



# Active Insight: Evidence in Action

## Tip #352



## Building Motivation Through Progress

### Overview

Progress-focused learning in Years F–10 supports students to apply and refine movement skills confidently. Recognising improvement builds motivation, enhances engagement, and supports wellbeing. This approach promotes persistence and meaningful participation across physical activity contexts and learning environments. Valuing individual growth, effort, and achievement encourages students to develop confidence, remain engaged in learning, and build positive attitudes towards ongoing participation in physical activity.

### Key Teaching Ideas

Focus on progress and improvement rather than comparison. Use goal setting and feedback. Support motivation, helping students recognise growth and stay engaged in learning experiences. Encourage reflection on achievements and next steps so students build confidence, persistence, and positive attitudes towards ongoing movement learning and participation.

### Practical Application

- Track progress using charts supporting awareness and motivation consistently
- Celebrate improvements reinforcing confidence and engagement across learners
- Use goal setting supporting meaningful development and participation outcomes
- Provide feedback highlighting growth and next steps clearly
- Encourage reflection supporting understanding of progress and achievement outcomes

### Next Steps

Use [Fundamental Movement Skill](#) approaches to support progress. Recognising growth builds motivation, confidence, and meaningful participation in movement.

*The Fundamental Movement Skills approach is informed by foundational motor development research (Gallahue & Ozmun, 2006), contemporary physical education pedagogy (Graham et al., 2013), and the Australian Sports Commission's emphasis on developing movement competence and confidence through fundamental movement skills as a foundation for lifelong physical activity and sport participation.*

