



Active Insight: Evidence in Action

Tip #277



Engaging Reluctant Students

Overview

Engaging diverse learners in Years F–6 supports students to explore and participate in varied movement experiences. Providing choice and alternative activities builds confidence, enjoyment, and wellbeing. This approach encourages positive attitudes and supports all students to develop skills through meaningful and enjoyable participation. Flexible learning opportunities and inclusive teaching practices also help students feel valued, experience success, and engage confidently according to their individual strengths, interests, and needs.

Key Teaching Ideas

Offer varied, non-traditional activities reflecting student interests. Provide choice and low-pressure environments. Encourage participation through supportive strategies. Value effort and progress, helping students feel confident and motivated to engage in movement experiences. Use inclusive groupings, flexible challenges, and positive encouragement to create enjoyable learning environments where all students can participate meaningfully and experience success.

Practical Application

- Include dance and rhythm activities to broaden engagement opportunities widely
- Use fitness circuits offering variety and accessible movement options for students
- Provide cooperative games supporting low-pressure and inclusive participation experiences
- Design individual challenges allowing personal success and goal achievement opportunities
- Offer choice-based sessions empowering students to select preferred activities

Next Steps

Broaden options to engage all learners. [Active Education Resources](#) support inclusive, enjoyable experiences that build confidence and participation.

