

Physical Activity Directory

Activities to help reverse the effects of
COVID-19



Why use Physical Activity? - The Recommendation & Evidence for schools

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

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 physical activity, pupil health and wellbeing and attainment—Sport England (Oct 2020)

Promoting the health and wellbeing of pupils within schools has the potential to improve educational and health and wellbeing outcomes. Research evidence shows that sport and exercise is not only great for pupil's physical health, it boosts their mental health, supports good behaviour and academic achievement too. For more information please

[click here](#)



Identifying the Effects of COVID-19

Schools are recognising a range of effects on their children’s health and wellbeing due to the impact of the COVID-19 pandemic. Some of these are summarised below:

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



How to use the Physical Activity 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 appropriate sub-section that you wish to focus on 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:



In the classroom
































In a hall or outdoor space (e.g. in PE or at breaktimes)



At home





















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 (C4L Target Pack activity)	  Dexterity - This is PE Card (click here) Video below
	 Journey around the body (C4L Target Pack activity)	  Dexterity - This is PE Video (click here)
	 Skip to it (C4L Creative Pack activity)	  Kicking 'Seated' - This is PE Card (click here) Video below
	 Martial Moves (C4L Creative Pack activity)	  Kicking 'Seated' - This is PE Video (click here)
	 Journey round the body (C4L Flight Pack activity)	  Mobility 'Rolling' - This is PE Card (click here) Video below
	 Healthy Hearts (Youth Sport Trust/Complete PE)	  Mobility 'Rolling' - This is PE Video (click here)
	 Jack High (C4L Target Pack activity)	  Striking 'Table Top Activities' - This is PE Card (click here) Video below
	 Hot Shots (C4L Target Pack activity)	  Striking 'Table Top Activities' - This is PE Video (click here)
	 Flight Path (C4L Target Pack activity)	  Strike a Pose (C4L Creative Pack activity)
	 Bullseye (C4L Target Pack activity)	 Journey round the body (C4L Flight Pack activity)


























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),
Specific activities	  Strike a Pose (C4L Creative Pack activity)
	   Cheer Motion (C4L Creative Pack activity)
	  Synchronise (C4L Creative Pack activity)
	 Primary Rugby League Skills Challenge Library (click here) & Skills Challenges Set Up (click here)
	 Bumping Balance (C4L Adventure Pack activity)
	  Skip to It (C4L Creative Pack activity)
	  Wall Mania (C4L Flight Pack activity)
	 Catch Chase (C4L Flight Pack activity)
	 Bip it bop it (C4L Flight Pack activity)
	 Down the Chute (C4L Target Pack activity)
	 Flight path (C4L Target Pack activity)
	  Sequence Champions (Youth Sport Trust/Complete PE)
	  Ship Shape (Youth Sport trust/Complete PE)

























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 (C4L Creative Pack activity)	 Animal Moves (Youth Sport Trust/Complete PE)
	  Strike a Pose (C4L Creative Pack activity)	 Down the Chute (C4L Target Pack activity)
	 Express Yourself (C4L Creative Pack activity)	 Jack High (C4L Target Pack activity)
	 Not In My Back Yard (C4L Creative Pack activity)	 Hunt 'n' Grab (C4L Target Pack activity)
	 All for one, one for all (C4L Adventure Pack activity)	 Team Target (C4L Target Pack activity)
	 Adventure Challenge (C4L Adventure Pack activity)	 Rollercoaster (C4L Flight Pack activity)
	 Compass clues (C4L Adventure Pack activity)	  Climb the ladder (Youth Sport Trust/Complete PE)
	 Survival (C4L Adventure Pack activity)	  Space monsters (Youth Sport Trust/Complete PE)
	 Blast off (Youth Sport Trust/Complete PE)	  In the Box (Youth Sport Trust/Complete PE)
	 What to do about Worry – Relaxation Activities (Every Mind Matters)	

















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 (click here)	 Jack High (C4L Target Pack activity)
	 Cosmic Kids Yoga (click here)	  Hot Shot (C4L Target Pack activity)
	 5-a-day Fitness (click here)	 Hunt 'n' Grab (C4L Target Pack activity)
	 Jump Start Johnny (click here)	 Hit the Targets (C4L Target Pack activity)
	 Go Noodle (click here)	 Flight Path (C4L Target Pack activity)
	 This Girl Can: Disney Dance Alongs (click here)	 Throwmania (C4L Target Pack activity)
	 Animal moves (click here)	 Move to the Beat (click here)
	 Synchronise (C4L Creative Pack activity)	 Move to the Beat Extravaganza (click here)
	 Strike a Pose (C4L Creative Pack activity)	 Space Adventure (click here)
	 Lunge for it (C4L Target Pack activity)	  Journey around the body (C4L Target Pack activity)
















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 (click here)
	 Disney Shake Up Games - 10 minute shake ups (click here)
	 Action Stations (C4L Creative Pack)
	 Power Jump Challenge (click here)
	 Tribal Dance (C4L Creative Pack activity)
	  Skip to It (C4L Creative Pack activity)
	 Actions Stations (C4L Creative Pack activity)
	 Run for it (C4L Flight Pack activity)
	 Down the Chute (C4L Target Pack activity)
	 Hunt 'n' Grab (C4L Target Pack activity)
	 PE Board Game (click here)
	 PE Jumanji Board Game (click here)
	 Workout at Home Ideas- Primary (click here)



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 (click here)
	 Reaction Tag (C4L Combat Pack activity)
	 Tribal Dance (C4L Creative Pack activity)
	 Skip to It (C4L Creative Pack activity)
	 Express Yourself (C4L Creative Pack activity)
	 Bottoms up (C4L Flight Pack activity)
	 Catch crazy (C4L Flight Pack activity)
	 Down the Chute (C4L Target Pack activity)
	 Hit the Targets (C4L Target Pack activity)
	 Reaction Time (C4L Target Pack activity)
	 Throwmania (C4L Target Pack activity)
	 Skip to It (C4L Creative Pack activity)
	 Strike a Pose (C4L Creative Pack activity)



Further Information

The School Games - www.yourschoolgames.com

Active School Planner - www.activeschoolplanner.org

We'd like to thank the Youth Sport Trust along with the School Games Organisers who helped to create this directory.

