



Active Insight: Evidence in Action

Tip #270



Differentiation Using TREE

Overview

Using TREE in Years 3–6 supports students to apply and adapt movement strategies across contexts. Adjusting teaching, rules, equipment, and environment enhances inclusion, progression, and wellbeing. This approach supports responsive teaching and enables meaningful participation through flexible and structured physical activity experiences. Purposeful modifications also help students build confidence, experience success, and engage in learning at an appropriate level of challenge within diverse movement environments.

Key Teaching Ideas

Apply Teaching style, Rules, Equipment, and Environment to modify activities. Make small adjustments and observe impact. Maintain lesson flow while supporting inclusion. Encourage adaptability, helping students build confidence and apply skills effectively in dynamic learning environments. Use ongoing observation and student feedback to refine modifications and ensure all learners can participate meaningfully, experience success, and remain actively engaged throughout activities.

Practical Application

- Change rules to adjust challenge and support skill development outcomes
- Modify space to influence movement, decision making, and engagement levels
- Adjust equipment to provide appropriate challenge and skill support
- Alter group size to enhance participation and learning opportunities
- Vary teaching approach to meet diverse student learning needs

Next Steps

Apply TREE consistently across lessons. This supports adaptable teaching, inclusive practice, and meaningful progression in physical education learning environments.

