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**YOUTH
SPORT
TRUST**

Key facts about...

Why Kit Matters: PE, Sport & Activity



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Globally, where school uniforms are commonly worn, fewer of these countries meet physical activity guidelines compared with countries where uniforms are less commonly worn (Ryan et al., 2024).

Click [here](#) for the full report.

Globally, among primary-aged children, fewer girls than boys meet physical activity guidelines in countries where school uniforms are common (Ryan et al., 2024).

Click [here](#) for the full report.

In Australia, changing school policy from standard uniform to a uniform that helps primary-aged children to be more physically active led to small, significant improvements in physical activity (Nathan et al., 2021).

Click [here](#) for the full report.

74% of parents and 67% of teachers support their child's primary school introducing an Always Active Uniform (YouGov and Youth Sport Trust, 2025).

Click [here](#) for the full report.

Developing PE uniform policies, which allow pupils to choose their own bottoms, wear additional layers and wear PE uniform all day may improve comfort and inclusivity among girls (Porter et al., 2025).

Click [here](#) for the full report.

Wearing PE kit can support physical activity by helping students feel ready to be active. The practicality of the uniform including footwear also supports physical activity (Gardner et al., 2025).

Click [here](#) for the full report.

55% of primary and secondary-aged girls and 50% of primary and secondary-aged boys would prefer to wear PE kit all day on days they have PE, with the strongest motivation for this being that it is 'quicker and easier' (Youth Sport Trust, 2025).

Click [here](#) for the full report.

The biggest barriers for both primary and secondary aged-boys and girls to wearing PE kit at school outside of PE are around hygiene, such as not wanting to stay dirty or wet and not wanting to smell. These barriers were more prominent for girls than boys (Youth Sport Trust, 2025).

Click [here](#) for the full report.

37% of primary and secondary-aged girls and 53% of primary and secondary-aged boys feel confident in their PE kit. 48% of girls and 61% of boys are comfortable in their PE kit (Youth Sport Trust, 2025).

Click [here](#) for the full report.

Both primary and secondary aged boys (29%) and girls (48%) would like to have more options to choose from for their PE kit (Youth Sport Trust, 2025).

Click [here](#) for the full report.