

# How to engage all pupils in PE, school sport and physical activity

Evidence from our work with more than 2,000 secondary schools has identified these key learnings to help you engage all pupils in PE, school sport and physical activity.



## **Give pupils choice**

Provide varied options and activities. Let pupils decide whether they want to be competitive during PE lessons.



## **Listen to and empower pupils**

Encourage pupils to take the lead to suggest new activities and ways to be active.



## **Make everyone feel included**

There are large associations between pupils' confidence and feeling included, and in turn, their perceived competence. Think particularly about pupils with additional needs and those who are less active.



## **Create opportunities to be active across the school day**

Active lessons, lunch and break times and active travel all have a part to play.



## **Take a whole school approach to activity and healthy lifestyles**

School culture and role models at all levels have an important role to play, connecting physical activity and learning.



## **Talk to pupils about the range of benefits of being active**

This helps a wider understanding of what it means to be healthy.

For free support to help you place pupil's enjoyment and whole-school outcomes at the heart of PE and school sport, consider signing up to Sport England's Secondary Teacher Training programme.

Visit [www.sportengland.org](http://www.sportengland.org) for details.