



Active Secondary School Leadership Programme

Together
an Active
Future



Our **Active Secondary School Leadership Programme** is a first-of-its-kind professional development opportunity, designed to support senior and middle leaders to embed a **sustainable, whole-school approach** to physical activity that **enhances learning, behaviour, engagement, and wellbeing**. The programme moves beyond isolated initiatives, supporting leaders to influence school systems, culture and policy at school level.

The purpose of the programme

- To provide professional development so that school leaders have the confidence and capability to create an active school culture.
- To help schools embed more movement opportunities into the school day.
- To promote and encourage active and imaginative pedagogies, creating an investment in learning.
- To align physical activity with learning priorities, behaviour, inclusion, and school improvement planning.
- To support long-term, embedded change rather than short-term interventions.
- To reimagine PESSPA, creating an inclusive PE curriculum and offer that engages all young people.

What the programme offers

- High-quality professional and personal development for school leaders.
- Expert facilitation and practitioner-led input.
- Collaboration and shared learning across a network of schools.
- Structured pupil involvement through youth voice and co-creation.
- Active, in-person engagement across all sessions.
- Practical support to evaluate impact and produce school-level impact reports.
- Alignment with national strategies and policy direction.
- An opportunity to be part of a programme recognised by Sport England and national partners.
- Funding to release staff to participate - **£6k per school**.

Why now?

Schools are operating within an increasingly complex landscape, with heightened challenges around pupil wellbeing, engagement, behaviour, and attendance, alongside sustained pressure on staff capacity and retention.

There is a growing national emphasis on whole-child development, inclusive practice, and inclusive learning environments that support both achievement and wellbeing.

An active school approach responds directly to these priorities by:

- Improving pupil engagement and behaviour through purposeful movement.
- Supporting inclusive and engaging teaching and learning, particularly for less confident and disengaged learners.
- Enhancing staff wellbeing, confidence, and professional joy.
- Aligning with current and emerging national strategies and policy direction.
- Shifting from short-term initiatives to sustainable, whole-school change.

What the programme is not

- **A sports delivery programme.**
- **Capital investment in facilities or equipment.**
- **A one-size-fits-all model.**
- **A short-term or bolt-on physical education initiative.**

For more information visit:
www.taaf.co.uk/active-schools



Impact for School Leaders

Our Active School Leadership programmes provide clear investment in to the people working within the school system, supporting professional development and personal growth.

Previous participants describe the programme as transformational, highlighting increased confidence, career progression, and a shift from delivering good practice in isolation to influencing whole-school systems policies, and culture.

"Since introducing more movement into our curriculum, I've seen a remarkable difference in our pupils. They're more focused better behaved and genuinely happier in the classroom.

Physical activity has not only supported their health but also boosted their engagement and enthusiasm for learning."

Mrs Duckworth, Head Teacher
Lammack Primary School

"The implementation of this project has created an active learning culture across our school, allowing both staff and pupils to thrive."

Mrs Mason, Head teacher,
Whitefield Primary School

"It stopped being about me delivering good PE and became about how I influence systems, policies and people."

"It's made me realise I am capable of more. I can make a difference - and that belief has changed how I show up at work every day."

"The middle leaders programme has been without doubt the most valuable CPD I have been on. It has given me the confidence and drive to apply for a position on SLT"

Impact for Schools

- Improved pupil engagement, behaviour, and learning experiences.
- More inclusive, engaging classroom practice.
- Increased staff confidence, leadership capacity, and progression.
- Greater consistency and sustainability in whole-school approaches.

How the programme works

- Leaders attend in-person facilitated workshops spread across the year, starting September 2026.
- Schools identify a priority area where an active school philosophy could add value and impact to children, staff and their school.
- PE leads undertake facilitated professional learning to help them to think differently and reimagine their PE curriculum and enrichment offer in line with the new curriculum and enrichment framework.
- Subject leads spend time reflecting on why engaging, imaginative and active pedagogies matter and how this can increase engagement in learning, particularly for low confidence learners.
- Senior leaders provide support to their middle leaders, driving and implementing change across the school, that will help create more opportunities for young people to move.
- Peer learning, sharing and collaboration.
- One-to-one coaching and support.

Who is involved



Register your interest here



Richard Varey
Fearless Leadership



YOUTH
SPORT
TRUST



Move
&
Learn



Hywel Roberts
Botheredness