



YOUTH  
SPORT  
TRUST

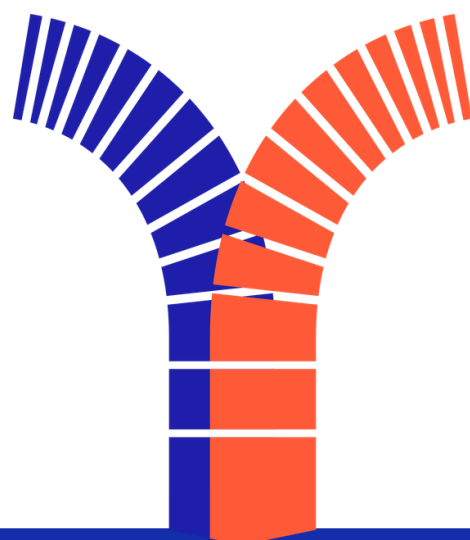
WELL  
SCHOOL  
COMMUNITY



## Further Reading Guide: Active Delivery



*Move Well.*



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

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## 1. Inclusion 2028 – Youth Sport Trust

**Website:** <https://www.youthsporttrust.org/programmes/inclusion/lead-inclusion-schools/inclusion-2028>

### **Why read it?**

To understand how inclusive PE, school sport and physical activity can be embedded through whole-school leadership and collaboration.

### **Key takeaway for school leaders**

Inclusive practice is strengthened when schools build staff confidence, listen to pupil voice and remove barriers to participation.

### **Practical implication**

Use the case studies and programme principles to reflect on how inclusion is embedded across your school, not just within individual lessons.

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## 2. Special Educational Needs in Mainstream Schools – Education

### **Endowment Foundation**

**Website:** <https://educationendowmentfoundation.org.uk/education-evidence/guidance-reports/send>

### **Why read it?**

To explore evidence-informed approaches that help pupils with SEND access high-quality teaching across the curriculum.

### **Key takeaway for school leaders**

High-quality teaching, carefully adapted to pupils' needs, has the greatest impact on improving outcomes.

### **Practical implication**

Consider how movement and active learning can become one of the adaptations that helps more pupils engage, regulate and succeed.

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### 3. Youth Voice Resources

**Website:** <https://www.youthsporttrust.org/school-support/free-resources/youth-voice-resources> and <https://www.youthsporttrust.org/school-support/free-resources/physical-literacy-activity-pack>

#### **Why read it?**

To help pupils influence the activities and experiences designed for them.

#### **Key takeaway for school leaders**

Meaningful youth voice involves seeking, listening and responding, particularly to pupils who are underserved.

#### **Practical implication**

Use pupil insight to understand barriers, test ideas and review whether changes have improved experience.

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### 4. Getting Started Guide – Positive Experiences Collective

#### **Website:**

<https://www.positiveexperiencescollective.org/physicalliteracycollectivebestpractice>

#### **Why read it?**

To explore practical ways of translating physical literacy from theory into everyday practice through real examples, reflection tools and implementation guidance.

#### **Key takeaway for school leaders**

Positive experiences don't happen by chance. They are created through intentional decisions about how movement is designed, delivered and experienced by every child and young person.

#### **Practical implication**

Use the guide to reflect on your current provision, identify opportunities to strengthen positive experiences through enrichment, and consider one realistic change that could have the greatest impact in your school.

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## 5. Uniquely Human – Barry M. Prizant

### Why read it?

This book offers a strengths-based perspective on autism and helps educators better understand behaviour, communication and relationships.

### Key takeaway for school leaders

Behaviour is communication. Understanding the reasons behind behaviour enables adults to create more supportive learning environments.

### Practical implication

Reflect on how adapting the learning environment, including opportunities for movement, can help pupils feel safe, understood and ready to learn.

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## 6. When the Adults Change, Everything Changes – Paul Dix

### Why read it?

This book explores how adult behaviour, relationships and consistency shape the culture of a classroom.

### Key takeaway for school leaders

Positive relationships are built through consistent adult actions, high expectations and an understanding of individual needs.

### Practical implication

Consider how active teaching approaches can strengthen relationships, increase engagement and create classrooms where all pupils can thrive.

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