



YOUTH
SPORT
TRUST

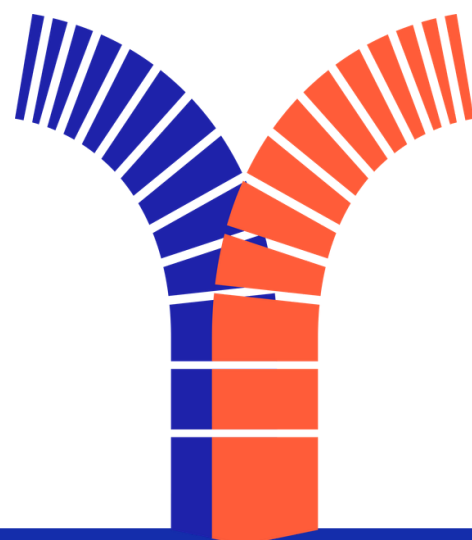
WELL
SCHOOL
COMMUNITY



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

You can explore the campaign here:

[Always Active Uniform Resources](#)

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.

Read more here:

[Cambridge University Study on School Uniforms & Physical Activity](#)

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

Explore here:

[Active Uniform Alliance](#)



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**

Read here:

[Sport England – Time to rethink the school uniform](#)

Physical Literacy and Whole-Child Development

The Times – “Pupils in sports kit-style uniforms do better in school”

This feature highlights schools reporting improvements in:

- **attendance**
- **wellbeing**
- **inclusion**
- **participation**
- **comfort and engagement**

following the introduction of PE-style or active uniforms.

The article includes reference to Dame Dorothy Primary School and wider national discussions around active school cultures.

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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