



Active Insight: Evidence in Action

Tip #249



Building Momentum in PE Programs

Overview

Consistent lesson design supports students in Years 3–6 to progressively apply and refine movement skills. Predictable routines build confidence, strengthen understanding, and support skill transfer across varied activities. Structured sequencing enhances engagement, promotes wellbeing, and encourages safe, sustainable participation. This approach enables meaningful progression, supports positive learning behaviours, and helps students connect learning across lessons, units, and movement experiences over time.

Key Teaching Ideas

Prioritise consistent lesson structures and predictable routines to build confidence, engagement, and independence. Sequence learning progressively and reinforce expectations clearly through modelling, feedback, and reflection. Use observation to adapt teaching and respond to student needs. Empower students to recognise growth, make informed decisions, and confidently apply movement skills and strategies across varied physical activity contexts.

Practical Application

- Use consistent lesson structure to build confidence and engagement
- Track skill progression across lessons using simple visual monitoring tools
- Establish predictable routines supporting smooth transitions and active participation consistently
- Provide regular opportunities for student reflection and goal setting activities
- Use student feedback to adapt lessons and strengthen learning experiences

Next Steps

Review lesson consistency and refine routines gradually. [Explore The Ultimate PE Program resources](#) to support structured progression and sustained student engagement over time.

