YOUTH SPORT TRUST | WELL SCHOOL COMMUNITY







Further Reading Guide: Introducing an Active Uniform

Move Well.

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

Youth Sport Trust – Always Active Uniform

Youth Sport Trust's dedicated resource hub includes:

- research summaries
- practical implementation advice
- school case studies
- policy guidance
- FAQs for school leaders

Particularly useful for schools at the early exploration stage.

Useful themes include:

- removing barriers to participation
- inclusion through movement
- reducing uniform-related stress
- supporting wellbeing and concentration

University of Cambridge Research

A significant international study from the University of Cambridge found that traditional school uniforms may reduce physical activity levels, particularly among primary-aged girls.

Key findings included:

- lower activity levels in countries with more formal uniform expectations
- girls particularly affected by restrictive clothing
- concerns around confidence and comfort during active play

This research is useful for leaders considering the inclusion and participation implications of uniform policies.

Active Uniform Alliance

The Active Uniform Alliance is campaigning nationally to encourage schools and policymakers to rethink restrictive uniform policies and support movement-friendly alternatives.

The website includes:

- evidence summaries
- policy ideas
- school examples
- implementation guidance

Their central argument is that uniforms should support:

- movement
- comfort
- inclusion
- participation
- wellbeing

Creating Active Schools

Sport England – "Time to rethink the school uniform"

Sport England's article explores why many schools are reconsidering formal uniforms in favour of more activity-friendly approaches.

The article references:

- improved movement opportunities
- wellbeing benefits
- increased participation
- research around girls' activity levels

Final Reflection

The conversation around school uniforms is shifting nationally.

Increasingly, schools are asking:

“Does our uniform support the way we want children to learn, move and feel?”

For many schools, an Always Active Uniform is becoming more than a clothing decision — it is part of creating:

- healthier school cultures
- more inclusive environments
- improved wellbeing
- greater participation in movement and play

The evidence base and number of school case studies continue to grow!

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