

FREE 1 HOUR ONLINE WORKSHOP
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**Inclusive
Sportswear**



Department
of Health &
Social Care

INCLUSIVE SCHOOLS, ACTIVE GIRLS

**POLICY, LEADERSHIP & PRACTICAL TOOLS TO
REDUCE BARRIERS AND ENABLE EVERY GIRL TO MOVE.**



WED 12 NOV 14:00-15:00



THU 13 NOV 16:00-17:00

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WORKSHOP FOCUS

**PE KIT POLICY CHANGES:
HOW WE CAN SUPPORT GIRLS
TO BE MORE COMFORTABLE,
CONFIDENT & ACTIVE**

SPEAKERS

- **Tess Howard MBE, GB Hockey Olympian and Founder of Inclusive Sportswear**
- **Wendy Taylor, Youth Sports Trust**
- **Graham Hill, Headteacher of Pilton Community College, Devon and Neil Richardson, PE Specialist.**

CHAIR

- Casey Bodman, Health and Wellbeing Manager, Department of Health & Social Care

OVERVIEW

- Be inspired by Olympian Tess Howard who will share how she changed hockey kit policy, why she started the Inclusive Sportswear initiative, and how all schools can 'Fix The Kit' in their schools to increase participation and enjoyment for all pupils.
- Understand why change is so important - the Youth Sport Trust will share new data insights, the national picture and showcase tools on how to join the movement.
- Understand the impact from a secondary school's perspective, Headteacher, Graham Hill and PE Specialist, Neil Richardson from Pilton Community College, Devon will showcase how changes to PE uniform and activity choice have led to full participation and better outcomes.



LEARNING OUTCOMES

1. Understand the barriers that prevent girls from enjoying and participating in PE and wider physical activity.
2. Recognise the impact of school policy, culture and uniform on participation, confidence and inclusivity for girls.
3. Use national data (Youth Sport Trust) and lived experiences (Tess Howard, Pilton Community College, Devon) to inform local school strategies.
4. Explore practical approaches such as inclusive sportswear, active uniform days and flexible activity choice, and how they can be embedded in school settings. Understand the tools, resources and support to embed practical approaches in own schools.
5. Identify champions/advocates in leadership roles and responsibilities to drive policy change.

TARGET AUDIENCE

- Headteachers and senior leadership teams
- Deputy Head/Assistant Head
- Governors and trustees
- Directors of education and local authority school improvement leads
- PE and curriculum Leads
- SENCO
- Class Teacher
- School Games Organisers