



Active Insight: Evidence in Action

Tip #374



Building Consistency Across Lessons

Overview

Consistency in Years F–10 supports teachers to deliver structured lessons that help students apply and refine movement skills. Predictable approaches enhance engagement, build confidence, and support wellbeing. This approach strengthens teaching effectiveness and student outcomes in Physical Education. Consistent routines, expectations, and teaching practices help create positive Physical Education environments where students feel prepared, supported, and motivated to participate actively in movement learning.

Key Teaching Ideas

Use consistent routines, language, and lesson structures. Reinforce expectations regularly. Support familiarity, helping students engage confidently and teachers deliver effective learning experiences in Physical Education. Consistency also helps create safe, predictable environments that support participation, reduce uncertainty, and strengthen student confidence in movement learning.

Practical Application

- Use consistent lesson formats supporting predictable and effective delivery
- Apply common language supporting clarity and understanding across lessons
- Reinforce routines supporting engagement and smooth lesson transitions consistently
- Use repeatable activities supporting skill development and confidence building
- Align expectations supporting consistency and positive participation behaviours

Next Steps

Build consistency through routines. [Explore Anywhere PD](#) Learn and Go videos to support predictable, engaging, and effective physical education delivery.

