



# Active Insight: Evidence in Action

## Tip #287



## Non-Negotiables for Active Lessons

### Overview

Establishing clear expectations in Years F–6 supports students to participate in sustained movement activities. Consistent principles improve engagement, fitness, and learning. Prioritising active time strengthens teaching effectiveness, supports wellbeing, and ensures lessons remain purposeful, structured, and effective in developing movement skills across diverse physical activity environments and contexts. Clear routines and active learning expectations also help students remain focused, build confidence, and participate positively in continuous and meaningful movement experiences.

### Key Teaching Ideas

Establish clear principles prioritising movement and engagement. Keep instructions brief and transitions quick. Use consistent routines. Support inclusive participation and active learning, ensuring students remain engaged, confident, and developing skills throughout each lesson experience. Plan purposeful activities that maximise movement opportunities and minimise downtime so all students can participate actively and experience ongoing success in physical education.

### Practical Application

- Keep explanations short to maximise active participation and engagement time
- Use quick transitions maintaining lesson flow and student focus consistently
- Design high movement tasks ensuring all students remain actively involved
- Establish clear routines supporting efficient and predictable lesson delivery always
- Include active warm-ups preparing students for safe participation effectively

### Next Steps

Use simple non-negotiables consistently. Clear expectations ensure lessons remain active, engaging, and effective in supporting student learning and wellbeing outcomes.

