



Active Insight: Evidence in Action

Tip #289



Is My Lesson Active Enough?

Overview

Reflecting on activity levels in Years F–6 supports students to engage in meaningful movement that enhances wellbeing. Monitoring participation strengthens engagement, improves fitness, and informs teaching. This approach supports continuous improvement, ensuring lessons remain active, inclusive, and effective in developing movement skills and student confidence. Reviewing lesson flow, participation rates, and active learning opportunities also helps teachers make purposeful adjustments that maximise involvement and support positive outcomes for all students.

Key Teaching Ideas

Use simple reflection tools to evaluate activity levels. Observe engagement and identify inactivity. Adjust planning accordingly. Support continuous improvement, ensuring students remain active, confident, and engaged while developing movement skills in effective learning environments. Use observations and student feedback to refine lesson organisation, maximise participation, and strengthen meaningful movement opportunities for all learners.

Practical Application

- Use activity checklists to monitor movement and engagement levels consistently
- Apply lesson reflection tools to evaluate effectiveness and student participation
- Gather student feedback to understand engagement and activity experiences clearly
- Track active time to identify and reduce inactivity periods effectively
- Record observation notes supporting reflection and continuous lesson improvement

Next Steps

Reflect regularly on activity levels. Simple self-check tools support improved lesson design, ensuring students remain active, engaged, and developing skills effectively.

