



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	- Athletics (KS1 and KS2 running, throwing and jumping) - Fitness Circuits (KS2 Health Related Exercise) - Fundamental Movements Skills (KS1 locomotion)	To build stamina, strength & flexibility
Lacking movement competence	- Skills basked activities (KS2 games and KS1 ball skills) - Movement and agility activities (KS1 locomotion) - Create movement patterns (KS1 and KS2 dance)	Increase in basic movements (agility and coordination) stability (balance) and object control
Suffering loneliness, social isolation and lack of belonging	Activities which focus on communication and collective performance (Outdoor Adventurous Activities including, team building* and problem solving)	Social interaction, connection, collaboration, and teamwork
Anxiety, bereavement, trauma or stress	- Play (maximise Physical Activity opportunities) - Walking including the daily mile - Yoga, Tai Chi or Dance	- Controlling breathing, controlling emotions and mindfulness - Self expression, how they are feeling
Inactivity (too much time indoors)	- Outdoor adventurous challenges (Scavenger hunts) - Athletics (KS1 and KS2 Running, Throwing and Jumping) - Personal Challenges	Connection with the environment and regaining perspective
Lack of motivation and confidence	Personal Challenges to achieve their personal best (KS1 and KS2 athletics, KS1 locomotion and KS2 games)	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.