



Active Insight: Evidence in Action

Tip #283



Quick Checks for Understanding

Overview

Quick checks in Years 3–6 support students to explain and apply movement strategies effectively. These strategies strengthen understanding, support responsive teaching, and improve outcomes. Immediate insights allow adjustments, ensuring students remain engaged, confident, and progressing within structured physical activity learning environments. Brief and purposeful assessment opportunities also help students reflect on learning, recognise improvement, and demonstrate understanding through active participation and movement application.

Key Teaching Ideas

Use fast, simple strategies to check understanding during activity. Ask targeted questions and observe responses. Use visible signals and discussion. Adjust teaching based on feedback to support engagement and effective learning. Encourage students to explain thinking, demonstrate understanding, and reflect on movement choices to strengthen confidence and ongoing skill development.

Practical Application

- Use thumbs up or down to quickly assess student understanding levels
- Create movement to answer zones supporting active and visible responses
- Facilitate quick partner discussions to explore understanding and thinking clearly
- Pause play for targeted questioning and immediate feedback opportunities
- Use exit responses to gather insights and guide next lesson planning

Next Steps

Embed quick checks regularly. Game Sense questioning strengthens understanding and supports responsive, engaging physical education lessons for all students.

