

MEMBER UPDATE

DECEMBER 2025



FREE TOOL Youth Sport Trust Well Schools 'Well Check'

[Well Schools](#) is a movement of over 2,000 schools and trusts taking positive action to improve education outcomes by supporting the health & happiness of their staff & pupils across the UK. By joining the Well Schools movement, schools commit to prioritising wellbeing alongside academic achievement. Participants reflect on best practice, access a growing bank of resources, and demonstrate their commitment to a whole-school approach through the free-to-access Well Check and the paid Well Schools Accreditation.

Join the happiest, healthiest schools and start your journey to become a Well School.

Reflect, improve, and achieve recognition with the Youth Sport Trust's Well Schools: Well Check and Accreditation.

The Well Check is a free self-review tool, built around the pillars of a Well School:

Well Culture, Lead Well, Move Well, and Live Well.

The Well Check supports you with improving education outcomes and placing wellbeing at the heart of school life.

On completion you can choose to invest in the next step with Well Schools Accreditation by submitting evidence and undergoing peer review to earn a 3, 4, or 5-star rating; recognising your school's commitment and impact on school improvement through wellbeing.

To access more information about the Well Schools and the Well Check please visit the [Well School webpage](#) or CLICK HERE to see the associated flyer.



60 Active Minutes - Sir Mo's Mission

To mark 30 years of building brighter futures through the power of sport and play, the Youth Sport Trust launched Mo's Mission with our National School Sport Champion, Sir Mo Farah CBE.

Together, let's pledge 30 million active minutes across a school week by the end of 2025!

Thanks to the incredible enthusiasm of schools across the country, Mo's Mission has reached 15 million active minutes pledged! See [Mo's message](#). This is a massive achievement but we're just halfway to our goal of 30 million active minutes by the end of the year.

We'd love your help to push us to the finish line. If you're not signed up yet, what are you waiting for? Whether it's your school, class, youth group or family - everyone counts.

- [Sign up](#) your pupils and staff - every person adds minutes
- Download the [Active Tracker](#): Log your activity and stay motivated every day.
- Try the [60-second challenge videos](#): Fun, fast challenges you can try at school or at home.
- Try our [activity cards](#) and SEND-friendly [Move Like Me videos](#)

For more information, please visit:

www.youthsporttrust.org/support-us/mos-mission



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Inclusion Live Week – Monday 26th January – Friday 30th January 2026

BOOKINGS NOW OPEN!

Since 2022, the Youth Sport Trust has hosted a week of free online webinars to support practitioners in creating inclusive school sport opportunities for young people with SEND. Inclusion Live 2026 will take place from 26–30 January 2026, featuring six webinars throughout the week. You can sign up for the sessions using the links below.

Inclusion Live is delivered as part of [Inclusion 2028](#) - a Department for Education-funded grant designed to improve the choices and chances of children and young people with Special Educational Needs and Disabilities (SEND) through a series of targeted interventions in physical education (PE), school sport, and physical activity.

For more information on how to register, please [CLICK HERE](#)



Inclusion Live 2026



Monday 26 January
15:30–16:30

Inspiring inclusion through major sporting events

Discover how sporting moments can inspire inclusion, engagement, and celebration across schools and communities.



Tuesday 27 January
15:30–16:30

Unlocking the power of school swimming for young people with SEND

Discover how school swimming lessons support health, confidence, and curriculum outcomes for young people with SEND.



Wednesday 28 January
15:30–16:30

Creating inclusive environments for neurodivergent young people

Practical insights and strategies for supporting neurodiverse young people in PE, school sport, and physical activity.

Inclusion Live 2026



Thursday 29 January
12:15–13:15

Embedding strength and balance in the daily lives of young people

Featuring resources co-created with young people, explore how a collaborative approach enables young people with SEND to achieve the Chief Medical Officer's physical activity guidelines.



Thursday 29 January
15:30–16:30

Designing an inclusive PE curriculum for every young person

Learn how to design an inclusive PE curriculum that enables all young people to thrive, supported by case studies and practical strategies.



Friday 30 January
12:15–13:15

Creating sustainable enrichment opportunities for young people with SEND

Learn how to align youth leadership opportunities to wider enrichment to ensure more young people with SEND are able to access the opportunities on offer.

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Inclusive Health Check - a tool to support inclusion in your school

The Inclusive Health Check is a free self-assessment tool for all School Games-registered schools. It helps users tackle inequalities by providing guidance, resources, and an action plan.

By completing the Inclusive Health Check each year, schools can track progress in inclusive practice and collect evidence to support both internal development and external reporting. The tool can be revisited and updated at any time, making it flexible for ongoing reflection and improvement.

Schools will answer a series of questions designed to assess their approach to inclusion. After rating their confidence in supporting specific groups, schools receive tailored resource recommendations to help create an action plan for next steps.

Completing the Inclusive Health Check is also a required part of the [School Games Mark](#) and contributes to achieving the award. [Log in](#) to your dashboard to complete your health check.

BECOME A SWIM TEACHER WITH ACTIVE LEICESTER

Active Leicester are looking to recruit and train swim teachers to support their provision across the city.

Please share the flyer opposite with anyone who the opportunity might be appropriate for.

For further information please contact:
jennifer.hudspith@leicester.gov.uk



Santa Dash - Friday 12th December

The countdown is on for one of the most joyful events in the School Games calendar - the National Santa Dash, taking place this year on Friday 12th December.

Last year, an incredible 116,499 young people took part. This year, we're hoping to go even bigger! The Santa Dash is all about having fun while being active. Schools can choose any distance that works for their pupils and take part at any time during the day. The magic comes from thousands of young people across the country moving together, creating a powerful sense of belonging, community and shared memories.

Let's help create even more of those memories this year.

How to Take Part:

- Record participation using a [simple Google form](#)
- Access a downloadable certificate for all participating schools
- Celebrate and connect with others using #SchoolGamesSantaDash on SM.

Your support is key to making this another fantastic nationwide moment.

Let's get even more young people moving, smiling and joining in the festive spirit on 12th December.



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THE 12 DAYS OF TENNISMAS ARE HERE!

From 25 December to 5 January, #WeDoTennis are gifting you FREE Court Bookings in Leicester Parks! So whether you're burning off the Christmas feast, kicking off new-year fitness goals or just having fun with friends and family, the courts are yours... at no cost and with no catch!

Book your spot, grab your racquet, and make your holidays a hit!

How To Book Your FREE Tennis Court:

1. Find Your Local Park Court by heading over to the LTA website:

www.lta.org.uk/play/book-a-tennis-court

Parks in Leicester - Victoria Park, Evington Park, Abbey Park, Knighton Park, Monks Rest Gardens, Humberston Park, Aylestone Hall Gardens, Rushey Fields Park

2. Search using your postcode or town name and press "find a court".

3. Once you've found your local park:

- Choose your park.
- Choose your preferred date & time .
- Create a free LTA account (if you don't already have one).
- Confirm & book - it's that simple!

Courts can be booked a week in advance from the 18th December. And once booked, you'll get a confirmation email, with a gate code to access the courts at your specified time.

Keeping active over the winter months can have huge benefits for your physical & mental wellbeing.

Staying social, getting fresh air and keeping your body moving helps boost your energy, mood & fitness even on the coldest days!



FIND AN ACTIVITY IN YOUR LOCAL AREA

Our partners at [Active Together](https://www.activetogether.org.uk) provide an Leicester, Leicestershire & Rutland 'Active Search Engine' to find clubs, organisations and sessions in your local area.

[CLICK HERE](#) to access the tracker and find activities for you and the children at your school.

LCC EMPLOYEES ACCESS LEISURE CENTRES FOR LESS

Leicester City Council employees employed in Local Authority maintained schools are entitled to significant discounts for [Active Leicester](https://www.activeleicester.org.uk) leisure centre memberships including: gym, swim, classes and court bookings - up to 50%!

How to Apply: Get 'The Card' at any leisure centre with your ID/payslip, or apply online via their portal.

