

Is your Physical & Health Education Class Inclusive & Inviting for All Girls?

**Reflect on these seven
critical features of an
inclusive classroom.**

- 1 Learning Environment**
Create a positive, safe, engaging learning environment where everyBODY is celebrated.
- 2 Student Voice and Choice and Leadership**
Ensure that girls feel their opinions and feelings are heard.
- 3 Authentic Assessment**
Assessment measures should be authentic, meaningful, and have real-world applications.
- 4 Social Connections and Relationships**
Foster a sense of belonging and community within your class, to embrace the social nature of physical activities.
- 5 Developing Physical Literacy**
Create a PE program that focuses on developing physical literacy early to help girls feel competent and comfortable.
- 6 Diversity and Advocacy**
Be mindful of intersectionality and avoid assumptions about girls. Create opportunities to explore social justice issues.
- 7 Fitness Focus & Lifetime Wellness**
Focus on health-enhancing behaviors such as daily physical activity, healthy eating, mental well-being and goal-setting.



Want to learn more?

Download a guidebook for questions and practical solutions for your classroom here:
phecanada.ca/genderequity