

# PHYSICAL Activities Directory

Activities to help reverse the effects of  
COVID-19



# Why USE Physical Activity? - THE RECOMMENDATIONS & EVIDENCE FOR SCHOOLS

## ***Education and childcare settings: New National Restrictions (Nov 2020):***

It is important that children continue to remain fit and active and, wherever possible, have the 60 active minutes of daily physical activity recommended by the Chief Medical Officers

## ***UK Chief Medical Officers' Physical Activity Guidelines (Sept 2019):***

- Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports\*
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity

\* Subject to any restrictions/guidance issued by Government in response to COVID-19

## ***The link between pupil health and wellbeing and attainment—Public Health England (Nov 2014):***

Research evidence shows that education and health are closely linked. So promoting the health and wellbeing of pupils and students within schools and colleges has the potential to improve their educational outcomes



# Identifying the Effects of COVID-19

Schools are recognising a range of effects on children's health and wellbeing of COVID-19 which are summarised

Effect	What you might see in school
Loss of functional capacity (physical fitness)	Inability to sustain physical activity for sufficient time
Lacking movement competence (physical skills)	Lack of coordination, inability to sit for any length of time, walk efficiently, over-fidgety, poor writing/presentation of work etc
Suffering loneliness, social isolation and lack of belonging	Lack of friends, lack of immediate reconnection to previous friendship groups, falling out, lack of connection with group tasks
Anxiety, bereavement, trauma or stress	Indicators of these effects will vary as each young person will experience them differently but you may see changes in behaviour, engagement, attention, resilience, they may complain of feeling ill or feel guilt, anger, shame, anxious, sadness, and worry about their own health/death
Inactivity (too much time indoors)	Lack of enjoyment of school, especially of time outdoors at break time or in PE for example
Lack of motivation and confidence	Not willing to try new things, lack of resilience, low self esteem

here:



## Using the School Games Mark Framework To SUPPORT THIS WORK

The School Games Mark Framework has been designed to help schools to reflect on their provision, align this to their COVID-19 recovery curriculum and consider which pupils need sustained/targeted intervention. Completing the Framework will help you reflect on your response. You can find out more by speaking to your SGO or visiting: <https://www.yourschoolgames.com/how-it-works/school-games-mark/>

## HOW CAN the ACTIVE SCHOOL PLANNER HELP ME INCREASE ACTIVITY?

The Active School Planner is a collection of resources and ideas, along with a heat map tool to help you understand the various ways your school could improve it's physical activity offer. Visit <https://www.activeschoolplanner.org/> or speak to your SGO for more information.

## How to use the Physical Activities Directory






























Once you have identified the impact COVID-19 has had on a child or group of children in your school simply scroll through the directory to the sub-section dealing with that effect and choose an activity which can support your interventions.

Remember that an intervention can be designed specifically for an individual or small group but can also be valuable when delivered with larger groups, especially to support improved social connection.

The activities have been tagged to show where they can be undertaken:



## Loss of functional capacity (physical fitness)

Intent	To build stamina, strength & flexibility	
Broad Activities	Athletics (KS1 and KS2 running, throwing and jumping), Fitness Circuits (KS2 Health Related Exercise), Fundamental Movements Skills (KS1 locomotion)	
Specific activities	 Lunge for it ( <a href="#">C4L Target Pack</a> )	  Dexterity - This is PE Card ( <a href="#">click here</a> )
	 Journey around the body ( <a href="#">C4L Target Pack</a> )	  Dexterity - This is PE Video ( <a href="#">click here</a> )
	 Skip to it ( <a href="#">C4L Creative Pack</a> )	  Kicking 'Seated' - This is PE Card ( <a href="#">click here</a> )
	 Martial Moves ( <a href="#">C4L Creative Pack</a> )	  Kicking 'Seated' - This is PE Video ( <a href="#">click here</a> )
	 Journey round the body ( <a href="#">C4L Flight Pack</a> )	  Mobility 'Rolling' - This is PE Card ( <a href="#">click here</a> )
	 Healthy Hearts ( <a href="#">Youth Sport Trust/Complete PE</a> )	  Mobility 'Rolling' - This is PE Video ( <a href="#">click here</a> )
	 Jack High ( <a href="#">C4L Target Pack</a> )	  Striking 'Table Top Activities' - This is PE Card ( <a href="#">click here</a> )
	 Hot Shots ( <a href="#">C4L Target Pack</a> )	  Striking 'Table Top Activities' - This is PE Video ( <a href="#">click here</a> )
	 Flight Path ( <a href="#">C4L Target Pack</a> )	  Strike a Pose ( <a href="#">C4L Creative Pack</a> )
	 Bullseye ( <a href="#">C4L Target Pack</a> )	 Journey round the body ( <a href="#">C4L Flight Pack</a> )


























## Lacking movement competence (physical skills)

Intent	Increase in basic movements (agility and coordination) stability (balance) and object control
Broad Activities	Skills basked activities (KS2 games and KS1 ball skills), Movement and agility activities (KS1 locomotion), Create movement patterns (KS1 and KS2 dance)
Specific activities	  Strike a Pose ( <a href="#">C4L Creative Pack</a> )
	   Cheer Motion ( <a href="#">C4L Creative Pack</a> )
	  Synchronise ( <a href="#">C4L Creative Pack</a> )
	 Primary Rugby League Skills Challenges Set Up ( <a href="#">click here</a> ) & Skills Challenge Library ( <a href="#">click here</a> )
	 Bumping Balance ( <a href="#">C4L Adventure Pack</a> )
	  Skip to It ( <a href="#">C4L Creative Pack</a> )
	  Wall Mania ( <a href="#">C4L Flight Pack</a> )
	 Catch Chase ( <a href="#">C4L Flight Pack</a> )
	 Bip it bop it ( <a href="#">C4L Flight Pack</a> )
	 Down the Chute ( <a href="#">C4L Target Pack</a> )
	 Flight path ( <a href="#">C4L Target Pack</a> )
	  Sequence Champions ( <a href="#">Youth Sport Trust/Complete PE</a> )
	  Ship Shape ( <a href="#">Youth Sport trust/Complete PE</a> )

























## Suffering loneliness, social isolation and lack of belonging

Intent	Social interaction, connection, collaboration, and teamwork	
Broad Activities	Activities which focus on communication and collective performance (Outdoor Adventurous Activities including, team building and problem solving)	
Specific activities	 Synchronise ( <a href="#">C4L Creative Pack</a> )	 Animal Moves ( <a href="#">Youth Sport Trust/Complete PE</a> )
	  Strike a Pose ( <a href="#">C4L Creative Pack</a> )	 Down the Chute ( <a href="#">C4L Target Pack</a> )
	 Express Yourself ( <a href="#">C4L Creative Pack</a> )	 Jack High ( <a href="#">C4L Target Pack</a> )
	 Not In My Back Yard ( <a href="#">C4L Creative Pack</a> )	 Hunt 'n' Grab ( <a href="#">C4L Target Pack</a> )
	 All for one, one for all ( <a href="#">C4L Adventure Pack</a> )	 Team Target ( <a href="#">C4L Target Pack</a> )
	 Adventure Challenge ( <a href="#">C4L Adventure Pack</a> )	 Rollercoaster ( <a href="#">C4L Flight Pack</a> )
	 Compass clues ( <a href="#">C4L Adventure Pack</a> )	  Climb the ladder ( <a href="#">Youth Sport Trust/Complete PE</a> )
	 Survival ( <a href="#">C4L Adventure Pack</a> )	  Space monsters ( <a href="#">Youth Sport Trust/Complete PE</a> )
	 Blast off ( <a href="#">Youth Sport Trust/Complete PE</a> )	  In the Box ( <a href="#">Youth Sport Trust/Complete PE</a> )
	 What to do about Worry – Relaxation Activities ( <a href="#">Every Mind Matters</a> )	

















## Anxiety, bereavement, trauma or stress

Intent	Controlling breathing, emotions and mindfulness. Self expression, how they are feeling.	
Broad Activities	Play (maximise Physical Activity opportunities), Walking including the daily mile/walk and running programmes, Yoga, Tai Chi or Dance	
Specific activities	 What To Do About Worry ( <a href="#">click here</a> )	 Jack High ( <a href="#">C4L Target Pack</a> )
	 Cosmic Kids Yoga ( <a href="#">click here</a> )	  Hot Shot ( <a href="#">C4L Target Pack</a> )
	 5-a-day Fitness ( <a href="#">click here</a> )	 Hunt 'n' Grab ( <a href="#">C4L Target Pack</a> )
	 Jump Start Johnny ( <a href="#">click here</a> )	 Hit the Targets ( <a href="#">C4L Target Pack</a> )
	 Go Noodle ( <a href="#">click here</a> )	 Flight Path ( <a href="#">C4L Target Pack</a> )
	 This Girl Can: Disney Dance Alongs ( <a href="#">click here</a> )	 Throwmania ( <a href="#">C4L Target Pack</a> )
	 Animal moves ( <a href="#">click here</a> )	 Move to the Beat ( <a href="#">click here</a> )
	 Synchronise ( <a href="#">C4L Creative Pack</a> )	 Move to the Beat Extravaganza ( <a href="#">click here</a> )
	 Strike a Pose ( <a href="#">C4L Creative Pack</a> )	 Space Adventure ( <a href="#">click here</a> )
	 Lunge for it ( <a href="#">C4L Target Pack</a> )	  Journey around the body ( <a href="#">C4L Target Pack</a> )


















## Inactivity (too much time indoors)

Intent	Connection with the environment and regaining perspective
Broad Activities	Outdoor adventurous challenges (Scavenger hunts) Athletics (KS1 and KS2 Running, Throwing and Jumping). Personal Challenges.
Specific activities	 Youth Sport Trust 60 Second Challenges ( <a href="#">click here</a> )
	 Disney Shake Up Games - 10 minute shake ups ( <a href="#">click here</a> )
	 Action Stations ( <a href="#">C4L Creative Pack</a> )
	 Power Jump Challenge ( <a href="#">click here</a> )
	 Tribal Dance ( <a href="#">C4L Creative Pack</a> )
	  Skip to It ( <a href="#">C4L Creative Pack</a> )
	 Actions Stations ( <a href="#">C4L Creative Pack</a> )
	 Run for it ( <a href="#">C4L Flight Pack</a> )
	 Down the Chute ( <a href="#">C4L Target Pack</a> )
	 Hunt 'n' Grab ( <a href="#">C4L Target Pack</a> )
	 PE Board Game ( <a href="#">click here</a> )
	 PE Jumanji Board Game ( <a href="#">click here</a> )
	 Workout at Home Ideas- Primary ( <a href="#">click here</a> )



## Lack of motivation and confidence

Intent	Engaged, confident and showing a willingness to try new things
Broad Activities	Personal Challenges to achieve their personal best (KS1 and KS2 athletics, KS1 locomotion and KS2 games)
Specific activities	 Cosmic Kids Yoga ( <a href="#">click here</a> )
	 Reaction Tag ( <a href="#">C4L Combat Pack</a> )
	 Tribal Dance ( <a href="#">C4L Creative Pack</a> )
	 Skip to It ( <a href="#">C4L Creative Pack</a> )
	 Express Yourself ( <a href="#">C4L Creative Pack</a> )
	 Bottoms up ( <a href="#">C4L Flight Pack</a> )
	 Catch crazy ( <a href="#">C4L Flight Pack</a> )
	 Down the Chute ( <a href="#">C4L Target Pack</a> )
	 Hit the Targets ( <a href="#">C4L Target Pack</a> )
	 Reaction Time ( <a href="#">C4L Target Pack</a> )
	 Throwmania ( <a href="#">C4L Target Pack</a> )
	 Skip to It ( <a href="#">C4L Creative Pack</a> )
	 Strike a Pose ( <a href="#">C4L Creative Pack</a> )



## Further Information

The School Games - [www.yourschoolgames.com](http://www.yourschoolgames.com)

Active School Planner - [www.activeschoolplanner.org](http://www.activeschoolplanner.org)

## Your LOCAL SUPPORT

Every school can call on their School Games Organiser for support.

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We'd like to thank the Youth Sport Trust along with the following School Games Organisers who helped to create this directory: Elizabeth Newstead, Chris Hughes, Colin Grady, Chris Story, Jo Newman, Gemma Corcoran, Ali Watt, Kerstine Hogg, Danny Bacon, Jimmy McGinn, Jay Watkinson and Oliver Carswell.

If you would like to suggest specific activities for future revisions of this directory please email

