



Active Insight: Evidence in Action

Tip #284



Peer and Self Assessment

Overview

Peer and self-assessment in Years 3–6 supports students to explain, reflect, and refine movement skills. This builds confidence, communication, and ownership of learning. Structured processes enhance understanding, support wellbeing, and enable students to apply skills more effectively through collaborative learning experiences. Guided reflection and supportive feedback also help students recognise progress, identify areas for improvement, and engage more meaningfully in movement learning and participation.

Key Teaching Ideas

Teach simple feedback frameworks and model effective language. Provide clear criteria. Encourage reflection and respectful communication. Support students to give and receive feedback confidently, improving skills through collaborative learning. Use structured peer and self-assessment opportunities to help students recognise progress, build confidence, and apply feedback purposefully within movement activities.

Practical Application

- Use partner feedback tasks supporting structured and meaningful peer interactions
- Provide skill checklists guiding focused and effective student self assessment
- Use reflection prompts encouraging students to evaluate their performance thoughtfully
- Implement peer observation activities building awareness and understanding collaboratively
- Apply self-rating scales helping students track progress and confidence levels

Next Steps

Use simple frameworks to build confidence. Structured peer assessment supports reflection, communication, and ongoing skill development in physical education.

