



# Active Insight: Evidence in Action

## Tip #251



## The PE Lesson Formula

### Overview

A simple lesson formula helps Years 3–6 students apply and refine movement skills consistently. Predictable structures build knowledge, confidence, and engagement. Clear sequencing supports safe participation and effective transitions. This approach strengthens skill development, enhances understanding, and promotes wellbeing through structured, repeatable learning experiences across varied physical activity contexts and environments.

### Key Teaching Ideas

Use a consistent lesson framework to support clarity and engagement. Teach each phase explicitly and connect learning intentions throughout. Reinforce routines to maximise activity time. Encourage student ownership, reflection, and decision-making to strengthen understanding and meaningful application of movement skills in different contexts.

### Practical Application

- Start lessons with engaging hook activity capturing student attention quickly
- Deliver focused skill learning tasks building competence and confidence progressively
- Provide game-based application opportunities reinforcing strategies and movement understanding
- Include reflection questions supporting student thinking and learning connections development
- Gather student feedback to inform future lesson planning and adjustments

### Next Steps

Apply consistent lesson formulas across units. [Explore Game Sense approaches](#) to enhance understanding, engagement, and decision-making in dynamic learning environments.

*The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).*

