

# School Sport and Enrichment Response to COVID

## Introduction



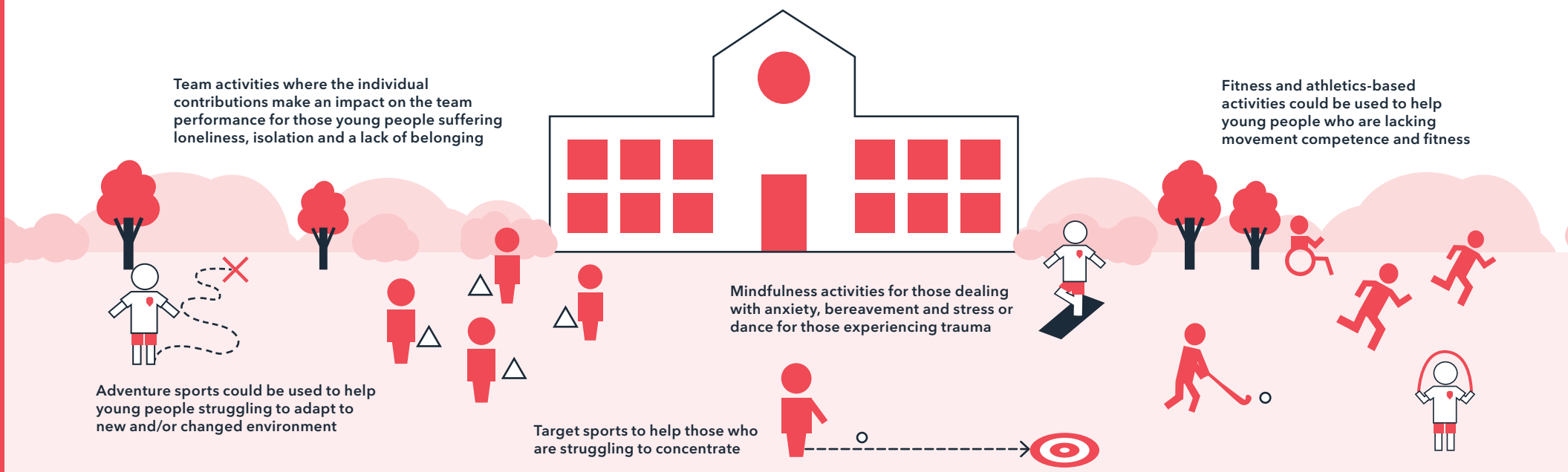
School sport through enrichment can be used to help settle ALL children and young people on return to school post COVID-19 through providing opportunities for challenge, connectedness and friendship, giving young people support and a sense of belonging whilst having fun.

School sport can also be used to target specific young people who are returning to schools. For example:

All activities should follow Government Guidance in response to COVID-19 and aPPE safe practice guidelines. In addition, please refer to the respective Home Country Sports Council and National Governing Body of Sport guidance.

Team activities where the individual contributions make an impact on the team performance for those young people suffering loneliness, isolation and a lack of belonging

Fitness and athletics-based activities could be used to help young people who are lacking movement competence and fitness



Adventure sports could be used to help young people struggling to adapt to new and/or changed environment

Mindfulness activities for those dealing with anxiety, bereavement and stress or dance for those experiencing trauma

Target sports to help those who are struggling to concentrate

The **intent** of the school sport experience should be **planned** and communicated, and you may wish to consider communicating specific information to young people about what to expect and why. This could be through the use of social stories which are particularly effective when working with young people with additional needs. **Intent** could be around young people achieving their **personal best**, developing **character and life skills**, increasing **resilience**, reforming or creating new **friendship** groups, developing **health** or familiarisation with the environment.

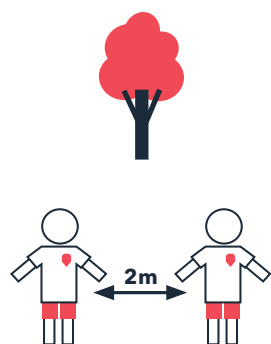
Where possible, engage **young people to inform and shape** what the activities are. **Young leaders** could be given a brief for the parameters of the activities in line with Government guidelines and then asked to design and deliver their own variations. This will give them the opportunity to develop their **creativity**, grow their understanding of differentiation and adaptation as well as giving them something purposeful to **focus** on, where they can **channel** their energy and improve their **self-esteem** and **self-worth**. **Devolved responsibility** will maximise young people's involvement in shaping a fun and engaging offer to engage new and existing audiences.

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## Activity Principles

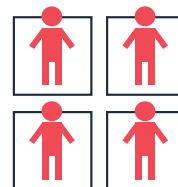


This school sport and enrichment response to COVID-19 activity principles builds on from the Youth Sport Trust PE principles document



### Considerations for games and activities:

- Age and stage appropriate
- Take place outdoors where possible
- Ensuring the 2m social distance is in place
- Not involving physical contact against an opponent or team
- Being safe but putting FUN at the forefront
- Being active and having a clear purpose
- Celebrating success and personal achievements
- Involving young people in shaping the design and delivery



### Considerations for children and young people when playing games and activities:

- Remaining in their own area
- Washing their hands before and after the activity
- Ensure you have a PE/Sport equipment policy that aligns to your school strategy. There is Government guidance and afPE guidance to inform this.

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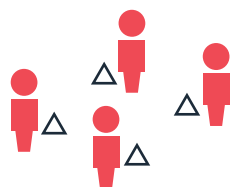
## Ideas for a school sport enrichment offer



THEME	ACTIVITY	INTENT	DELIVERY MECHANISM
<b>Fitness and athletics</b>	<p>Fitness and skill based challenges including standing long jump and running races</p> <p>Sensory circuits</p>	<p>Personal challenge</p> <p>Improving physical wellbeing and motivation</p> <p>Developing resilience</p>	<p>Intra school competition</p> <p>Set up mini teams (e.g. house teams) or target students to be involved. Organise weekly individual challenges through which they can score points which contribute to the team they are part of.</p> <p>Introduce a virtual leader board for individuals and/or groups (e.g. form groups or house groups) to widen the competition environment to develop character and life skills through cooperation towards collective performance. The TopYa! app could be used to support this which would also enable leaders to support through providing virtual coaching developing empathy and understanding.</p>



<b>Target sports</b>	<p>Aiming activities or rally activities, for example how many times can an individual bounce a ball or rally against a wall or another surface on their own?</p>	<p>Improving resilience and focus</p>	<p>Intra school competition</p> <p>E.g. Beating someone else's score (to experience competition)</p> <p>E.g. Personal challenges (goal setting)</p> <p>Introduce a virtual leader board for individuals and/or groups (e.g. form groups or house groups) to widen the competition environment to develop character and life skills through cooperation towards collective performance. The TopYa! app could be used to support this which would also enable leaders to support through providing virtual coaching developing empathy and understanding.</p>
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<b>Team activities</b>	<p>Non-contact activities which involve collaboration, communication, and teamwork</p> <p>Honing skills in specific sports undertaking individual activities</p>	<p>Building or reforming friendship groups or team spirit through connectedness and a sense of belonging</p> <p>Building friendships through activity and remembering to take turns</p>	<p>Intra school competition</p> <p>E.g. Competition between school sports teams involving individual skills, drills or challenges where they work together to produce the best combined score through sharing ideas and tactics on how to improve their own individual performance for the benefit of the team.</p> <p>Virtual inter school competition</p>
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## Ideas for a school sport enrichment offer



THEME	ACTIVITY	INTENT	DELIVERY MECHANISM
<b>Adventure sports</b>	Adventurous challenges including scavenger hunts, balance challenge or slalom runs  Orienteering	Developing trust through exploring the new environment and sharing appreciation with others	Intra school competition  Extra curricular activity  Utilising school grounds (ideally outdoors), zone off areas which enable students to confidentially explore within student pods maintaining social distancing.



<b>Creativity</b>	Dance  Individual gymnastic balances or routines	Developing health through expressing selves and feelings  Exploring emotions and expressing feelings through games, storytelling and music	Virtual delivery - Over the coming weeks and months the likelihood of some students still learning from home is high. Setting up virtual clubs, where teachers or students deliver virtual dance/fitness routines could support students to re-establish routine in their school day.  Extra curricular activity
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<b>Mindfulness activities</b>	Running, walking, yoga, pilates	Developing health through controlling breathing and managing emotions	Virtual delivery  Extra curricular activity  With a range of resources freely accessible to those with access to technology, using enrichment to support students to identify apps and tools that can support them when at home, e.g. Nike Run Club, Map My Run, etc.
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