# Secondary 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 might cause pupils’ to return to school with:</th>
<th>Suggested activities for Secondary Physical Education</th>
<th>Intent (In response to Covid-19)</th>
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</thead>
</table>
| Loss of functional capacity | • Athletics and athletic challenges (Eg. Classroom to 3K)  
• Fitness Circuits  
• Gymnastics | • To develop stamina, strength & flexibility  
• Developing individual skills / movements  
• Creativity and basic composition |
| Lacking movement competence | • Skills practices; covering a broad range of activities  
• Personal challenges  
• Engagement with social tasks (Eg. Tik-Toc routines) | • Improve confidence in performing techniques  
• Development to become an effective performer  
• Analyse and feedback to improve performance |
| Suffering loneliness, social isolation and lack of belonging | • Activities which focus on communication and collective performance (Eg. Dance, Cheerleading, aerobics and OAA)  
• Pop Lacrosse / goal ball / boule / boccia / adapted games | • Encourage social interaction  
• Develop communication skills and teamwork  
• Develop problem solving and leadership skills |
| Anxiety, bereavement, trauma or stress | • Playground games (maximise Physical Activity opportunities)  
• Daily exercise / activity / yoga / Pilates / tai–chi  
• Dance | • Controlling breathing, emotions and mindfulness  
• Developing self expression and creativity  
• Develop communication and collaboration |
| Inactivity (too much time indoors) | • OAA and Problems Solving (Eg. Scavenger hunts and orienteering)  
Health related fitness challenges  
• Classroom to 2K / 3K / 4K | • Connection with the environment and regaining perspective  
• Re-engage with outdoor environment (Eg. Nature) |
| Lack of motivation and confidence | • Personal Challenges  
• 1 vs 1 challenges  
• Foot golf / tri golf / heptathlon / multi sport / frisbee | • Achievement / personal best  
• Prepare and for competition  
• Experience competing |