



# Primary Physical Education Response to COVID-19

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



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 based 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.

