you all must touch your nose. However, if "The Chippenham Sports Partnership Says" "jump" without saying "The Chippenham Sports Partnership Says" then you must do a forfeit of 20 star jumps.

To play this game you need to set a timer (link below) or use a watch for 5 minutes per round

4 rounds need to be played

<https://www.online-stopwatch.com/countdown-timer/>

Lets Get Fit FRIDAY

with the Chippenham Sports Partnership

"Lets get moving" roll the dance game!
Roll a dice or use the link below

You have 10 rolls each
50 seconds workout 50 seconds rest

You will need...

- Dice
- A sauce pan
- Pair of socks
- Skipping rope or your imagination

Not got a dice – click on the link below
www.google.com/search?q=dice+roller

●	Roll a pair of socks across the floor and run and get it
●●	Fast Feet
●●●	Throw a pair of socks into a sauce pan
●●●●	Pretend to skip or use a skipping rope
●●●●●	Throw a pair of socks in the air and catch them
●●●●●●	Plank



Remote Learning – 60 Second Challenge



This week was all about CHALLENGE! There are many times in life when things get tricky and it is important to keep trying and pushing yourself. This challenge was set to encourage each pupils to try their best and to keep trying to improve.

We set a different exercise each day, and it was great to hear about pupils trying out each of these exercises and striving to beat their score.

During this week we also got the chance to share some great resources from Caroline “the dance lady” who led a dance workout that allowed pupils to work their bodies and their minds.

Chippenham Sports Partnership

Active Mind

with the Chippenham Sports Partnership

Get Your mind active with Caroline “the Dance Lady”

<https://www.youtube.com/watch?v=jCbTbnFbiB8&feature=youtu.be>

<https://thedancelady.com/>

Free resources can be viewed and downloaded from the Youth Sport Trust’s website (see link below)

Recording Sheet			
Activity	Award Earned Per Class Totals		
	Bronze = 5 points	Silver = 10 points	Gold = 15 points
	3	2	1
	3	2	1
	3	2	1
	3	2	1
	3	2	1
	3	2	1
	3	2	1
	3	2	1

Chippenham Sports Partnership

60 Second work out challenge

with the Chippenham Sports Partnership

The Challenge

your aim is to achieve the Chippenham Sports Partnership “60 Second Challenge Award” earning Bronze, Silver or Gold for these awards





Remote Learning – Love Yourself

Exercise is great for physical health but also have a positive benefit on mental health too. When you exercise your body releases a feel-good chemical called serotonin which can help improve your mood. This week's workouts focused on walking which is a fantastic way to get some physical activity, fresh air and enjoy your local area. The walks each had a different focus ranging from a 'wonderfully weird' walk to a kindness walk. There was also an additional cheerleading task, linking to positive self-talk and being kind to ourselves too.

Alongside this we shared a different breathing exercise or meditation activity to do each day which can be used to help pupils feel calmer and be used as a strategy to support them when they are feeling anxious or low.

Love Yourself

with the Chippenham Sports Partnership

THURSDAY

Wonderfully Weird Walk

Going for a walk is great for physical and mental health...however this is a walk with a twist! Follow the instructions below for a walk that will hopefully put a smile on your face:

- If a road sign starts with the letter "C" complete 10 jumping jacks
- If the first part of a road name has 5 letters - bunny hop 5m
- If a road sign has the word Crescent or Grove on it then make the letter of your surname with your body. Can you create this as a family group?
- If a road sign starts with the letter S or T run on the spot as fast as you can for 10 seconds
- If the letters on a road sign can be rearranged to spell out a colour, then ask your parents to pretend to be an animal of their choice for 5 seconds
- If a road sign has the word Drive on it, then pretend to drive a car for 10 seconds
- If a road sign starts with the letter of your first name, waddle like a duck for 5m
- If a road name has 9 or more letters (not including road / street / close etc) then conga for 5 seconds
- If a road sign has the words High, Station, Church, Field, Park or Manor on it then dance on the spot for 10 seconds (some of these names may apply to other activities too!)

Love Yourself

with the Chippenham Sports Partnership

WEDNESDAY

Coin Walk

Sometimes in life there are things that are in our control and other things that are not....

Things I can't control (so I will try and LET GO of these things)	Things I can control (so I will FOCUS on these things)
The actions of others	My positive attitude
Predicting what will happen	The amount of effort I put in
Other peoples motives	My decisions
How long the pandemic will last	How I treat others
Whether other people will follow the rules	My words and actions
How others react	How I take care of myself
Things from the past	Whether I follow the rules
The weather!	My kindness

1. Before your walk, write down a list of anything you are worried about and take the list with you
2. When you get to a turning throw a coin. Heads = left tails = right. You have no control on where you go!
3. When you have tossed the coin take look at one of the worries on your list - can you control it? If so what can be done to help? Is it outside your control - try to let it go!

Love Yourself

with the Chippenham Sports Partnership

FRIDAY

The way you talk to yourself has a huge impact on how you are feeling. Try thinking of some positive phrases you can say to yourself when times get tough. Now make up some moves to go alongside them.

BE YOUR OWN CHEER LEADER!

I CAN DO THIS

I will not give up!
I am enough!
Life is tough but so am I!
It may take time, but I will learn this!

Love Yourself

with the Chippenham Sports Partnership

Marvellous Mindfulness!

Day	Activity
Monday	Handprint breathing
Tuesday	Positive hugs
Wednesday	Neck stretch
Thursday	Senses
Friday	Push away
Saturday	Square breathing
Sunday	Mini Meditation from Headpace (see link below)

Click the image to watch video instructions on how to complete each of these activities!



Remote Learning – World Book Week!

To celebrate 'World Book Day!' we shared a range of book and literacy themed workouts. There are many benefits to reading – just as there are to exercise – so we hope that combining the two led to an interesting week of remote PE! Reading can help improve children's concentration as well as develop their knowledge and imagination. By following stories of different characters, they can also improve their empathy skills as well as being FUN! As part of this we shared book scavenger hunts, scrabble workouts and a specific Dr Suess activity for KS1 pupils.

World Book Week

MONDAY

WORLD BOOK DAY

with the Chippenham Sports Partnership

BOOK SCAVENGER HUNT

You will need lots of books for this activity, find each of the items listed FIND and list them in the box below

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.

What animal did you find?.....

Name of the book you found the word spring?.....

Who helped someone in the book, name.....

What book did you find the sun.....

Name of the book that made you laugh.....

Name that bug.....

Who was sleeping in your book.....

What pet did you find.....

What cat did you find.....

Who was the super hero.....

Did you find the bike?.....

World Book Week

TUESDAY

WORLD BOOK DAY

with the Chippenham Sports Partnership

SCRABBLE WORKOUT

Using the scrabble letters below, decide on a word that is a minimum of 5 letters long. You then must complete the word by completing the relevant exercise that matches each letter in the blue box. Each letter is worth a different amount of points as shown in the bottom right of the tile. The more points the letter is worth the more challenging the exercise! You are aiming to score as many points as possible from one word!

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				

The Exercises

A. 10 star jumps	N. 30 seconds toe taps on stairs
B. 70 press ups	O. 10 lunges
C. 30 sit ups	P. 30 second plank
D. 10 truck jumps	Q. 40 Press ups
E. 30 upper cuts (boxing)	R. 10 shoulder presses with weight
F. 30 frog jumps	S. 20 mountain climbers
G. 15 jumping lunges	T. 10 star jumps
H. 20 tricep dips	U. 30 jab punches
I. 30 seconds running on the spot	V. 45 second wall sit
J. 30 burpees	W. 40 sit ups
K. 25 jump squats	X. 30 burpees
L. 10 squats	Y. 40 Lateral (side to side) jumps
M. 45 seconds high knees on the spot	Z. 50 sit ups

World Book Week

FRIDAY

WORLD BOOK DAY

with the Chippenham Sports Partnership

Creative reading, can you show us how creative you can get with your reading!!

World Book Week

THURSDAY

WORLD BOOK DAY

with the Chippenham Sports Partnership

Sit down and read a book, send us your pictures! @chipsportpart remember to get parents permission

Or make a book trail for your grown ups by hiding books throughout the house or garden. The grown ups start by getting a clue from you, e.g. "A teenage wizard starts his new school in this book." Once the grown ups have found that book, there is another clue tucked inside leading them to the next one.



Activity Tracker Competition



It has been amazing to see all of the fantastic effort that pupils within our partnership schools have put into their PE during this period of remote learning. Whether they have been in school as children of key workers, or getting active in their living rooms at home we have been really impressed.



Home Activity Tracker @ChipSportPart

Name _____

School _____

DAY	DATE	THE EXERCISE I DID WAS... (WALKING, SCOOTING ETC)	HOW MANY MINUTES TODAY	TOTAL SO FAR (MINUTES)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

To help pupils track what exercise they were doing to help motivate them we created a Chippenham Sports Partnership Activity Tracker. Pupils could then log any exercise they did and hand these into their teachers to be entered into a competition to win a £30 voucher for Sporting Billy's, our local sporting goods store.

We are pleased to announce that the name pulled out of the hat was F from Queens Crescent school. All pupils who completed an activity tracker will get a certificate.





YouTube Channel



As well as going online and having our own website www.chipsportpart.co.uk, we also have our very own YouTube channel. This has been a great way to share some of our remote learning resources and workouts and we will continue to add to this, even after lockdown is over. So far we have posted the following videos:

- Cuddly toy workout – a fun workout which can be done at home – all you need is a cuddly toy!
- Mini Meditation video – this showed 6 different strategies to use to help feel less anxious and help with mental health including breathing exercises and grounding activities
- CSP workout – another workout with each activity based on each of our primary schools. From Charter crunches, to Langley Fitzhurse falcons and Lacock lunges, we hope you enjoyed getting active!
- Well done from our real life key worker heroes – a message to congratulate everyone for taking part in the superhero challenges from our NHS surgeons, paramedics, postman, shop workers, police and military.
- We have also included a flashback to our Dance Festival last year in February 2020 – just before the world shut down. We look forward to hosting events like this again in the future!

Subscribe to our YouTube channel below:

[Chippenham Sports Partnership - YouTube](#)



Yoga and Mindfulness

When schools returned on 8th March we were delighted to finally be able to return to face to face activities. In the run up to the Easter holidays we visited schools to run workshops to teach pupils the benefits of yoga and different breathing and mindfulness exercises.

It was fantastic to see the enthusiasm and flexibility shown as pupils got into different yoga poses – trying positions such as the tree, the warrior and the triangle. They all worked together in groups helping each other to try new ideas.

We also discussed breathing exercises such as the handprint method and using breathing and imagery to help keep thoughts positive and push any negative feelings such as worry or anger away.





HRF

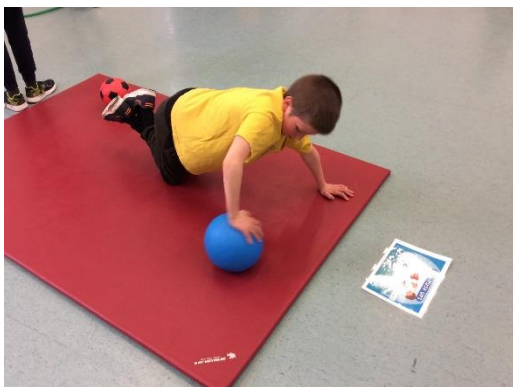


The Health Related Fitness workshops were well received by primary schools and it was a great chance to share the benefits of exercise with pupils. Fitness and Health is more important than ever as it helps to reduce our risk of illnesses. Data shows that regular physical activity can boost our self-esteem, mood and sleep quality, making us less prone to stress, and is great for our mental health. Did you know that inactive children are likely to become inactive adults?

As part of this session pupils were given to chance to reflect on their own health. This covered healthy diets and what foods and drinks were important to consume. Pupils also got the chance to talk about the amount of sugar in certain foods and drinks and different strategies to reduce their sugar intake. Pupils took part in a circuit session, showing ways to exercise with minimal equipment. The aim of the session is to encourage them to keep fit from a young age.



It was fantastic to see everyone trying really hard and putting lots of effort into their workouts. Well done to everyone who has taken part so far.





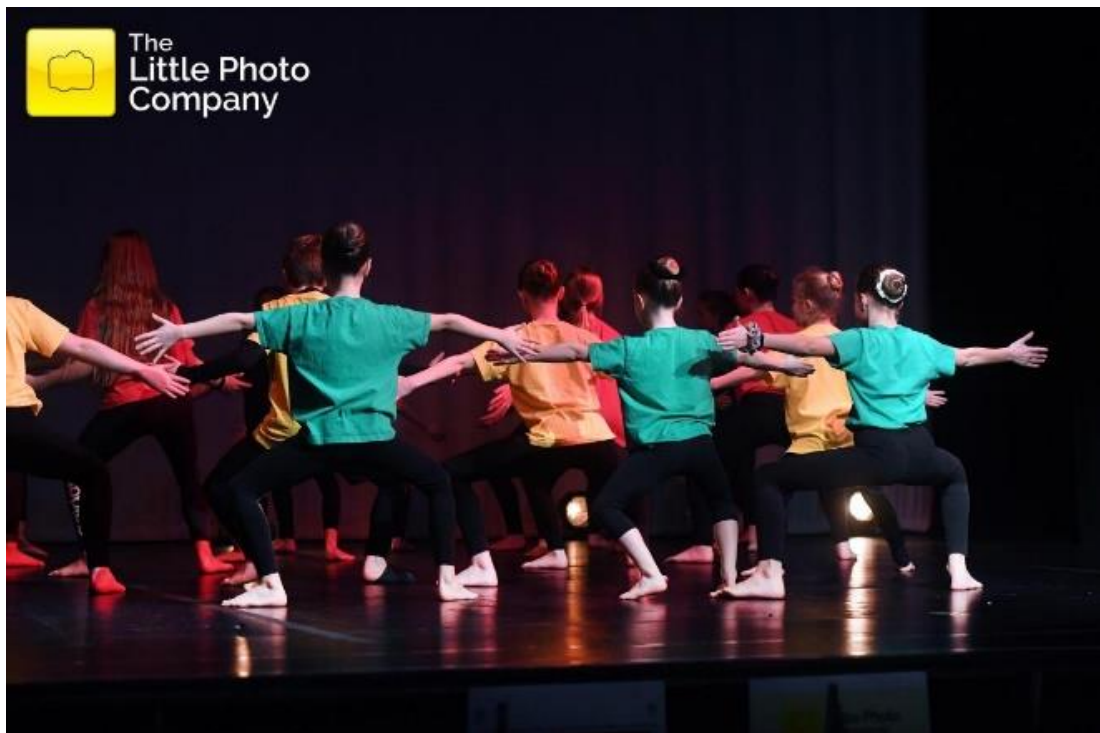
Virtual Dance

In place of the usual exciting dance festival we have organised a virtual replacement to ensure the children of Chippenham get the chance to 'keep dancing!' The theme is 'Dance like no-one is watching' to encourage pupils to get creative and dance for fun.

Entries need to be submitted by Friday 2nd July 2021

Each dance will be scored based on the following who is having the most fun – so we will be looking for lots of enthusiasm and huge smiles!

Good luck to all those who have already entered.





Funding News

*** PLEASE NOTE REVISED AND EXTENDED DEADLINE OF ANY PESSP UNDER-SPEND FROM 2019/20 IS NOW 31st JULY 2021. ADDITIONALLY, IT IS STILL A REQUIREMENT OF THE FUNDING, THAT SCHOOLS REPORT ON ITS USE FOR 2020/21 ON THEIR WEBSITES BY 31st JULY 2021.**

It is important that your grant is used effectively and based on school need. The Education Inspection Framework (**Ofsted 2019 p64**) makes clear there will be a focus on 'whether leaders and those responsible for governors all understand their respective roles and perform these in a way that enhances the effectiveness of the school'. Under the Quality of Education criteria (**p41**) inspectors consider the extent to which schools can articulate their curriculum (**INTENT**), construct their curriculum (**IMPLEMENTATION**) and demonstrate the outcomes which result (**IMPACT**).

Please visit [gov.uk](https://www.gov.uk) for the revised DfE guidance including the 5 key indicators across which schools should demonstrate an improvement.

The template documents (links below) will help you to review your provision and to report your spend. DfE encourages schools to use this template as an effective way of meeting the reporting requirements of the Primary PE and sport premium. We recommend you start by reflecting on the impact of current provision and reviewing the previous spend. Schools are required as a condition of the grant, to publish details of how they spend this funding as well as on the impact it has on pupils' PE and sport participation and attainment. Reporting on how any such spending will be sustainable is also required.

As a polite reminder, in the case of any under-spend from 2019/20 which has been carried over, this must be used and published on school websites by 31st July 2021.

We recommend regularly updating the table and publishing it on your website throughout the year. This evidences your ongoing self-evaluation of how you are using the funding to secure maximum, sustainable impact.

Final copy must be posted on your website by the end of the academic year and no later than the 31st July 2021.

To see an example of how to complete the table please click [HERE](#).

Revised Reporting [Template](#) - PDF version

Revised Reporting [Template](#) - Word version

