



# Active Insight: Evidence in Action

## Tip #314



## Designing Choice-Based Activities

### Overview

Choice-based learning in Years 3–6 supports students to apply strategies that enhance engagement and motivation. Providing options builds confidence, strengthens autonomy, and supports wellbeing. This approach promotes meaningful participation and learning. Opportunities to make decisions, explore interests, and select appropriate challenges also help students develop independence, build ownership, and engage more purposefully during lessons and activities.

### Key Teaching Ideas

Offer structured choices within activities. Ensure options are inclusive and achievable. Support decision-making, helping students engage confidently and take ownership of learning. Use clear expectations and supportive guidance to help students make successful choices, build independence, and participate meaningfully across lessons and group tasks.

### Practical Application

- Provide activity stations offering varied options and challenge levels consistently
- Use choice boards supporting autonomy and meaningful participation outcomes
- Offer skill variations allowing students to select appropriate challenge levels
- Encourage exploration supporting engagement and confidence in learning experiences
- Facilitate reflection supporting understanding of choices and learning outcomes

### Next Steps

Use [Fundamental Movement Skill](#) approaches to support choice. Flexible options enhance engagement, confidence, and meaningful participation for all learners.

