



Active Insight: Evidence in Action

Tip #280



On-the-Go Assessment

Overview

Assessment in Years 3–6 can occur during activity as students demonstrate and apply movement skills. Observing performance supports immediate feedback and informs teaching decisions. This approach enhances learning, supports wellbeing, and ensures assessment is authentic, efficient, and embedded within meaningful physical activity experiences. Ongoing observation and reflection also help students recognise progress, build confidence, and apply feedback to improve performance across varied movement contexts.

Key Teaching Ideas

Use observation and questioning during activities to assess learning. Focus on key skills and behaviours. Use simple tools and prompts. Provide immediate feedback and adjust teaching to support student understanding and progression. Encourage reflection and discussion so students can recognise strengths, identify improvements, and apply learning more confidently across movement experiences.

Practical Application

- Record observation notes during activities to capture student performance insights
- Use skill checklists to monitor progress and guide teaching decisions
- Ask questions during play to assess understanding and thinking
- Provide quick feedback supporting immediate improvement and skill refinement
- Include peer observations encouraging reflection and shared learning experiences

Next Steps

Use simple tools to support efficient assessment. [Ultimate PE resources](#) provide practical strategies for authentic, ongoing assessment within active lessons.

