

Well School Trust Development Programme

Developing Leaders to Improve Wellbeing Across School Trusts Through PE, School Sport & Physical Activity

The Challenge - *How can we build a strategic approach to improving wellbeing across a School Trust, embedding PE, school sport and physical activity as the main driver?*

Building on YST's long history of innovative approaches to collaboration across networks of schools, we have built a programme of support to enable School Trusts to make the most of the pivotal role PE, school sport and physical activity can play in driving improved wellbeing.

Why a Well School Trust? The evidence shows that there is a clear link between higher levels of wellbeing, academic attainment, and other educational outcomes. There is also clear evidence on the contribution of physical education, sport and play to improve health and wellbeing, reduce inequalities, and increase achievement and attainment.

What is a Well School Trust?

Multi Academy Trusts (MAT) are responsible for setting the culture and climate across multiple schools based on a clear vision and value set. A Well School Trust is a MAT that explicitly prioritises the contribution of improved health and wellbeing to its strategic and improvement plans. It puts PE, sport and play at the heart of positive action across the schools it serves, as part of its improvement journey.

To deliver on the principles of a Strong Trust there is a need to support and retain a resilient workforce that is healthy and well, and to deliver high quality education, including for disadvantaged children and children with SEND, that addresses the physical, mental, and social health and wellbeing needs of pupils.

A Well School



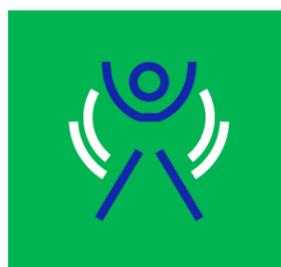
Well Culture

Senior leaders put health and wellbeing at the heart of the school and create a culture of belonging



Lead Well.

Staff and pupils are empowered to shape and lead their school



Move Well.

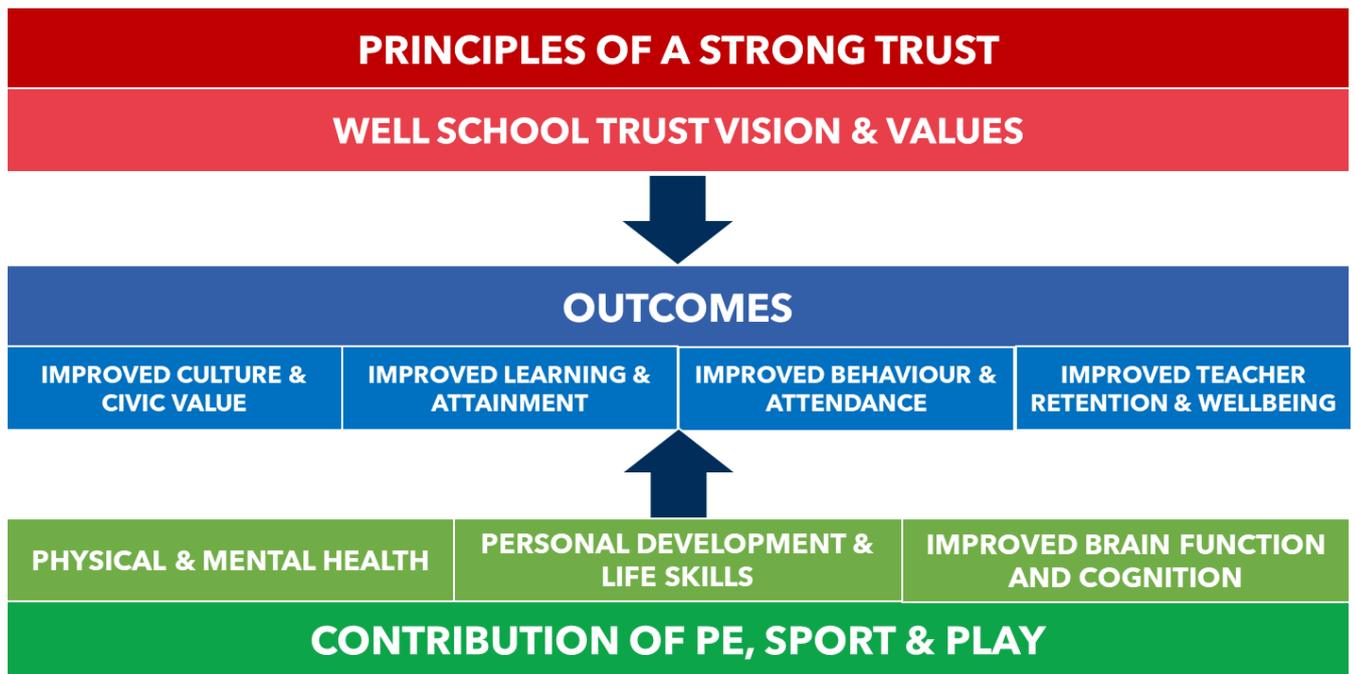
Every pupil is prepared physically and mentally for learning and for life



Live Well.

Every pupil is equipped with the essential skills and experiences to thrive in a digital world





Well School Trusts Development Programme

2pm Monday 29th - 3pm Tuesday 30th June 2026

The Programme

This collaborative opportunity will provide a series of keynote presentations, workshops, case studies, networking, reflection and planning activities, supporting delegates by providing the inspiration, motivation and direction to develop their own strategies to implement change and improve wellbeing across their School Trusts. **There is no cost for involvement in the Well School Trust programme.**

Key learning outcomes

1. Consider the landscape for children's wellbeing and implications for education in 2026.
2. Understand how improving wellbeing can be central to the vision and values of a School Trust, driving educational strategy and academic ambitions.
3. Explore a strategic approach to build a Well School Trust that drives Trust-wide ambitions and the skills, capacity and support needed of a strategic leader.
4. Consider the steps for success in creating a Well School and how you can support each of your schools in identifying needs and delivering their plan.
5. Learn from practical examples of innovative approaches in School Trusts to improving wellbeing through PE, sport and physical activity.

The training programme will take place as follows:

Who: Delegates should be someone identified as strategic leader within your Trust, with relevant experience or a future responsibility for improving wellbeing through PE, sport and physical activity. There should be a commitment from Trust leaders for on-going support of this individual and their capacity to drive learnings and actions from the programme.

When: 2pm Monday 29th - 3pm Tuesday 30th June 2026

Venue: Burleigh Court Hotel, Loughborough University LE11 3GR

Overnight accommodation and all meals will be provided.

After the initial 2-day programme, delegates will be supported on their journey across the year to drive wellbeing through PE, sport and physical activity across their Trust.

- Networking and CPD opportunities throughout the year
- One to one consultancy support from YST’s Senior Development Manager
- Opportunities to collaborate with YST’s wider advocacy networks
- The development of a case study of impact of work in their School Trust
- Support to drive forward the Trust’s identified actions as part of a strategic plan for the improvement of wellbeing through PE, sport and physical activity.

Engage your Trust in the pillars of support on offer from YST to embed a Well School Trust approach:

Well Schools Community, Check & Accreditation	Senior Leader Engagement	Visioning for PE, Sport & Physical Activity	Training & Support for Wellbeing Leads
<ul style="list-style-type: none"> • Free to access community of practice • Free online Well Check to support development planning • Paid for Well Accreditation to recognise the commitment & actions of your schools and Trust • Likeminded MATS and schools • Resources, guidance and case studies 	<ul style="list-style-type: none"> • 1 -hour workshop for senior leaders providing the Context for Well Schools and concept of a Well School Trust, Aligning Trust Outcomes, Leadership & Commitment & Contribution of PE and Sport • 2-hour workshop providing a deeper dive into the steps and conditions for success for a Well School Trust. 	<ul style="list-style-type: none"> • 3 hour in person workshop • Establish a consistent vision and strategic approach • Position PE, sport and physical activity as a driver for the Trust’s wider priorities • Establish areas of strength and for development through the YST PESSPA Check framework • Map a development journey and actions. 	<ul style="list-style-type: none"> • 2-day training programme & ongoing support • The context for children’s wellbeing and achievement • Address wellbeing outcomes through PESSPA • Develop a well culture in a MAT • Develop a framework for whole MAT wellbeing • Develop a strategic function to drive wellbeing across the MAT

To book your Trust’s place please contact ruth.mann@youthsporttrust.org no later than Monday 1st June 2026. Please provide the following information:

- Name of delegate attending
- Contact email
- Dietary or accessibility requirements

To find out more about Well Schools - [Well Schools - Youth Sport Trust](#)