



Secondary 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 for Secondary Physical Education	Intent (In response to Covid-19)
Loss of functional capacity	<ul style="list-style-type: none"> Athletics and athletic challenges (Eg. Classroom to 3K) Fitness Circuits Gymnastics 	<ul style="list-style-type: none"> To develop stamina, strength & flexibility Developing individual skills / movements Creativity and basic composition
Lacking movement competence	<ul style="list-style-type: none"> Skills practices; covering a broad range of activities Personal challenges Engagement with social tasks (Eg. Tik-Toc routines) 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Activities which focus on communication and collective performance (Eg. Dance, Cheerleading, aerobics and OAA) Pop Lacrosse / goal ball / boule / boccia / adapted games 	<ul style="list-style-type: none"> Encourage social interaction Develop communication skills and teamwork Develop problem solving and leadership skills
Anxiety, bereavement, trauma or stress	<ul style="list-style-type: none"> Playground games (maximise Physical Activity opportunities) Daily exercise / activity / yoga / Pilates / tai-chi Dance 	<ul style="list-style-type: none"> Controlling breathing, emotions and mindfulness Developing self expression and creativity Develop communication and collaboration
Inactivity (too much time indoors)	<ul style="list-style-type: none"> OAA and Problems Solving (Eg. Scavenger hunts and orienteering) Health related fitness challenges Classroom to 2K / 3K / 4K 	<ul style="list-style-type: none"> Connection with the environment and regaining perspective Re-engage with outdoor environment (Eg. Nature)
Lack of motivation and confidence	<ul style="list-style-type: none"> Personal Challenges 1 vs 1 challenges Foot golf / tri golf / heptathlon / multi sport / frisbee 	<ul style="list-style-type: none"> Achievement / personal best Prepare and for competition Experience competing



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



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