



Active Insight: Evidence in Action

Tip #250



What a Great PE Lesson Looks Like

Overview

Effective PE lessons in Years 3–6 support students to apply, practise, and refine movement skills in structured, engaging contexts. Clear sequencing builds understanding, confidence, and safe participation. Purposeful lesson design enhances knowledge, skill application, and wellbeing, ensuring students experience success while developing transferable movement strategies across varied physical activity environments. Consistent opportunities for reflection, feedback, and collaboration further strengthen student learning and encourage positive participation in movement experiences.

Key Teaching Ideas

Structure lessons with clear phases that build engagement and understanding. Use purposeful transitions and progressive challenges. Encourage student thinking through questioning and reflection. Support inclusive participation by adapting tasks. Focus on developing confidence, decision-making, and skill application in meaningful and engaging contexts. Create opportunities for collaboration, feedback, and success to strengthen student motivation, connection, and ongoing participation in physical activity.

Practical Application

- Begin lessons with engaging warm-up activating prior learning and focus
- Sequence activities from simple to complex supporting skill development progression
- Include game-based application to reinforce learning and decision-making skills
- Facilitate reflection discussions encouraging students to explain learning and progress
- Use exit questions to check understanding and guide future teaching

Next Steps

Refine lesson structure using [The Ultimate PE Program](#). Consistent sequencing improves clarity, engagement, and outcomes across diverse learning contexts for all students.

