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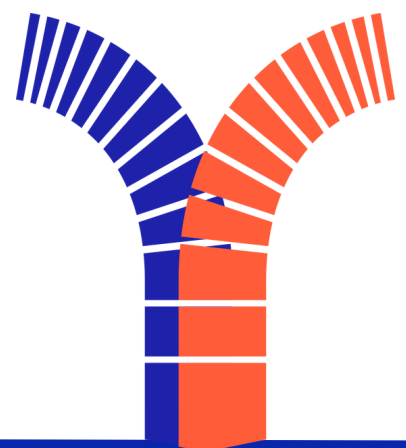
Adapting your Curriculum

Brief Summary for School Leaders

This session, delivered through the Youth Sport Trust and featuring insights from Kensington Primary School, focused on how schools can create a culture where physical activity, wellbeing and learning are fully integrated into everyday school life.



Live Well.



This resource has been designed based on the Well Schools Live Well pillar.

Key Messages

1. Building an active school is a whole-school strategy

The presentation emphasised that sustainable change comes from embedding physical activity across the school rather than relying on isolated initiatives. Schools should consider activity at different levels:

- Small-scale changes: Active learning lessons, movement breaks and wider pupil engagement.
- Medium-scale changes: Active uniform policies, curriculum planning for physical health and timetable adaptations.
- Large-scale changes: Embedding physical activity within the school's ethos, culture and whole curriculum.

2. Culture change takes time

Moving from the current position ("A") to the desired future state ("B") requires:

- A clear narrative and shared vision.
- Collective ownership across the staff team.
- Long-term commitment rather than short-term interventions.
- Ongoing evaluation, reflection and adaptation.

The message was that creating an active school is a journey rather than a one-off project.

3. Activity and wellbeing support wider school improvement

The case study demonstrated how a strong commitment to physical activity and wellbeing can contribute to broader educational outcomes, including:

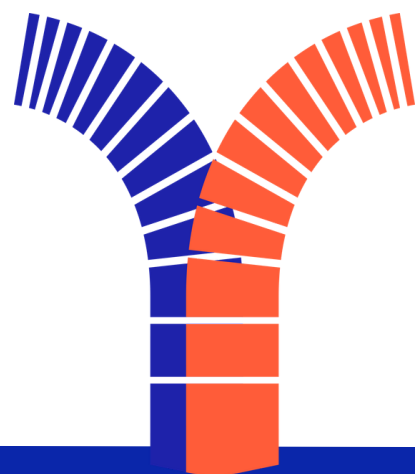
- High levels of pupil happiness and engagement.
- Strong parental confidence.
- Improved attendance, including for pupils with SEND.
- Strong attainment outcomes for disadvantaged pupils.
- Recognition through external quality marks and awards.
- Positive health outcomes, including high levels of daily physical activity.

Implications for School Leaders

School leaders were encouraged to view physical activity not simply as a PE initiative, but as a strategic lever for improving:

- Pupil wellbeing and mental health.
- Attendance and engagement.
- Inclusion and equity.
- Behaviour and school culture.
- Educational outcomes.

The overall message was that schools achieve the greatest impact when physical activity becomes a defining feature of the school's vision, environment and everyday practice.





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