



Active Insight: Evidence in Action

Tip #291



Managing Transitions Effectively

Overview

Efficient transitions in Years F–6 support students to practise movement skills with minimal disruption. Clear routines reduce downtime, enhance engagement, and improve lesson flow. This approach strengthens wellbeing and ensures students remain active, focused, and confident throughout structured and continuous physical activity opportunities. Consistent organisation and purposeful movement between tasks also help maximise participation, maintain momentum, and support positive learning behaviours during lessons.

Key Teaching Ideas

Plan and practise transitions as part of lessons. Use clear signals and pre-set equipment. Teach routines explicitly. Maintain pace and clarity, supporting continuous participation and helping students remain engaged while moving smoothly between activities and learning tasks. Use consistent expectations and efficient organisation to minimise downtime, strengthen lesson flow, and maximise active participation throughout movement sessions.

Practical Application

- Use countdown transitions supporting quick and organised movement between activities
- Use whistle or clap signals to clearly manage transitions efficiently
- Pre-mark activity areas reducing setup time and supporting smooth lesson flow
- Assign student roles to support setup and organisation responsibilities
- Use quick regroup routines maintaining engagement and lesson continuity effectively

Next Steps

Establish consistent routines to improve transitions. [Ultimate PE approaches](#) support efficient lesson flow and maximise active learning time across lessons.

