

Encourage teamwork through PE

Social skills and collaborative teamwork are benefits of a balanced physical education programme.

- Select games that only succeed when a whole team works together, for example, [Ants on a log](#).
- Organise peer-to-peer support groups or buddies to ensure students needing extra support understand the game rules and their role in the team.
- Explain behavioral expectations from the beginning with visual supports such as pictures, diagrams, and a clear timetable of events.

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