



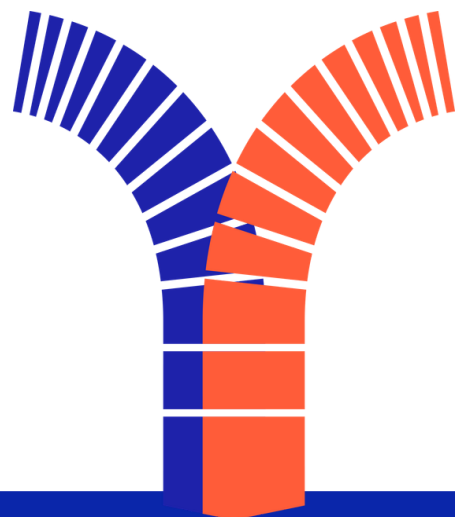
# Developing a whole-school health and wellbeing programme:

## Top tips & reflective questions



*Live Well.*

Drawing on the approaches shared during the session, the following recommendations support school leaders looking to embed physical activity, wellbeing and active learning throughout their setting.





## 01 Start with Your 'Why'?

Before launching initiatives, identify the key challenges facing your pupils and community. Use data, stakeholder voice and local context to define a compelling rationale that aligns with your school's vision and values.



## 02 Build a shared vision

Health and wellbeing should not sit within one department or role. Create a whole-school commitment where staff understand how wellbeing supports learning, attendance, behaviour and achievement.



## 03 Map your current provision

Audit what already exists. Many schools have excellent practice, but it can be fragmented. Identify strengths, overlaps and gaps before creating new programmes.



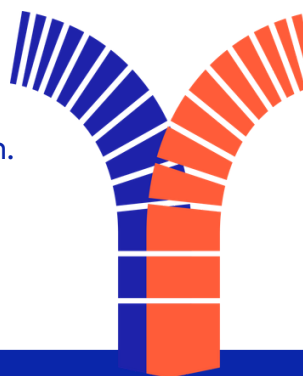
## 04 Develop a universal offer first

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 Invest in staff knowledge



Curriculum adaptations should enable all pupils to participate and succeed.

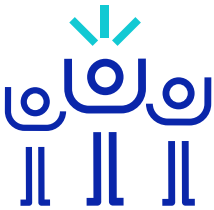
Particular attention should be given to:

- 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.

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## 06 Create opportunities for student and leadership



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.

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## 07 Celebrate and sustain



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.

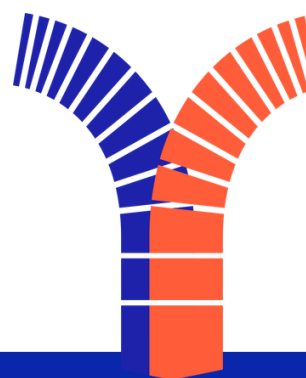
Sustainable change happens when physical activity becomes part of the school's identity rather than an additional initiative.

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# 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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