



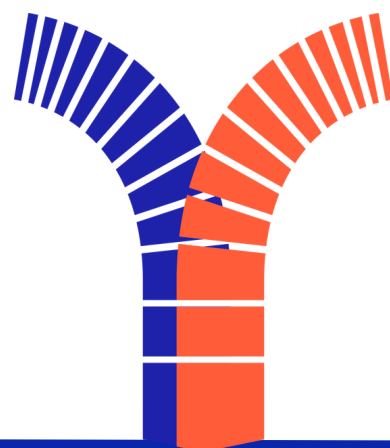
Introducing an Active Uniform

Brief Summary for School Leaders

Dame Dorothy Primary School in Sunderland introduced an “Always Active Uniform” as part of a wider commitment to health, wellbeing and inclusion. Rather than changing into PE kit only for designated lessons, pupils wear an activity-friendly uniform every day, enabling movement, play and physical activity to become a natural part of school life.



Move Well.



Key Messages

What began as a simple idea has led to significant improvements in:

- participation in physical activity
- behaviour and engagement
- attendance
- inclusion
- pupil confidence and wellbeing
-

This document summarises key learning points for school leaders considering a similar approach.

Why Consider an Always Active Uniform?

For many schools, uniform policies unintentionally create barriers to movement and participation.

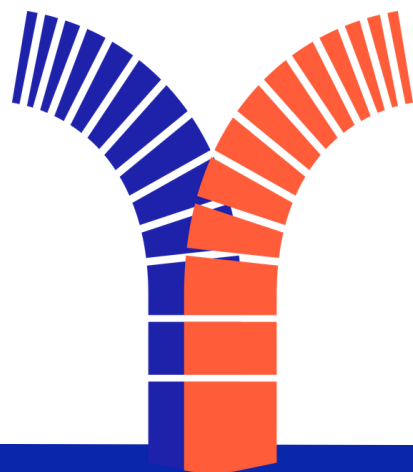
Dame Dorothy identified several common challenges:

- pupils sitting out of PE lessons
- unsuitable footwear restricting activity
- lower engagement from some groups, particularly girls
- children being less willing to go outdoors in colder or wetter weather
- uniform complaints from families
- financial pressures linked to traditional school uniforms

The school asked a simple but powerful question:

"What is our next challenge to increasing daily activity?"

Their response was to create a uniform that supports movement, comfort and participation every day.



The Impact:

The school reports a wide range of positive outcomes since introducing the Always Active Uniform.

Increased Physical Activity

- Children are always ready to move and be active
- Playground activity levels have increased
- More girls are accessing outdoor equipment
- Daily running and physical activity have become embedded habits
- There is no time lost changing for PE
-

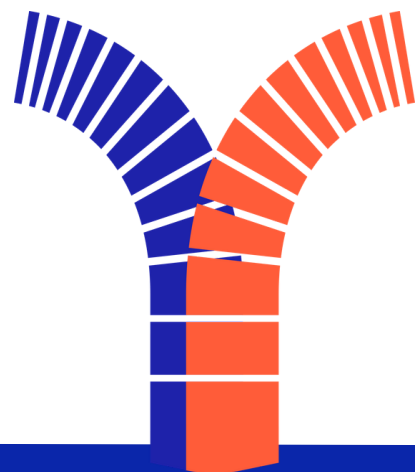
Improved Inclusion

- No pupils sit out of PE lessons
- SEND pupils experience fewer sensory issues
- Activity becomes an entitlement for all children
- Uniform-related inequalities are reduced
-

Positive Behaviour & Attendance

The school also reports:

- excellent behaviour
- improving attendance
- increased engagement in lessons and wider school life
- fewer uniform disputes with pupils and families



The Bigger Picture

Culture Matters

The uniform change was not introduced in isolation.

Dame Dorothy had already spent years building a strong culture of:

- wellbeing
- physical activity
- inclusion
- staff role-modelling
- visible school values
-

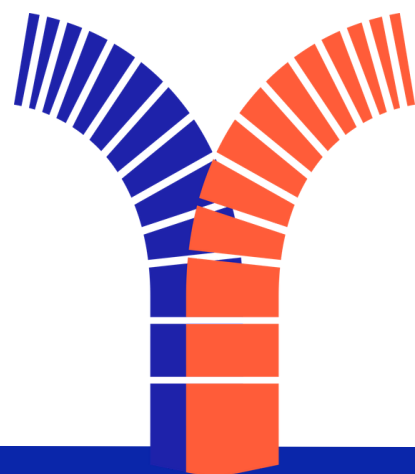
Their approach highlights an important lesson for leaders:

Successful change happens when policies align with school culture and values.

The school kept its focus simple:

- daily movement
- consistency
- celebrating participation

making activity part of everyday school life





SportPark
Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire LE11 3QF

01509 462900
info@youthsporttrust.org
www.youthsporttrust.org
@YouthSportTrust

Registered charity number 1086915
Registered company number 4180163

