



Active Insight: Evidence in Action

Tip #377



Managing Time Effectively

Overview

Effective time use in Years F–10 supports teachers to maximise active learning and student participation. Efficient lesson structure enhances engagement, improves skill development, and supports wellbeing. This approach ensures meaningful use of lesson time. Well-organised transitions, purposeful activities, and clear routines help maintain lesson flow, increase active participation, and support positive learning experiences in Physical Education.

Key Teaching Ideas

Plan lessons with clear timing and transitions. Minimise downtime and maximise activity. Support efficiency, helping students stay engaged and active. Use organised routines and purposeful sequencing to maintain lesson flow, increase participation, and create productive Physical Education learning environments.

Practical Application

- Use clear time blocks supporting structured and efficient lesson delivery
- Plan transitions reducing downtime and maintaining engagement levels consistently
- Start quickly ensuring maximum active participation time during lessons
- Use simple setups reducing time spent organising activities effectively
- Monitor pacing ensuring consistent engagement and lesson flow throughout

Next Steps

Use structured routines to manage time. Efficient lessons maximise engagement, learning, and meaningful participation in physical education.

