



Active Insight: Evidence in Action

Tip #370



Building Confidence as a PE Teacher

Overview

Building teacher confidence in Years F–10 supports students to participate, apply, and refine movement skills effectively. Simple, structured approaches enhance consistency, improve engagement, and support wellbeing. This approach enables teachers to deliver meaningful learning experiences and create positive, inclusive physical activity environments across primary and secondary contexts. Clear guidance, practical strategies, and supportive planning processes help teachers feel capable, prepared, and confident in delivering engaging movement learning for all students.

Key Teaching Ideas

Start with simple, repeatable strategies and build gradually. Focus on consistency over complexity. Reflect regularly and celebrate success, supporting teacher confidence and effective delivery of movement learning experiences. Use practical routines, clear expectations, and achievable goals to help teachers feel prepared, capable, and confident when creating positive and engaging learning environments.

Practical Application

- Trial one strategy daily building confidence and consistent teaching practice
- Use simple routines supporting predictable and manageable lesson delivery consistently
- Observe peers gaining ideas and improving teaching confidence levels
- Reflect after lessons identifying strengths and areas for development
- Share strategies supporting collaboration and collective teaching improvement outcomes

Next Steps

[Explore Anywhere PD resources](#) to support growth. Small steps build confidence and support consistent, effective physical education delivery.

