



Active Insight: Evidence in Action

Tip #253



Structuring a Lesson That Flows

Overview

Effective lesson flow in Years 3–6 supports students to apply movement skills in connected sequences. Smooth transitions enhance engagement, reduce downtime, and support safety and wellbeing. Clear organisation strengthens understanding and maximises active participation, ensuring students remain focused while developing skills and confidence through structured, purposeful physical activity experiences. Consistent routines and clear expectations also help students build independence, collaborate effectively, and participate confidently in a range of movement contexts.

Key Teaching Ideas

Plan lessons with clear sequencing and efficient transitions to maintain engagement. Use concise instructions and demonstrations. Build logical progression between tasks. Encourage student awareness and responsibility. Support active participation by minimising downtime and creating inclusive environments where all students remain engaged and successful. Provide opportunities for reflection, teamwork, and positive feedback to strengthen confidence, skill development, and meaningful participation in movement experiences.

Practical Application

- Pre-set equipment before lessons to maximise active learning time immediately
- Use clear demonstration spaces ensuring all students can observe effectively
- Implement signals for transitions supporting smooth movement between activities consistently
- Keep explanations brief to maximise activity time and student engagement
- Maintain consistent routines supporting predictable and effective lesson delivery always

Next Steps

Strengthen lesson flow through planning and reflection. [The Ultimate PE Program](#) sequencing supports efficient transitions, increased activity time, and improved student engagement outcomes.

