



Active Insight: Evidence in Action

Tip #341



Celebrating Individual Strengths

Overview

Recognising strengths in Years F–10 supports students to apply and develop movement skills confidently. Celebrating diverse abilities builds confidence, enhances engagement, and supports wellbeing. This approach promotes inclusive participation and encourages students to value their progress and capabilities across varied physical activity contexts. Providing positive feedback and opportunities for success helps students build resilience, strengthen self-belief, and remain motivated to participate in lifelong physical activity and movement experiences.

Key Teaching Ideas

Focus on strengths-based teaching and highlight individual progress. Use varied recognition strategies and provide positive feedback. Support confidence, helping students understand and value their capabilities in movement learning experiences. Encourage reflection on personal growth and achievement so students can recognise success, build motivation, and engage positively in ongoing movement participation and learning.

Practical Application

- Highlight individual strengths reinforcing confidence and engagement consistently
- Use varied recognition methods celebrating diverse student achievements regularly
- Provide positive feedback supporting growth and skill development outcomes
- Encourage reflection identifying strengths and learning progress effectively
- Display achievements promoting visibility and student confidence development consistently

Next Steps

Use strengths-based approaches consistently. Recognising progress builds confidence, engagement, and meaningful participation across physical education contexts.

