## Primary Physical Education Response to COVID-19

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

<table>
<thead>
<tr>
<th>Lockdown restrictions</th>
<th>Suggested activities linking to the primary Physical Education National Curriculum*</th>
<th>Intent (In response to Covid-19)</th>
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</thead>
</table>
| 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 |