

Daily sport uniforms can benefit student physical activity & wellbeing: A qualitative study

PLAIN LANGUAGE SUMMARY - SEPTEMBER 2025



KEY MESSAGES

- Students valued the ease of movement in daily sports uniforms, which reduced barriers to being active. They also felt more relaxed and had a more positive mindset.
- Girls in particular reported enhanced comfort and confidence.
- Daily sport uniforms are a simple, low-cost option to enable student physical activity (PA) and other positive wellbeing outcomes.

What is this study about?

We looked at the impacts of a daily sport uniform policy on health and wellbeing in Australian primary schools.

Students and staff who had experienced a daily sport uniform shared what it meant for them.

How did we carry out the study?

We conducted a qualitative study with schools that had implemented a daily sport uniform policy, in the Hunter New England region of NSW, Australia.

Staff participants shared their experiences through interviews and students participated in innovative focus group activities.

Why is this important?

Access to daily sport uniforms presents an acceptable and accessible option to encourage students' PA and reduce chronic disease risk factors.

What did we find?

Students and teachers preferred daily sport uniforms, highlighting many positive impacts:

- Enabling PA during and beyond school hours.
- Girls reported daily sport uniforms enhanced their comfort and confidence.
- Student wellbeing, such as supporting a positive mind set, feeling more relaxed and 'freer'.
- Sport uniforms were praised for being simple and practical for all students.



What does this mean for policy and practice?

Due to formal uniforms still being considered the norm, future programs may need to address community perceptions to support the continued delivery of daily sport uniform policies.

About us

This research was conducted by researchers at the University of Newcastle, Hunter New England Population Health and the National Centre of Implementation Science (NCOIS). The research is led by PhD Candidate, Carly Gardner and will form part of her PhD thesis.

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Full article

Gardner C, Lane C, Hall A, McCarthy N, Pollock E, Sutherland R, Wolfenden L, Nathan N. [Exploring the impact of a daily sport uniform policy in primary schools: a qualitative study with students and teachers](#). *Front Sports Act Living*. 2025 Jul 14;7:1633045. doi: 10.3389/fspor.2025.1633045.

