

Empowering schools to be active and well



YOUTH
SPORT
TRUST

WELL
SCHOOLS



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- More is not always better
- You need to listen to what people want and need (and you need to care)
- No need to throw all of the legacy & tradition away



The reality...



Unhappier

20.3%

of children aged 8 to 16 in England have a probable mental health disorder in 2023



Unhealthier

22.7%

of year six and 9.2% of reception children in England are obese and rates are higher than before the pandemic



More distracted

83%

of parents believe that children are spending too much time online and not enough time with each other in person



Well Culture.



Lead Well.



Move Well.



Live Well.



Set big, hairy audacious goals



**The happiest,
healthiest schools in
the world**

▶ **Join the Movement**

*Lead Well.
Move Well.
Live Well.*



Well Schools Make A Difference



- Healthier and happier pupils
- Higher student engagement and attainment
- More holistic curriculum (physical activity, sleep hygiene, nutrition, extra curricular activities, outdoor learning)
- Teaching staff show lower levels of burnout and exhaustion
- Increased job satisfaction and sense of accomplishment
- A cohesive and positive environment

Lead Well.
Move Well.
Live Well.



Some school leaders who have made a Difference

- Ben Levinson, Kensington & Tapscott
- Dr Jeremy Hannay, 3 Bridges Primary
- Rae Snape, Milton Road Primary

March 2023



**YOUTH
SPORT
TRUST**

Key facts about... school-related benefits of sport and physical activity



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

Participation in sport and physical activity promotes key employability and life skills in young people such as: teamwork, resilience, self-discipline, accountability, social cooperation skills, and perceived self-efficacy (Coalter, Theeboom and Truyens, 2020).

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

There is increasing demand from the UK labour market for 'soft skills' such as teamwork and communication, demonstrating the need for young people to develop these skills ahead of employability age (Department of Education and Institute for Policy Research, University of Bath, 2019).

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

Making lessons more physically active increases children's attention and engagement in other lessons and improves their overall academic achievement (Norris et al., 2020).

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

Physical activity bouts during the school day can improve classroom behaviour (Daly-Smith et al., 2018).

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

Participation in school sport positively influences students' school belongingness (Jones et al., 2020).

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

Physical activity benefits children's cognitive function, brain structure and brain function (Donnelly et al., 2016).

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

Physical activity at school positively influences children's school engagement (Owen et al., 2016).

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

Daily physical activity improves attention and concentration (Harris et al., 2018).

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

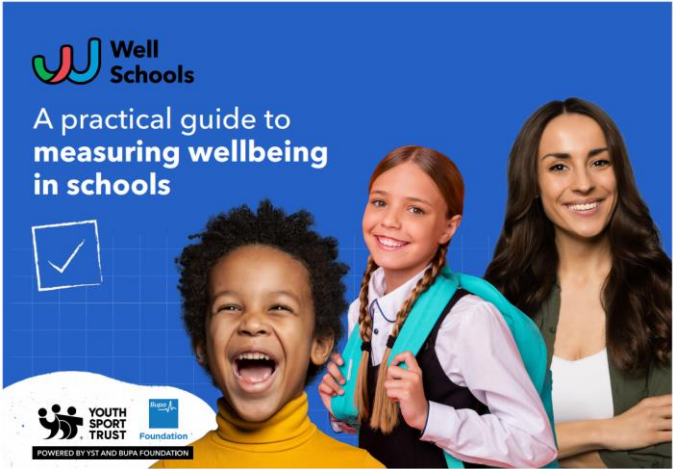
Physical activity improves the self-perception, confidence and social interactions young people have which may lead to improvements in depressive symptoms (Recchia et al., 2023).

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

Extra-curricular activities have been shown to increase young people's confidence to interact with others (Department of Education and Institute for Policy Research, University of Bath, 2019).

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

<https://www.youthsporttrust.org/school-support/well-schools>



Building a strong trust through PE, sport and play
Aspire Academy Trust

Aspire Academy Trust	Current	56 schools
NOR: 6201	Primary 3-11 yrs	Girls: 49% Boys: 51%
SEND: 17%	PP: 26%	EAL: 4%

"Nurturing curiosity, resilience, respect and excellence; our children will thrive and live life well."

Area Of Impact
The Strong Trust domains covered in the case study. Each case study demonstrates the School Improvement at Scale and Finance & Operations domains explicitly throughout their activities, and so the other domains have been highlighted more specifically.

Strategic governance	✓	Expert, ethical leadership	✓
High quality, inclusive education	✓ <td>Workforce resilience and wellbeing</td> <td>✓</td>	Workforce resilience and wellbeing	✓
Finance & operations	✓ <td>Public benefit & civic duty</td> <td>✓</td>	Public benefit & civic duty	✓
School Improvement at Scale	✓ <td></td> <td></td>		

Vision & Rationale
What are the reasons for positioning PE, sport and play as a driver for change across the Trust and what outcomes do they hope to achieve?
The Aspire Academy Trust's (AAT) strategic "Vision 2025" has ensured that PE, sport and play are placed centrally as drivers for change, and as catalysts for continued improvement. The Board of Trustees and all Trust leaders are unequivocally about ensuring every school to prioritise both academic and character development in equal measure through delivery of a high quality and inclusive education.
Aligned to the Trust's **expert, ethical leadership** and beliefs, is a resolve that each individual school aligns with the Youth Sport Trust Well School framework, allowing all pupils to experience the life changing benefits of PE, sport and play, in supporting the translation of the vision into practice.
"Togetherness and belonging are both key themes of AAT's "one Trust culture" to ensure that both staff and children can "live life well". AAT are driven to ensure that their vision is the foundation of their mission to see every child thrive. The Trust's values align to their Vision with the clear connection between happy, healthy children, and readiness for learning. Workforce resilience and well-being is also a key priority within "live life well" and explicit actions are taken by the Trust to practically support staff."

Clear indicators for success in support of the vision over the last year have included, for example:

- A high quality and inclusive PE curriculum
- A focus on staff wellbeing survey
- Development of a Beach School and acquisition of an Outdoor Education Centre
- Alignment of every school to the YST Well School framework
- An integration of the benefits of sport and physical activity into each school's ethos
- The importance of the wider understanding of play.

Delivered by

10 Strong Trust case studies