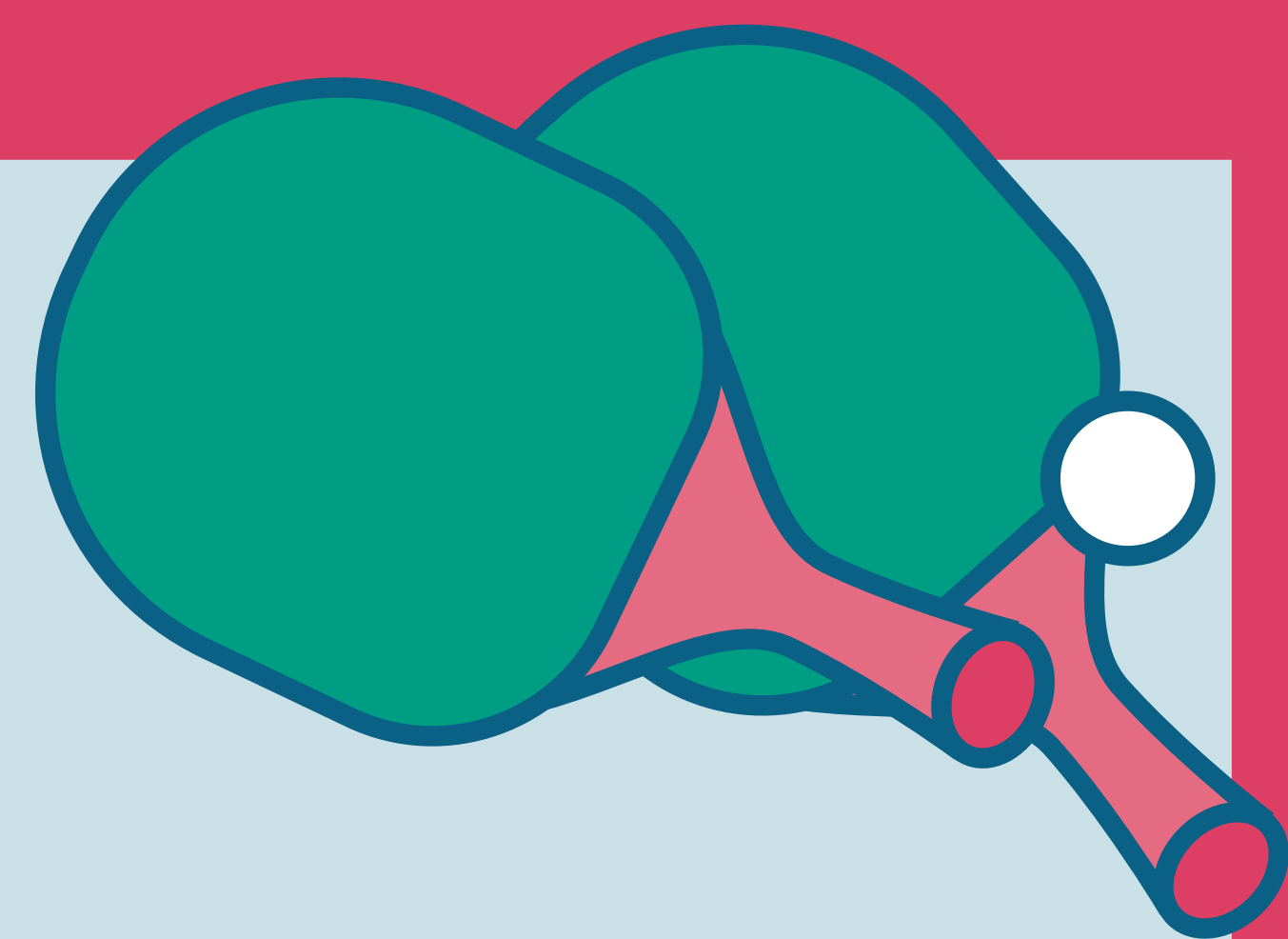


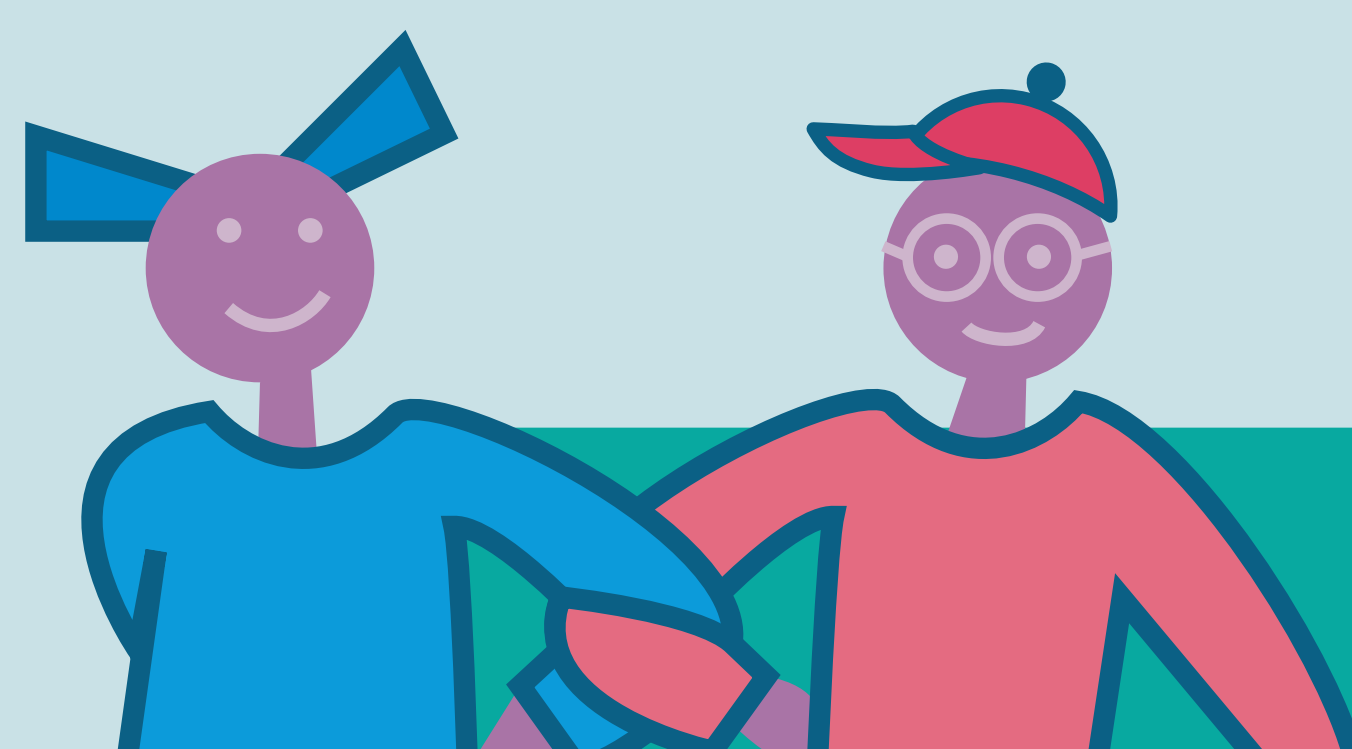


Top tips to make PE, school sport and physical activity great for students

Focus on boosting feelings of inclusion, confidence and perceived competence



Inclusion



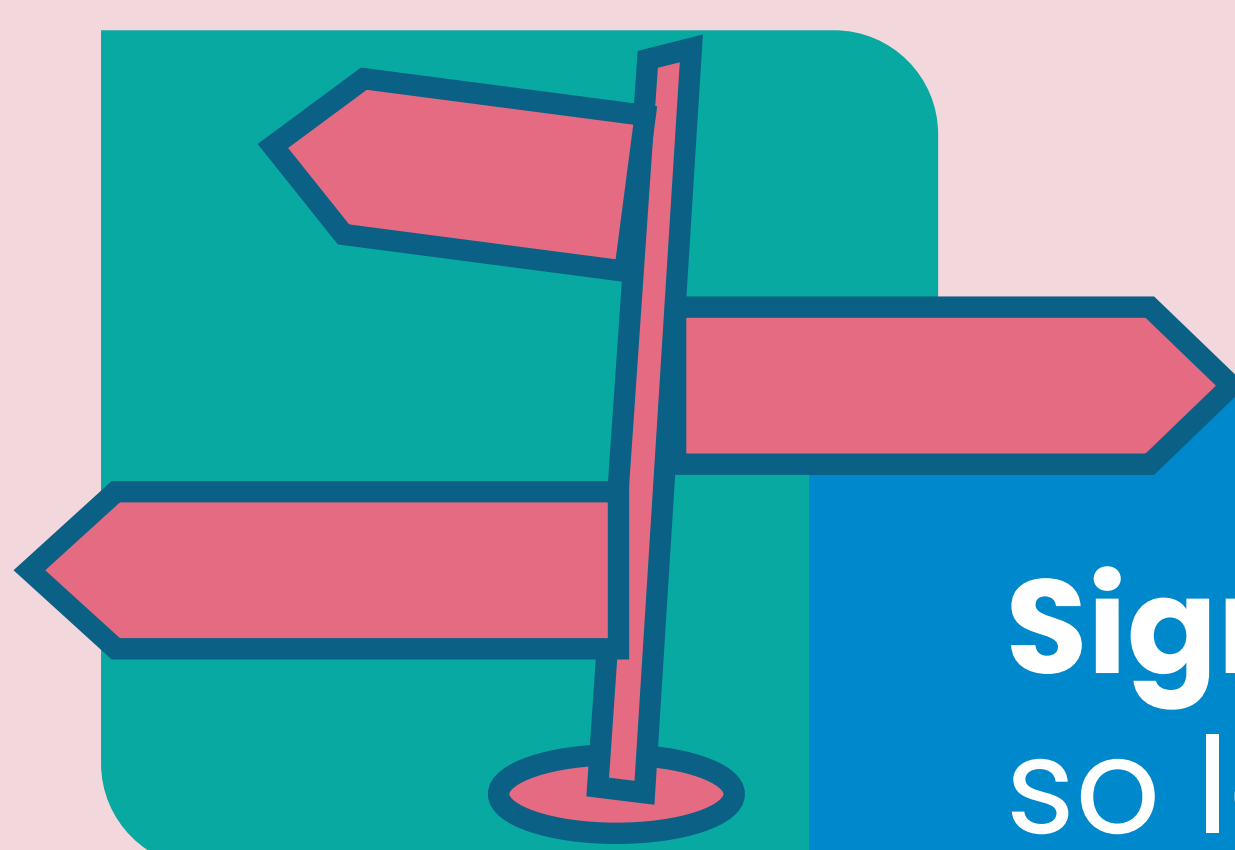
Build a sense of belonging.

There is a strong link between feelings of competence, confidence and feeling included

Consider non-competitive activities to engage less active students



Confidence



Signpost and embed activities

so less active students find opportunities to be active - they won't go looking for them



Look for positive role models. Finding these within your school could help to engage all students'

Listen to students.

Use student voice and student ambassadors to engage young people in the discussion about PE

Competence

Get to know your students' motivations and barriers, and identify the right activities to help encourage enjoyment and engagement



Use new activities to create a level playing field

*Based on a study by Sheffield Hallam University of 16 completed projects

Get your school behind PE

