



YOUTH
SPORT
TRUST

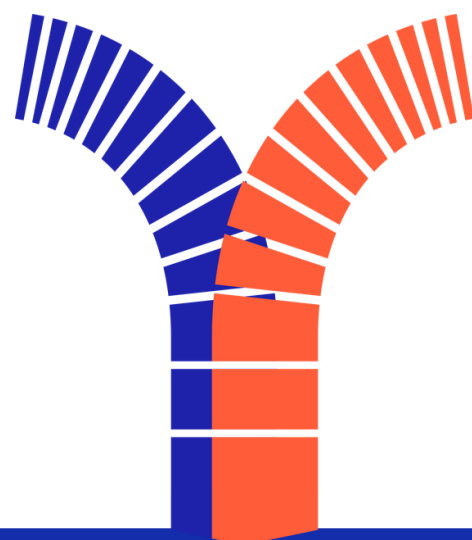
WELL
SCHOOL
COMMUNITY



Further Reading Guide: Enrichment and Personal Development



Move Well.



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

1. The Enrichment Framework for Schools and Colleges - DfE

Website: <https://www.gov.uk/government/publications/the-enrichment-framework-for-schools-and-colleges>

Why read it?

To explore the eight benchmarks, evidence base and practical tools for reviewing enrichment.

Key takeaway for school leaders

Strong provision is strategically aligned, broad, accessible, shaped by the community and continually improving.

Practical implication

Use the self-assessment and action planning tools to agree one priority for improvement.

2. Enrichment Resources – Youth Sport Trust

Website: <https://www.youthsporttrust.org/school-support/free-resources/enrichment-resources>

Why read it?

To access practical prompts, a webinar and school examples linked to sport and physical activity.

Key takeaway for school leaders

Enrichment can strengthen belonging, wellbeing and personal development when it is inclusive and purposeful.

Practical implication

Adapt the examples to your pupils, staff strengths, partnerships and local context.

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.

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.

5. A School's Guide to Implementation – Education Endowment

Foundation

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

Why read it?

To support leaders in embedding an enrichment idea sustainably.

Key takeaway for school leaders

Implementation depends on context, staff engagement, clear direction and ongoing adaptation.

Practical implication

Clarify the intended outcome, what staff need and how you will know whether the offer is reaching the intended pupils.

6. The Extra Mile – Marc Rowland

Why read it?

To explore practical ways schools can remove barriers and widen opportunity for disadvantaged children and young people.

Key takeaway for school leaders

Small, deliberate changes can significantly improve access, participation and belonging.

Practical implication

Consider whether every pupil can access your enrichment offer equally.



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