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# Can P.E. Foster a Lifelong Commitment to Physical Activity?

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## Background



Children's fitness (CRF) is declining globally by 4.3% per decade<sup>1</sup>

- CRF attenuates the impact of adiposity<sup>2</sup>
- Lack of evidence as to how P.E. can increase CRF<sup>3</sup>

## Methods



Pupils aged 13/14

- Questionnaire to determine perceived ability in PE
- Interviews (n=14) regarding P.E. experiences with low and high scores/boys and girls



Analysis

- Template analysis<sup>4</sup>
- SDT<sup>5</sup> provided a priori themes
- New themes generated from the data

## Conclusions:



1. Give children a choice: An engaging curriculum that meets needs of all children not just those with sports skills
2. Treat children with respect: Support individual goals rather than bullying them into meeting expected outcomes



3. Results were not gender specific
4. Control, competency and support lead to intrinsically motivated behaviour which is more likely to continue into adulthood.

## Results

*"Like in a team if you do it wrong they're like 'why did you do it like that?' Like trampolining you're doing it for yourself"*

### Competency:

**Activity:** the less skilled preferred individual not team games where inadequacy is on show

**Physical competency:** bigger children felt at a disadvantage in running activities, poor co-ordination led to dislike of ball games

### Control:

**Activities:** Children wanted a choice, not to be forced to take part in activities they do not enjoy

**Exertion levels:** Children resented being "pushed" further than they were comfortable with

**Uniform:** Children wanted to wear clothes of their choice

*"I don't like if it's a ball game, like catching, like rounders, I'm not interested. I'm not good at catching, I might let the team down"*

### Relatedness:

**P.E. teachers:** children felt some teachers were too "pushy" during P.E. lessons and preferred the more relaxed approach in out of school activities

**Peers:** less competent children did not enjoy being mocked by their peers

## Self Determination Theory

## References

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*".. there's some teachers that if you don't understand it then they just don't give you time of day at all they don't care"*