



Creating an Inclusive Legacy

The table below is designed to support reflective conversations for PE teams to consider how we might present experiences that connect to a greater range of young people.

It should be noted, that a young person, might operate across 'Current engagement categories

Current engagement	Motivational hooks	Role models	Events	Curriculum outcomes	Success criteria	Tool to support success & monitor
Out of school sports clubs that exist in a 'pyramid' structure And / or School sport	<ul style="list-style-type: none"> Performance indicators Competition 	<ul style="list-style-type: none"> Elite performers Teachers Coaches Older, high performing, students 	<ul style="list-style-type: none"> Leagues / regular fixtures Competitions 	<ul style="list-style-type: none"> Skill development Acquire knowledge for training Knowledge of self 	<ul style="list-style-type: none"> Retention Performance progress against self and others 	miMoveSchool records and registers
Structured activity at out of school clubs (Martial arts, dance, equestrian etc)	<ul style="list-style-type: none"> Ownership - 'my thing' Community Ecological - connect to 'the space' 	<ul style="list-style-type: none"> Elite performers in the activity Local 'stars' Older youth participants in the club Family 	<ul style="list-style-type: none"> Competitions Festivals Displays 	<ul style="list-style-type: none"> Knowledge of ecosystem Learning to lead Acquiring relevant fitness knowledge Knowledge of self 	<ul style="list-style-type: none"> Retention Performance progress (usually) 	miMove
Out of school informal activity e.g. skateboard, BMX, surfing etc	<ul style="list-style-type: none"> Identity / subculture Social Ecological 	<ul style="list-style-type: none"> Older, more knowledgeable peers Elite performers 	<ul style="list-style-type: none"> Video creation and social media presence Competition (for a minority) 	<ul style="list-style-type: none"> Skill development in closely related activity Movement analysis Knowledge of self 	<ul style="list-style-type: none"> Retention Performance progress against self (usually) 	miMove
Informal, self-directed, health and fitness activities	<ul style="list-style-type: none"> H & F outcomes Lifestyle Body image 	<ul style="list-style-type: none"> Celebrities Influencers Older, more knowledgeable peers 	<ul style="list-style-type: none"> Challenges & streaks Digital leaderboards 	<ul style="list-style-type: none"> Digital literacy Knowledge of health and fitness Establish good movement technique Knowledge of self 	<ul style="list-style-type: none"> Retention Meeting health and fitness goals Regular engagement Developing a safe, positive and healthy relationship with H&F 	miMove
Low level activity Possible reluctance Sense of dis-belonging	<ul style="list-style-type: none"> Community Friendship Family 	<ul style="list-style-type: none"> Community members Older students with similar lived experiences 	<ul style="list-style-type: none"> Community events Fundraisers Cross demographic events e.g. intergenerational 	<ul style="list-style-type: none"> Knowledge of self How to make activity experiences safe, joyful and accessible 	<ul style="list-style-type: none"> Increased confidence leading to incremental increases in activity levels Emerging sense of belonging 	miMove