



# Stop. Start. Consider...

## Doing Gender-Inclusive Physical Education (PE) & Sport

### Stop

Stop making everyone change for PE class.

### Start

Start asking for comfortable clothing, not requiring “gym strip”.

### Consider

Consider having “get ready time” before class where students can safely change, rest, hydrate, stretch, and warm-up.

### Stop

Stop making every student do the same things in PE.

### Start

Whenever a sport is played, offer a related skills-based option (e.g., soccer in the gym, passing games outside).

### Consider

Consider small affinity groups of students creating their own PE curriculum each term. Class time is autonomous with teacher support, using an inquiry-based learning approach.



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## Doing Gender-Inclusive Physical Education (PE) & Sport

### Stop

Stop assigning team uniforms by gender.

### Start

Start describing uniforms instead as “loose” or “fitted” offering all options to all players.

### Consider

Consider ordering lots of XL and XXL uniform options both loose (“boys”) and fitted (“girls”), with no jersey number overlap across loose and fitted sets.

### Stop

Stop announcing athletics tryouts as if all students are either boys or girls.

### Start

Start including instructions for trans and nonbinary students in every single announcement.

### Consider

Consider visiting the Genders and Sexualities Alliance (GSA) each season to build trust and invite members to play on teams and in intramurals.



# Stop. Start. Consider...

## Doing Gender-Inclusive Physical Education (PE) & Sport

### Stop

Stop playing “boys versus girls” or having captains publicly select teammates.

### Start

Start allowing students to pair up with a friend, then randomly assigning pairs to teams based on clothing colours, birthdays or name letters.

### Consider

Consider having students self-assess strengths, including athletic skill, teamwork, communication, and mindfulness of other players. Make teams with diverse strengths, explain why, and talk up strengths that aren’t athletic.

### Stop

Stop offering “boys and girls” intramurals.

### Start

Start offering non-gendered intramurals with random team assignment, staff or student leader captains, and team-building activities.

### Consider

Consider having two winners: one for points, and one for experience (including teamwork, communication, and mindfulness of other players). Talk up the experience winners, who also receive the best prize.



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## Doing Gender-Inclusive Physical Education (PE) & Sport

### Stop

Stop playing competitive team sports no matter what because “that’s what we do in PE!”

### Start

Start playing favourite competitive team sports only as a reward for equitable play.

### Consider

Consider redefining winners: the team who shares the ball and talks each other up the most. Coach the class toward this win during game play.

### Stop

Stop asking for a “strong boy” to help move the equipment.

### Start

Start asking the student(s) who nobody would expect you to ask.

### Consider

Consider developing a volunteer schedule where students sign up for tasks based on individual interest and comfort level.