

LADY JOAN GILLIES STUDENT AWARD

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In alignment with this task, I chose to conduct some observational data to aid in my research. I sent out a survey to 23 individuals ranging from the ages of 19 to 53 to gain an understanding of their perspectives concerning the research topics.

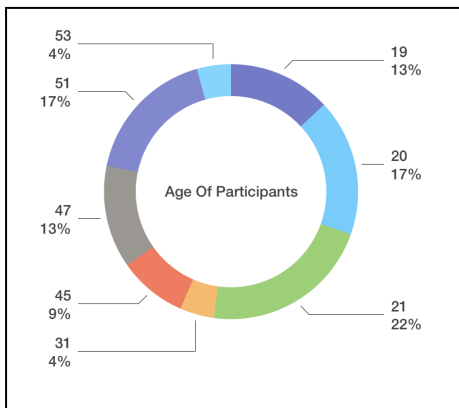
It's important to acknowledge that the sample size of the participants may not be a representative size of the wider populations. However, for the task of comparing academic research to the opinions of some, I believe this data is applicable. I did not use the data alone to come to conclusions.

It's also important to acknowledge that this data was collected online anonymously to avoid bias. But, it was only collected from family members, family friends, and flatmates.

I believe further research on a larger scale would be applicable, and beneficial in terms of further research on this topic.

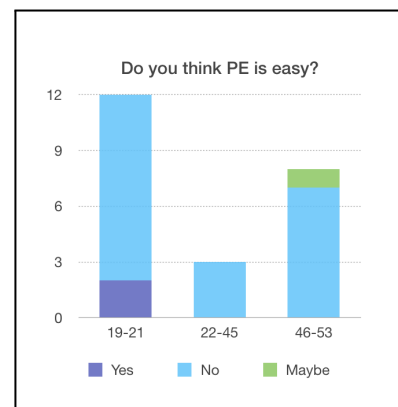
I will attach the findings below, however, I will not put up all the answers to the long-answer questions.

Nga Mihi,
Hannah Stow.



Ages of Participants ranged from 19-53. Surveys were sent through messenger, email, and whatsapp. There were nine questions to answer.

15% of participants agreed with this statement, the other 75% saying either no, or one stating *"I wouldn't say PE is easy, but definitely easier than other subjects."* (47 year old).



When you think of PE - what's the first thing that comes to mind? - (not all answers displayed)

"School comes to mind"

"Sport and Anatomy"

"Fun"

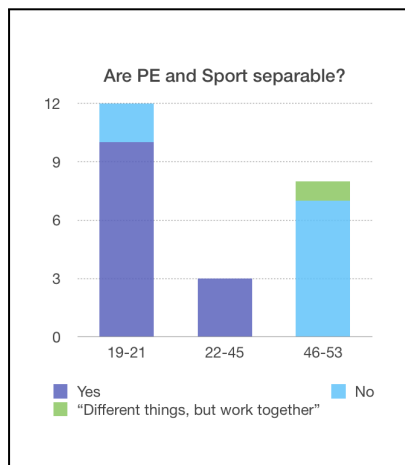
"Playing games"

"Happy place"

"Wearing the unflattering uniform"

"Feeling anxious and being put under pressure"

"Always being put in teams, and being discouraged to be picked last for teams"



Around 39% of participants agreed that PE and sport were inseparable, the majority of these individuals being over the age of 46. Many held assumptions around this question, one individual stating *"no - you should be fit to do sport well" (53 year old)*.

What does the subject mean to you? - (not all answers displayed)

"I would not have been able to pass selection for work without dedicated training time and commitment from personal drive and also professional PE support"

"Staying healthy and active, learning new skills and about your body"

"I think PE is important. It's not all about just sitting in a classroom and learning as with most other subjects, but getting out, being physical and learning in different ways."

"Fun times"

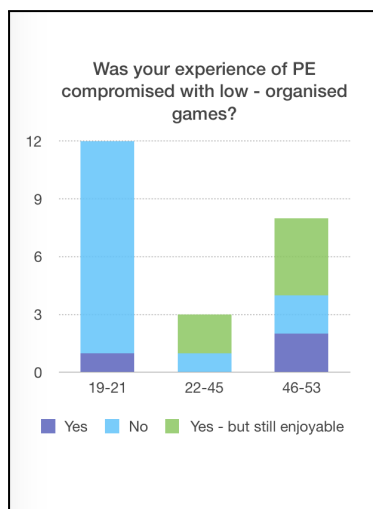
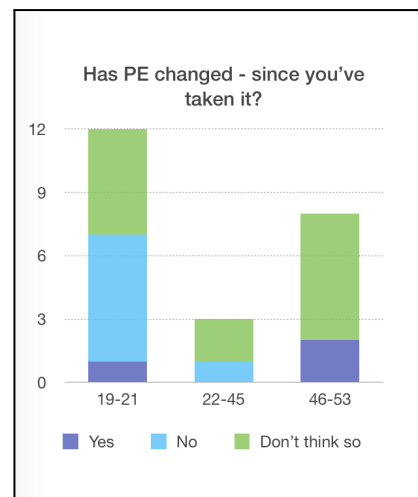
“Good grounding and foundation of further sport and fitness interests. Great balance compared to other subjects as its entirely different”

“Getting outside the classroom - good for mental and physical health”

“Stress, competition, and being uncomfortable”

“Pressure”

Around 85% of those surveyed assumed that the subject had not changed since they'd taken it. Many asked did not know, this was represented through the many selecting *“Don't think so”*.



40% of those surveyed agreed to this statement, majority of those over the age of 22. This suggests a switch in the content of Physical Education.

What was your experience of PE? - (not all answers displayed)

“Old fashioned strict teachers - not approachable.”

“Loved the time we spent doing sport and activities, wasn't such a fan of the classroom based work”

I always found physical education to be fun and enjoyable. Always looked forward to it, rather than just sitting at a desk."

"I sucked at PE, not academically smart it was hard"

"Fun, challenging, theory was hard to understand sometimes but this was usually year 12 and above"

"Not being overly confident in my physical self meant I felt under pressure to participate"

"Felt anxious when it came to competitive games & sports events. Didn't enjoy the subject"

"More of a social interaction out of the class, didn't take it seriously"

"Just played games and didn't do much other work, teachers were strict and would make us run"

What do you think is PE's objective?

"Individual education to personal ability and possible improvements."

"Giving kids the tools to live a healthy life"

"I think I've partly answered this within the previous response in that it's still learning, but in a different way. Great for the mind and the body."

"To get kids out of classroom and moving around"

"Provides a theory background and knowledge to make it more than just playing sport and doing fitness. Especially if a person wants to go further with the subject or apply it to a career goal"

"Educate on physical health"

"Teach on physical health and encourage exercise"

"Attain the physical health of students"

