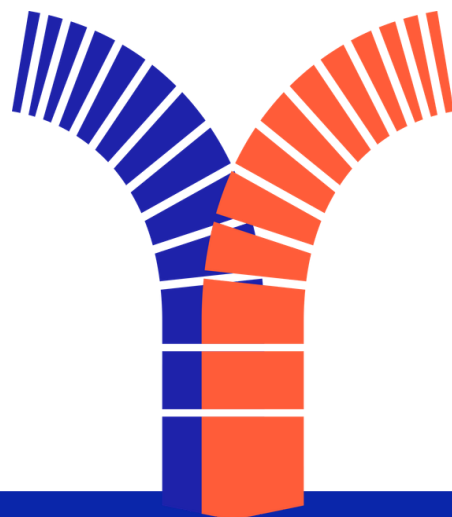




Developing a Mental Health Strategy: **Top Tips**



Live Well.





01 Make the case, be a visible leader

- Agree why mental health matters to your school priorities and make it part of the school improvement conversation.
- ·Nominate a senior mental health lead with sufficient influence, time and support.
- ·Place mental health regularly on SLT and governing board agendas.
- ·Link intended outcomes to learning, attendance, belonging, behaviour and preparation for life.

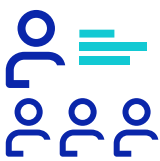


02 Choose your framework

An active curriculum is not simply about increasing PE lessons. Consider how movement can be integrated across:

- Classroom learning.
- Transitions between lessons.
- Assemblies.
- Break and lunchtime provision.
- Intervention programmes.
- Outdoor learning opportunities.

The most successful schools make activity everyone's responsibility.



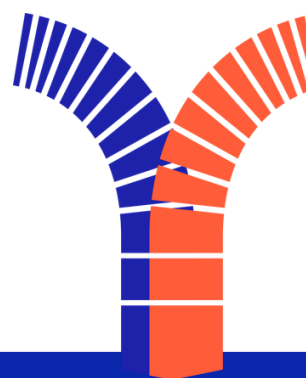
03 Create a common language

Avoid trying to redesign the entire curriculum at once.

Begin with:

- Active learning strategies in selected subjects.
- Short movement breaks during lessons.
- Opportunities for pupil voice and feedback.
- Staff sharing examples of effective practice.

Small wins help build confidence and engagement across the school.





04 Listen and co-create

Provide time and support for teachers to explore active approaches to teaching and learning.

Consider:

- Professional development opportunities.
- Sharing successful examples from within the school.
- Collaborative planning time.
- Celebrating innovation and impact.

Staff confidence is a critical factor in successful implementation.



05 Confidence, curriculum & movement

Curriculum adaptations should enable all pupils to participate and succeed.

Particular attention should be given to:

- Pupils with SEND.
- Less active pupils.
- Disadvantaged pupils.
- Those who may not traditionally engage with sport.

The goal is to create opportunities for every child to be active, not just the most confident participants.



06 Make help easy to access

Monitor the impact of curriculum changes using a range of measures, including:

- Pupil voice.
- Attendance data.
- Behaviour and engagement indicators.
- Wellbeing measures.
- Physical activity levels.
- Academic outcomes where appropriate.

Evidence of impact helps sustain support and informs future developments.



07 Staff wellbeing & training

Curriculum changes are most effective when aligned with wider school policies and practices.

Review how physical activity is reflected in:

- School improvement priorities.
- Behaviour and wellbeing strategies.
- Uniform policies.
- Playground and outdoor provision.
- Staff wellbeing initiatives.
- Parent and community engagement.

Consistency across the school strengthens culture change.



08 Work with families & community

Creating an active school is not a short-term project.

School leaders should:

- Be patient with implementation.
- Celebrate progress along the way.
- Regularly review and refine approaches.
- Maintain a clear commitment to the vision.

Sustainable change happens when physical activity becomes part of the school's identity rather than an additional initiative.



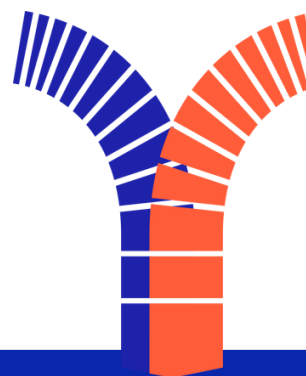
09 Measure what matters

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