



# Active Insight: Evidence in Action

## Tip #293



## No Equipment Needed

### Overview

Delivering PE without equipment in Years F–6 supports students to explore and practise movement skills creatively. This approach removes barriers, enhances flexibility, and promotes inclusive participation. It builds confidence and wellbeing while enabling meaningful, engaging physical activity opportunities using space, imagination, and simple movement-based tasks. Focusing on body control, teamwork, and creative movement also helps students remain active, adaptable, and confident across a variety of learning contexts.

### Key Teaching Ideas

Use bodyweight movements and available space to design engaging activities. Focus on creativity and simplicity. Encourage exploration and imagination. Support inclusive participation, enabling students to develop skills and confidence without reliance on equipment in diverse learning environments. Use adaptable movement challenges and collaborative tasks to maintain engagement, encourage problem-solving, and promote active participation for all students.

### Practical Application

- Use tag games promoting movement, awareness, and engagement across all learners
- Design movement challenges encouraging creativity and skill development opportunities
- Include balance activities supporting control and coordination skill progression effectively
- Implement fitness circuits using bodyweight exercises for inclusive participation
- Use partner tasks encouraging collaboration and shared learning experiences

### Next Steps

Explore adaptable teaching approaches. Anywhere PD supports creative, no-equipment lessons that build engagement, confidence, and meaningful movement experiences.

