



# Active Insight: Evidence in Action

## Tip #275



## Inclusive Competition

### Overview

Inclusive competition in Years 3–6 enables students to apply strategies while ensuring participation for all. Modifying games supports fairness, engagement, and wellbeing. This approach reduces exclusion and promotes confidence, allowing students to develop skills and enjoy positive experiences in competitive physical activity settings. Purposeful adjustments to rules, teams, and challenges also help students experience success, build resilience, and participate meaningfully regardless of ability or experience level.

### Key Teaching Ideas

Adjust rules and structures to support access and participation. Reduce elimination and provide multiple roles. Emphasise teamwork and effort. Encourage inclusive environments where all students contribute and build confidence while developing movement skills. Use flexible groupings, supportive feedback, and achievable challenges to promote positive participation, fairness, and meaningful success for all learners.

### Practical Application

- Use continuous play formats avoiding elimination and maintaining engagement levels
- Implement multiple scoring options rewarding effort and teamwork contributions
- Rotate roles allowing all students to experience varied responsibilities
- Use smaller teams increasing participation and skill development opportunities
- Modify rules to support inclusion and equitable participation outcomes consistently

### Next Steps

Apply simple modifications consistently. Inclusive competition enhances engagement, confidence, and meaningful participation for all students in physical education contexts.

