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