



Active Insight: Evidence in Action

Tip #360



Using Assessment to Celebrate Progress

Overview

Celebrating progress in Years 3–10 supports students to apply and refine movement skills confidently. Recognising improvement enhances motivation, builds confidence, and supports wellbeing. This approach strengthens engagement and helps students value growth through meaningful participation across diverse physical activity contexts and learning environments in both primary and secondary settings. Acknowledging effort, persistence, and achievement encourages students to remain motivated, develop positive self-belief, and engage actively in ongoing movement learning and physical activity participation.

Key Teaching Ideas

Focus assessment on improvement and effort rather than comparison. Use clear criteria and positive feedback. Support reflection, helping students recognise growth, build confidence, and stay motivated through meaningful movement learning experiences. Encourage students to celebrate personal achievements and identify next steps so they remain engaged, resilient, and confident in their ongoing participation and skill development.

Practical Application

- Use progress charts highlighting improvement and reinforcing motivation consistently
- Celebrate milestones recognising effort and skill development achievements regularly
- Provide feedback emphasising growth and next steps clearly
- Use reflection tasks supporting awareness of progress and achievement outcomes
- Share success stories building confidence and positive engagement consistently

Next Steps

Use strengths-based assessment approaches. Celebrating progress builds motivation, confidence, and meaningful participation across physical education contexts.

