

SWITCHING TO SPORTS UNIFORMS

A SIMPLE APPROACH TO ENCOURAGE STUDENTS TO MOVE MORE AT SCHOOL



IF WE WANT KIDS TO BE ACTIVE THEY NEED TO BE DRESSED TO MOVE

WHAT IS THE ISSUE?

- Despite the physical and mental benefits of physical activity, the majority of children and adolescents do not meet weekly physical activity recommendations.
- Improving students' physical activity levels during school hours is crucial for developing lifelong healthy habits.
- School policies recommend scheduling 150 minutes of structured physical activity each week, but achieving this can be challenging.
- A major barrier to student physical activity is formal uniforms, like tunics or dresses and black leather shoes, which restrict movement.

OUR APPROACH

We explored whether switching to sports uniforms was acceptable to parents, teachers and students and if it had an impact on student physical activity levels.

① Across New South Wales (NSW) we surveyed:

- 800 primary school students
- 900 high school students
- 52 principals
- 500 teachers
- 1,200 parents

② We conducted a randomised controlled trial with 42 NSW primary schools, using accelerometers to measure students' physical activity levels.



OUR RESEARCH SHOWS:

- ✓ When wearing sports uniforms, students are more active and spend less time sitting.
- ✓ Students believe they would be more active during recess and lunch if allowed to wear sports uniforms daily.

✓ This change to sports uniforms is both feasible and acceptable.

✓ Changing the formal uniform to a sports uniform is supported by students, teachers and parents.

SWITCHING TO SPORTS UNIFORMS COULD SAVE:

\$167 for primary-aged children

\$363 for secondary-aged children.



“ It's way easier to put on. It's more stretchy, flexible and I feel really free doing cartwheels and handstands ”
- STUDENT



WHAT DOES THIS MEAN FOR SCHOOLS?

By allowing students to wear sports uniforms every day, schools can cost-effectively reduce barriers to physical activity, and support the health and wellbeing of students.

WANT TO KNOW MORE ABOUT THIS RESEARCH/MAKING THE SWITCH AT YOUR SCHOOL?

Email: HNELHD-GoodForKids@health.nsw.gov.au

Website: <https://goodforkids.nsw.gov.au/>

ACKNOWLEDGEMENTS

NSW Health Cardiovascular grant



Hunter New England
Local Health District

