

Are you really listening?



Listening to all of your students helps you to understand the attitudes and barriers causing a lack of participation

Our research shows:

- 1.** The least active students don't recognise opportunities to be active at school as easily as more active peers
- 2.** Girls report feeling more self-conscious and having less confidence than boys
- 3.** Attitudes towards PE, school sport and physical activity vary between students from different ethnic backgrounds
- 4.** Disabled students enjoy PE, school sport and physical activity less than their non-disabled peers, and feel less confident and less included in the opportunities available



What can you do?

- 1.** Create opportunities for a wide range of students to help shape the PE, school sport and physical activity provision in your school
- 2.** Encourage open communication and allow students to express their feelings in fun and creative ways
- 3.** Ask your students questions that lead to clear recommendations

Use this to inform your curriculum design



*Based on a study by Sheffield Hallam University of 81,773 students and 10,285 staff

Get your school behind PE

