



Active Insight: Evidence in Action Tip #294



One Equipment, Many Uses

Overview

Using one piece of equipment in Years 3–6 supports students to apply movement skills across varied contexts. This approach enhances creativity, maximises resources, and improves engagement. It strengthens understanding and flexibility, enabling students to explore skills meaningfully within adaptable and structured physical activity environments. Reusing familiar equipment in different ways also helps students build confidence, strengthen skill transfer, and remain actively involved throughout movement learning.

Key Teaching Ideas

Explore multiple uses for one piece of equipment. Adapt rules and tasks to create variety. Encourage student creativity and input. Support flexible teaching, enabling students to apply skills in different ways and engage meaningfully across diverse movement contexts. Use purposeful modifications and collaborative challenges to maintain engagement, encourage problem-solving, and help students transfer movement skills between activities confidently.

Practical Application

- Use a ball for passing games developing coordination and teamwork
- Create target throwing tasks using the same equipment creatively
- Design dribbling challenges supporting control and skill development progression
- Include fitness activities using equipment to build strength and coordination
- Plan cooperative tasks encouraging teamwork and shared skill application opportunities

Next Steps

Maximise equipment use creatively. Simple approaches support flexible, engaging lessons and help students explore skills across varied contexts effectively.

