

Active School Uniforms

Youth Sport Trust / YouGov
13th February – 2nd March 2025

About Active School Uniforms

The Youth Sport Trust (YST) is a children's charity founded in 1995 to harness the power of play and sport in children's education and development. Our vision is a future where every child enjoys the life-changing benefits of play and sport.

Not only is physical activity, PE, play and sport vital for the future health of the nation but it is also a critical tool to improve mental, social and emotional wellbeing and positive academic outcomes for young people.

YST commissioned YouGov Plc. to conduct the following research:

- Online survey amongst a sample of **primary school teachers** to understand their current views of active school uniforms. Total sample size was 1,016 teachers. Fieldwork was undertaken between 13th February - 2nd March 2025. The figures have been weighted and are representative of UK teachers.
- Online survey amongst a sample of **primary school teachers** to understand their current views of active school uniforms. Primary school teachers sample size was 512. Total sample size was 1,016 teachers. Fieldwork was undertaken between 13th February - 2nd March 2025. The figures have been weighted and are representative of UK teachers.

This report provides a summary of the key findings from this research.



Teachers' perceptions of core school uniform

Only half of primary school teachers agree that their core school uniform allows students to be active throughout the day – Primary PE teachers in particular do not believe the uniform allows for physical activity.

53%

of primary school teachers agree that their **current core school uniform allows students to be active** throughout the school day.

- Agreement was significantly higher amongst senior leaders (60% vs 53% overall).
- Primary PE teachers were significantly more likely to disagree with this statement (37% vs 30% overall).

Source: YST/YouGov, 13th February - 2nd March (2025). Sample size: 512 primary school teachers.



Teachers' support of an always active uniform

The majority of primary school teachers agree that an always active uniform would enable students to spend more time being active during the school day – and would support their school adopting an always active uniform policy.

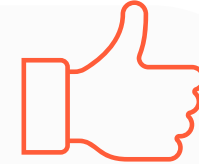
69%



of primary school teachers agree that an **always active uniform** would enable students to spend more time being active during the school day

- Primary PE teachers are significantly more likely to agree (76% vs 69% overall) as are music teachers (75% vs 69% overall) and PSHE teachers (76% vs 69% overall)

67%



of primary school teachers would **support their school** adopting an always active uniform policy

- Interestingly, primary music teachers are significantly more likely to agree to this (74% vs 67% overall). There is no statistically significant difference for PE teachers.
- Older teachers (45+) are significantly less likely to agree (63% vs 67% overall)

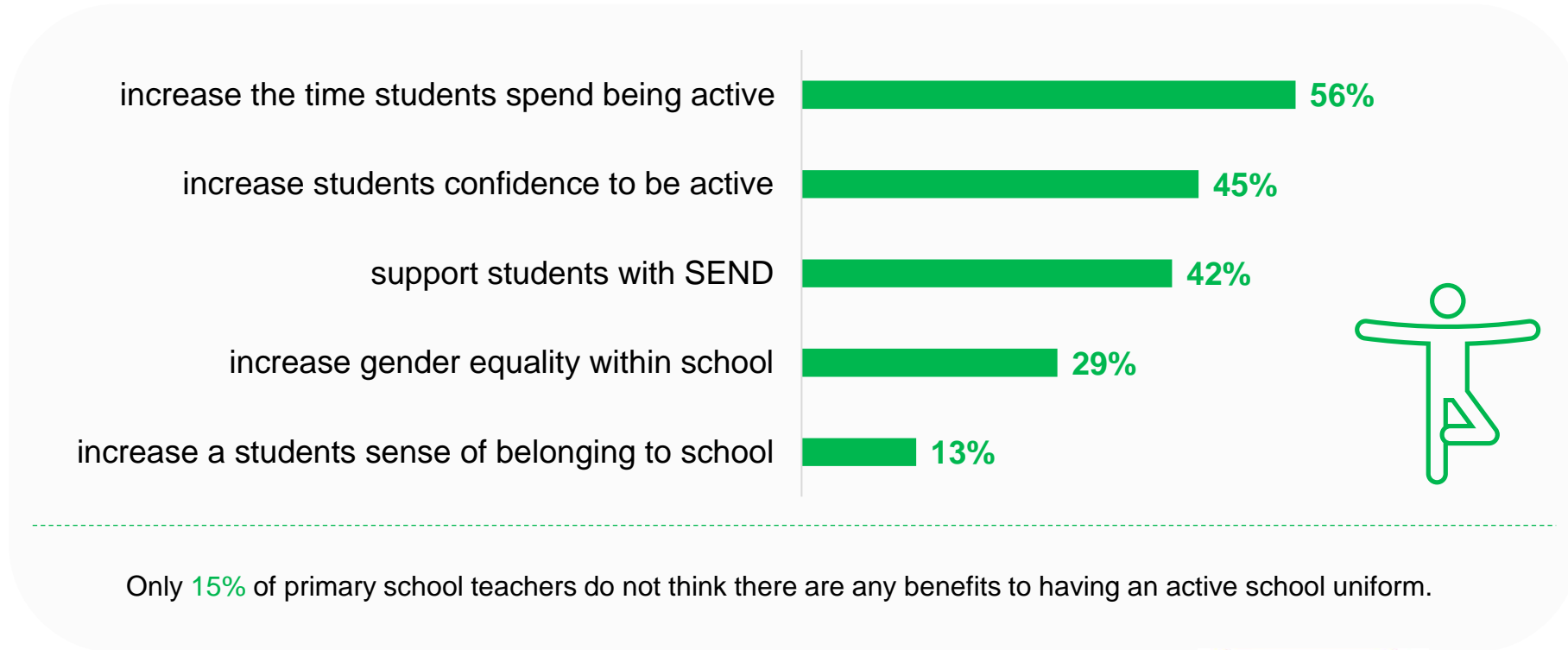
Source: YST/YouGov, 13th February - 2nd March (2025). Sample size: 512 primary school teachers.



Teachers' perceived benefits of an always active uniform policy

The top 3 perceived benefits of an always active uniform policies is increased time being active, increased confidence to be active and increased support for SEND students.

Primary school teachers agree that a benefit of an always active uniform policy at their school would be to...



Source: YST/YouGov, 13th February - 2nd March (2025). Sample size: 512 primary school teachers.



Parents' support of an always active uniform

Three quarters of parents agree that they would like their child to wear a uniform that allows them to be active throughout the school day – and they would support their child's school to have an always active uniform' policy.

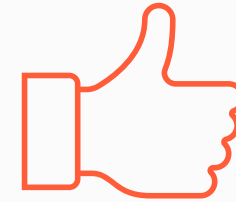
77%



of parents agree that they would like their child to wear a uniform that allows them to be active throughout the school day.

- Parents from a more affluent background (ABC1) were slightly more likely to agree to this statement than parents from less affluent backgrounds (C2DE) (79% vs 71% respectively).

74%



of parents would support their child's school to have an always active uniform policy.

Source: YST/YouGov, 20th – 24th February (2025). Sample size: 557 parents of primary aged pupils.



Parents' perceived benefits of an always active uniform policy

The majority of parents agree that an always active uniform policy would help them save money when purchasing uniforms, help their child to be more active, and help their child's education and development.

Parents agree that an always active uniform policy at their child's school would help...



68%
of parents

To save money when purchasing uniform



65%
of parents

Their child to be more active during the school day

Parents from a more affluent background (ABC1) were more likely to agree to this statement than parents from less affluent backgrounds (C2DE) (68% vs 57% respectively).



63%
of parents

Their child's education and development

Parents from a more affluent background (ABC1) were more likely to agree to this statement than parents from less affluent backgrounds (C2DE) (66% vs 57% respectively).

Source: YST/YouGov, 20th – 24th February (2025). Sample size: 557 parents of primary aged pupils.



**YOUTH
SPORT
TRUST**

www.youthsporttrust.org | [@YouthSportTrust](https://www.instagram.com/YouthSportTrust)