



Active Insight: Evidence in Action

Tip #279



Designing Engaging Activities

Overview

Engaging activities in Years F–6 support students to participate actively and develop positive attitudes toward movement. Using student voice and variety builds motivation, confidence, and wellbeing. This approach encourages ongoing participation and helps students apply skills meaningfully across diverse physical activity experiences. Providing enjoyable, inclusive, and purposeful learning opportunities also helps students build confidence, strengthen social connections, and experience success through active participation and movement exploration.

Key Teaching Ideas

Use student feedback to design relevant activities. Offer variety and choice. Adapt tasks based on interest. Encourage student ownership and creativity, supporting motivation, confidence, and meaningful engagement in diverse movement experiences. Create supportive and inclusive learning environments where students feel valued, experience success, and confidently participate in enjoyable physical activity opportunities.

Practical Application

- Use student surveys to gather input on preferred activities regularly
- Provide choice boards allowing students to select engaging activity options
- Rotate activities frequently to maintain interest and motivation levels
- Trial new games introducing variety and fresh learning experiences
- Include student-led sessions promoting ownership and engagement in learning

Next Steps

Use student voice to guide planning. [Game Sense](#) approaches support meaningful engagement through student-centred and decision-based learning experiences in PE.

