

PE for Everybody

How to encourage everyone to take part



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SCHOOL OF HARD KNOCKS

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Gender Inclusive Schools

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Unsuitable changing facilities for PE, changing clothes, having to play with the boys when you are not a boy, or feeling excluded if sport is not your priority?

PE and sport should be a safe place for everyone!

Schools and PE teachers need to take steps to make PE inclusive of transgender, non-binary and gender exploring students. Here is an example of what that could look like:

Jake used to hate PE. They were uncomfortable changing for PE and they did not want to do sports with physical contact. The only option to participate in the PE lesson was with the boys who were very physical and tease Jake because they are not good at rugby. The PE teacher attended training and as a result understood that Jake would benefit from some alternative options. The PE teacher then asked Jake which PE class they want to join and how they would like to see the lesson adjusted so that Jake feels comfortable. The school now has a PE class for all genders and has added conditioned games with mixed teams to encourage a progressive environment for all. Jake has learned to enjoy going to PE, and through their clear communication with the teacher is progressing well.



Scan here to find out how we can make PE more inclusive and fun for transgender, non-binary and gender exploring students.