

How to make PE inclusive for everyone

Most young people want to be active for fun, to take part with friends, and to stay healthy.

But certain groups, including girls, ethnic minorities and SEND pupils are much less likely to feel included in PE than others

How you can help ensure all of your students feel included in your lessons:



Make sure **everyone** feels comfortable with their PE kit



Recognise there are both similarities and differences between students' motivations and experiences – an individualised approach is required to support all students.

Give students – especially those who are **less active** – opportunities to shape their PE lessons and extra-curricular provision



Help students to **understand and appreciate** each other's needs

Create opportunities to **address personal feelings** about being active, to build confidence



Consider how you can utilise diverse **role models** – including non-PE staff in your school



*Based on a study by Sheffield Hallam University of 13,632 students and 1,497 staff

Get your school behind PE

