

PRIMEKIDZ PHYSICAL EDUCATION RECOVERY MEASURES RESPONSE TO COVID 19 AND POST LOCKDOWN

To support children who may have been affected during lockdown and covid 19.

IMPACTS THAT MIGHT AFFECT PUPILS RETURNING TO SCHOOL FROM LOCKDOWN

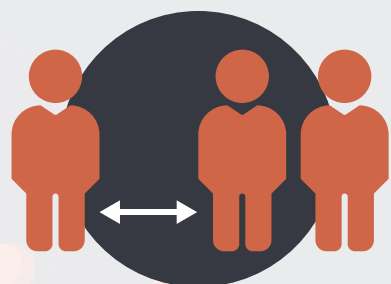
- ✗ LOSS OF FUNCTIONAL CAPACITY
- ✗ LACKING MOVEMENT COMPETENCE
- ✗ SUFFERING WITH SOCIAL ISOLATION
- ✗ ANXIETY BEREAVEMENT, TRAUMA, OR STRESS
- ✗ LACK OF ACTIVITY
- ✗ LACK OF MOTIVATION AND CONFIDENCE

PHYSICAL EDUCATION NATIONAL CURRICULUM

- ✓ FUNDAMENTAL MOVEMENTS SKILLS: THROWING AND CATCHING
- ✓ SKILLS BASED ACTIVITIES: AGILITY, BALANCE, COORDINATION
- ✓ OAA (OUTDOOR ADVENTURES): COMMUNICATING PERFORMANCE
- ✓ FUN GAMES
- ✓ YOGA & DANCE
- ✓ PERSONAL CHALLENGES: ATHLETICS/FITNESS

HOW WE RESPOND THROUGH OUR WELLBEING INTERVENTIONS

- ✓ TO BUILD STAMINA AND FLEXIBILITY
- ✓ CONTROL AND BALANCE
- ✓ SOCIAL TEAMWORK INTERACTION
- ✓ CONTROL OF BREATHING EXERCISES AND MINDFULNESS INTERVENTIONS
- ✓ RECONNECTING WITH ENVIRONMENT
- ✓ BUILD RESILIENCE AND CONFIDENCE IN ENGAGEMENT



TEACHING AND LEARNING

- ✓ ACTIVITIES DISTANCED AND NO CONTACT
- ✓ FOCUS ON ACTIVITIES OUTDOOR
- ✓ USING DISTANCED ACTIVITIES SUCH AS DANCE/YOGA
- ✓ MINDFULNESS ACTIVITIES



PROTECTIVE MEASURES

- ✓ REDUCING USE OF SHARING EQUIPMENT
- ✓ INDIVIDUAL EQUIPMENT USED
- ✓ USE OF OPEN SPACE AS MUCH AS POSSIBLE



HYGIENE

- ✓ WASHING HANDS BEFORE AND AFTER LESSONS
- ✓ ENSURING GOOD RESPIRATORY
- ✓ CLEANING OF EQUIPMENT



RISKS ASSESSMENTS

- ✓ UPDATE ASSESSMENTS OF PLAYING AREAS SPORTS HALL/PLAYGROUND

Primekidz ensures that all coaches adhere to government guidelines on covid 19

CALL: 0121 574 5986

www.excel-r-8.co.uk/primekidz

