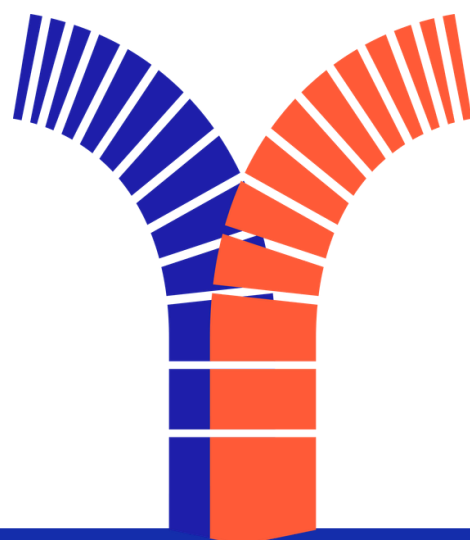




Further Reading Guide: Creating Competitive Opportunities



Move Well.





1. Youth Sport Trust – School Games

Why read it?

To understand the national framework for competitive school sport and how School Games Organisers support local provision.

Key takeaway for school leaders

A strong offer combines participation, competition and progression while responding to local need.

Practical implication

Use your local School Games network to review the breadth, reach and purpose of your calendar.



2. School Games – Your School Games

Why read it?

For tools, formats and examples that help schools plan inclusive competition and recognise achievement.

Key takeaway for school leaders

Competition should be designed around the needs and motivations of young people, with different ways to participate.

Practical implication

Use the resources to test whether each event offers a suitable entry point and a positive experience.



3. Sport England - Positive Experiences for Children and Young

People

Why read it?

To explore why enjoyment, confidence, competence and belonging matter for sustained participation.

Key takeaway for school leaders

What feels positive varies between young people; their needs and voices should shape provision.

Practical implication

Ask pupils what makes competition enjoyable, safe and worthwhile, then act on patterns in the feedback.

4. Department for Education - School Sport and Activity Action Plan

Why read it?

To place competition within a wider whole-school approach to PE, physical activity and school sport.

Key takeaway for school leaders

PSchools should provide a broad, inclusive offer and help young people build positive, active habits.

Practical implication

Connect curriculum PE, enrichment, competition and community pathways in one coherent plan.

5. Youth Sport Trust – Inclusive Sport Programme

Why read it?

For ready-to-use activities and festival resources that bring pupils with and without SEND together.

Key takeaway for school leaders

Thoughtful adaptations can increase participation, acceptance and friendship without removing challenge.

Practical implication

Use one festival format to broaden your calendar and build staff confidence in inclusive delivery.

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Reflective Questions for School Leaders

- How well does our competition offer provide an appropriate and enjoyable opportunity for every pupil, not only those already confident in sport?
 - Which groups of pupils are currently underrepresented, and what barriers might prevent them from participating?
 - How effectively are competitive opportunities connected to our PE curriculum, enrichment programme and wider school priorities?
 - How do we use pupil voice to understand whether competitive experiences feel inclusive, positive and meaningful?
 - What evidence do we collect to measure impact beyond participation and winning, such as confidence, belonging, wellbeing and continued engagement?
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