



Active Insight: Evidence in Action

Tip #260



Linking Activities with Purpose

Overview

Clear connections in Years 3–6 help students apply and practise movement skills with understanding. Linking activities to learning intentions strengthens knowledge, focus, and confidence. This approach supports meaningful participation, enhances decision-making, and promotes wellbeing by ensuring students understand purpose, relevance, and application within varied physical activity contexts and structured learning environments.

Key Teaching Ideas

Make learning intentions visible and consistently referenced throughout lessons. Use questioning and reflection to strengthen understanding. Connect each activity to purpose. Support students to explain learning and apply skills meaningfully, building confidence, engagement, and deeper understanding across varied movement experiences and contexts. Reinforce success criteria through feedback and discussion so students can recognise progress, make informed decisions, and take greater ownership of their learning.

Practical Application

- Display clear learning intentions before activities begin and revisit regularly
- Explicitly link each activity to skill development and learning purpose
- Use reflection questions helping students connect actions to learning goals
- Encourage students to explain what they learned and how
- Design goal-based tasks that reinforce purpose and understanding clearly

Next Steps

Strengthen clarity by consistently linking learning and action. [Game Sense](#) approaches support deeper understanding through purposeful, decision-based physical activity experiences.

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).

