



We're the UK's leading charity  
for improving the education  
and development of **every**  
**child** through **play** and **sport**

# The '3 Es' to include parents in the power of movement

**Katy Rogers**

**Development Manager**

**[katy.rogers@youthsporttrust.org](mailto:katy.rogers@youthsporttrust.org)**



# Session Aims

- Understand the importance of involving parents and families in creating a movement-rich culture
- Explore the 3 Es model - *Engage, Educate, Empower* - and how it can be applied in diverse school communities
- Reflect on how physical literacy can be made relevant to parents' own experiences and values
- Discover how parent-led initiatives can support whole-family wellbeing, confidence and community cohesion
- Identify opportunities to better connect with parents through purposeful movement-based initiatives

# Four Corners

Fully

Somewhat

Not at all

Only beyond  
the school  
day

# Talking Point

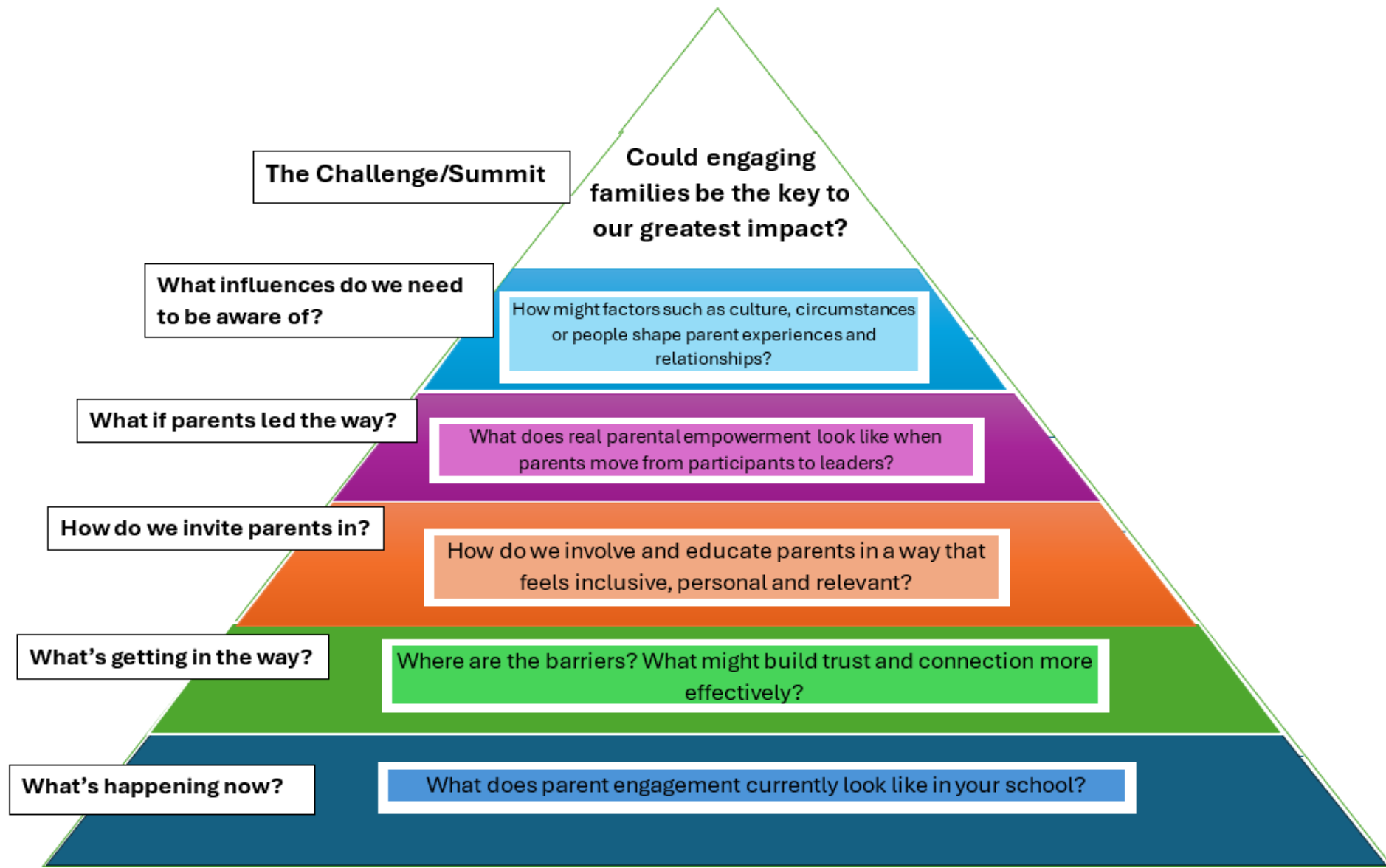
## Movement matters

What are we doing to make it part of children's lives beyond the school gates?

Could engaging families be the key to our greatest impact?

# Stimulus





# 3 E's



**Engage**

**What makes parents feel seen, heard, welcomed and valued?**



**Educate**

**How do we spark interest and challenge assumptions around why movement matters and how it connects to their lives?**



**Empower**

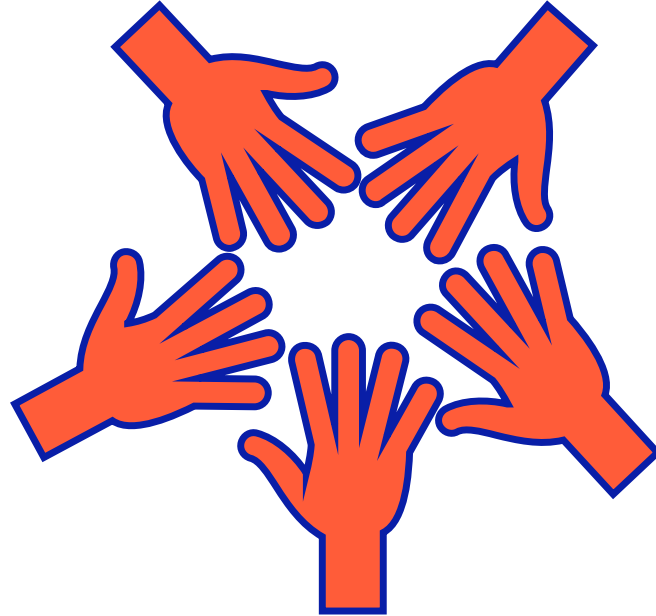
**What support or permission do parents need to share decision-making and take the lead?**

<b>Reflect</b>	<b>Engage</b>	<b>Educate</b>	<b>Empower</b>
<b>What's happening/ missing?</b>			
<b>What might resonate with your community?</b>			
<b>What is one small action could you try?</b>			

# Next Steps...



Any questions?



What support do you need?



How do we work together?

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# Take Aways

What are your key take aways from today?

# Signposting

Relevant YST resources specific to workshop theme



The Physical Literacy Toolkit



**SCAN HERE**

Get moving!

Download the **Healthy Movers** at Home resources for easy, mobile-friendly ideas to help your little ones move, play, and grow every day.

The PDF includes a list of the equipment you will require for each activity.

**Healthy Movers at the Beach**

Where to play: Indoors/Outdoors  
Safety: Make sure the surface isn't slippery  
Equipment: 4 pieces of kitchen roll or paper towel, 10 pieces of scrunched up paper towel  
Benefits: Improves core strength, helps with following instructions  
Pretend you are at the beach

**Activity 1**  
Ask the children to lie on the towel to sunbathe. Call out actions for the children to do, after each action the children go back to sunbathe.

YOUTH SPORT TRUST HEALTHY MOVERS

Activity cards

Healthy Movers



# Signposting



The Club



Well Schools



A series of FREE to access virtual webinars aimed at equipping practitioners with the knowledge, skills, and confidence to deliver meaningful and inclusive experiences for young people with SEND.



**Bookings now open!**

# Inclusion Live 2026

**Monday 26 January - Friday 30 January 2026**



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# End of Session Survey

