



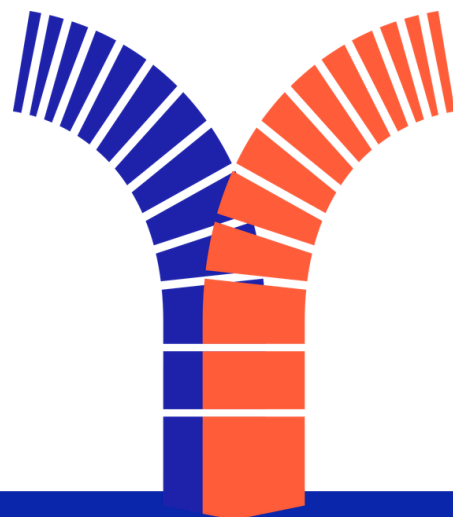
Adapting Your Curriculum: Top tips & reflective questions

**Top Tips for School Leaders: Adapting
Your Curriculum to Create a More
Active School**

Drawing on the approaches shared by Kensington Primary School, during the session, the following recommendations can support school leaders looking to embed physical activity, wellbeing and active learning throughout their curriculum.



Live Well.





01 Start with Your Vision

Before making curriculum changes, establish a clear rationale for why physical activity matters in your school.

Ask:

- What do we want our pupils to experience every day?
- How does physical activity support our wider school priorities?
- How will this contribute to attendance, wellbeing, inclusion and attainment?

A shared vision helps ensure changes are purposeful and sustainable.



02 Think Beyond PE

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.



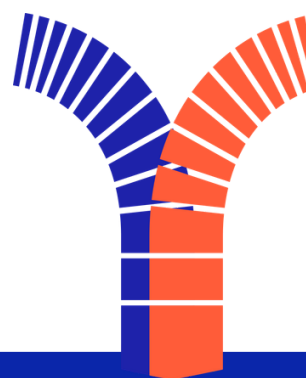
03 Start Small and Build Momentum

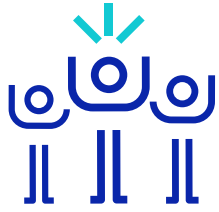
Avoid trying to redesign the entire curriculum at once.

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 Empower Staff

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.



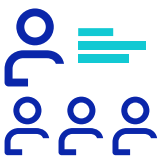
05 Ensure Inclusion is Central

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 Use Data to Inform Decisions

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 Create a Whole-School Approach

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 Focus on Long-Term Culture Change

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

School leaders should:

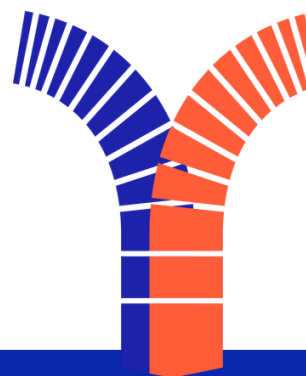
- Be patient with implementation.
- Celebrate progress along the way.
- Regularly review and refine approaches.
- Maintain a clear commitment to the vision.

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

Reflection Questions for Leadership Teams

- How active is a typical day for our pupils?
- Where are the opportunities to introduce more movement into learning?
- Which groups of pupils would benefit most from increased activity?
- How well does our curriculum support wellbeing and engagement?
- What would an "active school" look and feel like in our context?

These questions can provide a useful starting point for strategic discussions and curriculum review.





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