

Recommendations for improving Physical Education in Secondary Schools



The Multi Schools Council launched in 2012 to help break down perceptions towards children with SEND and mental health difficulties in schools and their wider communities.

These recommendations are from a report collated from the information given by young people at the 2023 Multi School Council meetings and compiled from representatives in 38 schools, both secondary and primary in Essex.

- Modify the dress code in schools for PE – allow young people to wear tracksuits if it is cold and cooler outfits for the hotter months
- Do not insist on a PE uniform unless playing matches against other schools – have a more relaxed attitude in PE lessons
- Have gym accessibility in schools – gym memberships are too expensive within the community. Allow school gyms to be open at lunchtime and after school
- Schools to provide information on cardio exercises that can be done at home
- Football and rugby for girls should be as high profile in school as it is for boys
- A greater variation of activities like yoga should be offered
- For those that don't want to do sport or feel uncomfortable, offer bite sized challenges to increase confidence and self-esteem
- Offer greater rewards for taking part in sporting events
- Avoid a 'picking system' for teams as less abled are often chosen last which lowers self-esteem and confidence

Visit the Active Essex Schools webpage [here](#)

Find out more about the Multi Schools Council [here](#)

