

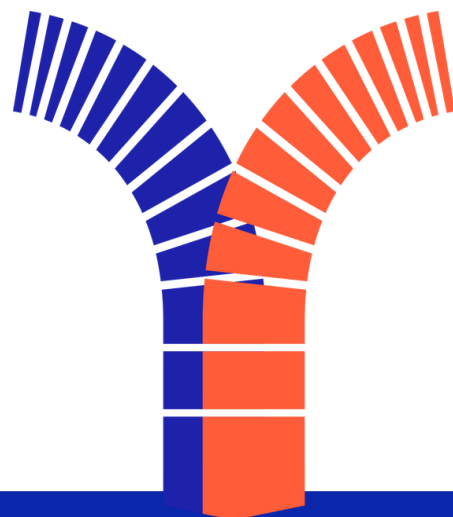


Developing an Enriched Personal Development Curriculum: Top tips & reflective questions



Move Well.

Drawing on the approaches shared from Hayle Academy, the following recommendations can support school leaders looking to develop an enriched offering of activity, wellbeing and active learning throughout their curriculum.





01 Start with Your Vision

Define the experiences, knowledge and skills you want every pupil to have developed by the end of their time at school.

Consider:

- Character and resilience
- Leadership and teamwork
- Careers and employability
- Health and wellbeing
- Community engagement
- Cultural capital
- Environmental awareness

Create a progression framework that maps these experiences from Year 7 to Year 11 (or Year 13).



02 Use student voice to shape provision

Gather pupil views to understand:

- What currently engages them
- Barriers to participation
- Activities they would value
- Groups who may be underrepresented

Regular consultation ensures the programme remains relevant and inclusive.



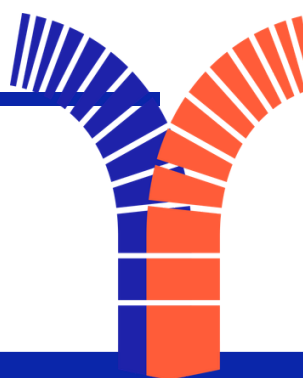
03 Create dedicated curriculum time

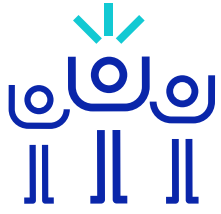
Successful programmes often protect time within the school week.

Consider:

- Enrichment afternoons
- Extended tutor programmes
- Personal development days
- Curriculum collapse events
- After-school opportunities

Protected time signals the importance of personal development.



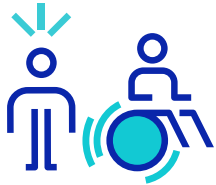


04 Build a broad offer

Provide opportunities across several strands, for example:

- Sport and physical activity
- Arts and creativity
- Outdoor learning and adventure
- STEM activities
- Community projects
- Leadership and volunteering
- Reading and literacy
- Careers and enterprise

Aim for every pupil to find something that motivates them.

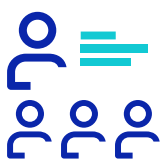


05 Engage staff expertise and interest

Invite staff to lead activities linked to their passions and strengths.

Benefits include:

- Greater staff engagement
- Increased variety of provision
- Stronger relationships with pupils
- Sustainable programme delivery



06 Plan thoroughly

- Schemes of learning are developed
- Risk assessments are completed
- Off-site visit procedures are in place
- Safeguarding arrangements are clear
- Staffing levels are sufficient

Good preparation improves quality and reduces operational challenges.

07 Create a Whole-School Approach



Curriculum changes are most effective when aligned with wider school policies and practices.

Review how physical activity is reflected in:

- School improvement priorities.
- Behaviour and wellbeing strategies.
- Uniform policies.
- Playground and outdoor provision.
- Staff wellbeing initiatives.
- Parent and community engagement.

Consistency across the school strengthens culture change.

08 Ensure equity of access



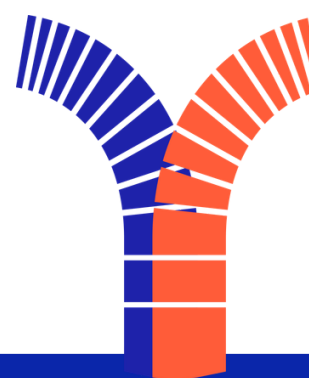
• Review barriers such as:

- Cost
- Transport
- Equipment
- Confidence
- SEND needs

Design provision so all pupils can participate fully.

Reflection Questions for Leadership Teams

- Can every pupil access meaningful enrichment?
- Is personal development planned as carefully as academic learning?
- How do we know our programme is making a difference?
- What experiences do we want every child to remember from their time at school?





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

