



Active Insight: Evidence in Action

Tip #285



Feedback That Improves Performance

Overview

Effective feedback in Years 3–6 supports students to refine and apply movement skills confidently. Clear, timely feedback strengthens knowledge, improves performance, and builds wellbeing. This approach supports progression, enhances engagement, and ensures students understand how to improve through meaningful participation in structured physical activity contexts and learning environments. Specific and encouraging feedback also helps students recognise achievement, reflect on performance, and make purposeful adjustments that strengthen confidence and ongoing movement development.

Key Teaching Ideas

Provide specific, timely, and actionable feedback linked to learning intentions. Focus on one key improvement. Deliver feedback during activity where possible. Use clear language and encourage reflection, supporting students to apply feedback and continue developing movement skills confidently and effectively. Reinforce strengths alongside next steps to build motivation, strengthen understanding, and encourage ongoing participation and improvement within movement learning experiences.

Practical Application

- Use verbal cues highlighting key improvements during active participation moments
- Demonstrate corrections clearly supporting understanding and skill refinement processes
- Provide feedback during play to support immediate application and learning
- Conduct individual check-ins to personalise feedback and support progress effectively
- Facilitate reflection discussions reinforcing learning and improvement strategies clearly

Next Steps

Keep feedback consistent and focused. Simple strategies support ongoing improvement and help students confidently refine and apply movement skills across lessons.

