



Active Insight: Evidence in Action Tip #347



Designing Inclusive Activities

Overview

Inclusive activities in Years F–10 support students to participate and apply movement skills confidently. Thoughtful design enhances engagement, builds confidence, and promotes wellbeing. This approach ensures all students can access and enjoy physical activity. Providing varied opportunities, adaptable challenges, and supportive participation structures encourages students to experience success, build positive relationships, and engage meaningfully in diverse movement contexts.

Key Teaching Ideas

Design activities with multiple entry points and adaptable options. Focus on participation and success. Support inclusion, helping students engage confidently in movement experiences. Encourage flexibility, choice, and positive encouragement so all students can experience achievement, build confidence, and participate meaningfully in diverse physical activity contexts.

Practical Application

- Provide multiple activity options supporting diverse learner needs consistently
- Use adaptable rules enhancing inclusion and meaningful participation outcomes
- Design cooperative tasks promoting teamwork and shared success experiences
- Offer varied equipment supporting accessibility and skill development opportunities
- Use flexible grouping supporting inclusive and supportive learning environments

Next Steps

Use inclusive planning strategies. Adaptable activities ensure all students participate confidently and experience success.

