**You can overcome barriers to need supportive teaching in physical education: Can’t you?**

Primary school PE is currently in the political spotlight, particularly with regard to the introduction of Premium funding to raise standards of learning and teaching. However, primary teachers often report a lack of confidence in delivering PE due to a perceived lack of subject knowledge, brought about by minimal initial training and low take up of subsequent CPD opportunities. This workshop is designed to help teachers of varying experience find ways to incorporate principles from a well-established theory of motivation and human development into their lessons. Specifically, we will address the fundamental recommendations of self-determination theory and how these can be operationalised across curriculum activities to enhance pupils’ sense of autonomy, competence and belonging. During the two hours, there will be group activities, discussion of video clips, and a question and answer session, all with a particular focus on generating ideas to overcome obstacles raised by the teachers. It is intended that these ideas and examples can be later cascaded within attendees’ schools. An email address will be provided for delegates to access follow-up support should they wish.