



Primary Physical Education Response to COVID-19

Helping children recover from the consequences of lockdown and COVID-19 delivery ideas



Lockdown restrictions might cause pupils' to return to school with:	Suggested activities linking to the primary Physical Education National Curriculum*	Intent (In response to Covid-19)
Loss of functional capacity	<ul style="list-style-type: none"> Athletics (KS1 and KS2 running, throwing and jumping) Fitness Circuits (KS2 Health Related Exercise) Fundamental Movements Skills (KS1 locomotion) 	<ul style="list-style-type: none"> To build stamina, strength & flexibility
Lacking movement competence	<ul style="list-style-type: none"> Skills basked activities (KS2 games and KS1 ball skills) Movement and agility activities (KS1 locomotion) Create movement patterns (KS1 and KS2 dance) 	<ul style="list-style-type: none"> Increase in basic movements (agility and coordination) stability (balance) and object control
Suffering loneliness, social isolation and lack of belonging	<ul style="list-style-type: none"> Activities which focus on communication and collective performance (Outdoor Adventurous Activities including, team building* and problem solving) 	<ul style="list-style-type: none"> Social interaction, connection, collaboration, and teamwork
Anxiety, bereavement, trauma or stress	<ul style="list-style-type: none"> Play (maximise Physical Activity opportunities) Walking including the daily mile Yoga, Tai Chi or Dance 	<ul style="list-style-type: none"> Controlling breathing, controlling emotions and mindfulness Self expression, how they are feeling
Inactivity (too much time indoors)	<ul style="list-style-type: none"> Outdoor adventurous challenges (Scavenger hunts) Athletics (KS1 and KS2 Running, Throwing and Jumping) Personal Challenges 	<ul style="list-style-type: none"> Connection with the environment and regaining perspective
Lack of motivation and confidence	<ul style="list-style-type: none"> Personal Challenges to achieve their personal best (KS1 and KS2 athletics, KS1 locomotion and KS2 games) 	<ul style="list-style-type: none"> Engaged, confident and showing a willingness to try new things

NB: All activities should follow Government Guidance in response to COVID-19 and afPE safe practice guidelines.

