



# Active Insight: Evidence in Action

## Tip #345



## Strengths-Based Language in PE

### Overview

Strengths-based language in Years F–10 supports students to recognise and apply movement skills confidently. Positive communication enhances engagement, builds confidence, and promotes wellbeing. This approach encourages participation and supports inclusive learning environments. Focusing on effort, improvement, and individual strengths helps students feel valued, motivated, and capable while fostering positive attitudes towards movement and lifelong participation in physical activity.

### Key Teaching Ideas

Use positive, strengths-focused language that highlights effort and progress. Model supportive communication. Encourage participation, helping students feel confident and capable in movement learning. Reinforce individual growth and achievement through constructive feedback so students remain motivated, engaged, and willing to challenge themselves in a range of physical activity experiences.

### Practical Application

- Use positive feedback reinforcing effort and improvement consistently
- Provide growth-focused comments supporting skill development outcomes clearly
- Use inclusive instructions ensuring accessibility for all learners consistently
- Encourage participation promoting confidence and engagement across activities
- Model supportive language reinforcing positive learning behaviours daily

### Next Steps

Use strengths-based communication consistently. Positive language builds confidence, engagement, and meaningful participation in physical education.

