

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.