

Executive Summary

Title of the Work	An Investigation Into The Factors Girls' Affecting Participation In Physical Education In Key Stage Three.	
Author	Charlotte Louise Howick	Date of Completion (05/2010)
Institutional Contextual Details E.g. Phase (Optional)	MA Education (School Based Route)	
Major Needs Identified	<ul style="list-style-type: none"> * Obesity-related illnesses such as cardiovascular disease and diabetes are connected to low levels of physical activity during childhood. * Girls have declining levels in physical activity during adolescence, PE lessons show a decline in the number of positive attitudes girls show towards PE during adolescence. * Research has identified and explored several different factors of PE lessons which could affect pupil's attitudes in a negative manner. These factors include kit, peers, activity and perceptions. * Only 10% of pupil at the school used during this action research project takes part in extra curricular PE. 	
Methods used to collect data.	<ul style="list-style-type: none"> * Questionnaires * Face to Face interviews * Focus Groups * Department data/ School data 	
Summary of Major Findings (Or recommendations to others)	<ul style="list-style-type: none"> * Implementation of the recommendations found in the new national curriculum provides the opportunity for a flexible programme of study and the inclusion of new/ different activity areas, teaching styles and learning opportunities. * Providing a strong framework for rewards and sanctions that are consistent across the department can help raise students' perceptions of physical education. * By introducing different activities at different times during the school day increased both female and male participation in extra curricular sport and PE. With female student preferring to take part after school and male students opting for activities before school. 	
Impact of the Project (And evidence source) • Knowledge	<ul style="list-style-type: none"> * Numbers of key stage 3 Girls taking part in extra curricular PE and Sport increased by 52%. * Numbers of Boys' taking part in extra curricular PE 	

<ul style="list-style-type: none"> • Practice • Pupil/Student learning Experience • Pupil/Student Learning Outcomes <p>(What happened as result?)</p>	<p>and Sport raised by 60%</p> <ul style="list-style-type: none"> * Pupils proving notes or forgetting PE kit decreased by 10%. * 16 pupils from the controlled class in year 9 opted to take PE as an examination subject in year 10. * New national curriculum has seen the introduction of dance, gymnastics, stool ball, trampolining, Gaelic football and self defence into both PE lessons and Clubs. * 5% of pupils in year 8 and 9, (not within the control groups) have increased assessment grades by at least two sub levels.
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<p>Other Information</p>	