



Active Insight: Evidence in Action Tip #286



Maximising Participation

Overview

Maximising participation in Years F–6 supports students to practise and apply movement skills actively. High engagement improves learning, fitness, and wellbeing. Designing lessons that reduce inactivity ensures inclusive participation, builds confidence, and strengthens skill development through continuous and meaningful physical activity experiences. Purposeful lesson organisation and active learning opportunities also help students remain motivated, connected, and confident while developing positive attitudes towards movement and participation.

Key Teaching Ideas

Design lessons that keep all students moving consistently. Use small-sided games and multiple stations. Avoid elimination activities. Encourage inclusive participation and continuous engagement, supporting students to build confidence and develop skills through active and meaningful learning experiences. Use efficient transitions, clear routines, and purposeful organisation to maximise activity time and maintain student focus, motivation, and enjoyment throughout lessons.

Practical Application

- Use station-based lessons keeping students active and engaged continuously
- Implement small group games increasing involvement and skill development opportunities
- Use continuous play formats reducing downtime and maintaining engagement levels
- Rotate roles regularly supporting participation and shared learning experiences
- Provide parallel activities ensuring all students remain active simultaneously

Next Steps

Plan for high activity levels intentionally. [Game Sense](#) approaches support continuous engagement and meaningful participation across diverse physical education lessons.

The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).

