



Active Insight: Evidence in Action

Tip #412



The Active Lesson Formula

Overview

Structured active lessons in Years 3–6 support students to practise and apply skills in engaging and purposeful learning experiences. Clear lesson sequencing helps students build understanding, confidence and wellbeing while staying actively involved in learning. This approach encourages consistent and organised lesson design, allowing students to develop knowledge, movement skills and collaboration through meaningful physical activity and interactive participation.

Key Teaching Ideas

Use a clear lesson structure that includes engage, move, learn and reflect phases to support purposeful and active learning. Encourage students to think, participate and apply skills through movement-based activities connected to lesson goals. Maintain consistent routines and smooth transitions to create a supportive learning environment, helping students build confidence, strengthen understanding and stay meaningfully engaged throughout the lesson.

Practical Application

- Begin with quick movement hook engaging students and activating prior learning
- Use active exploration phase encouraging participation and skill development opportunities
- Apply learning through structured tasks reinforcing knowledge and understanding
- Include reflection discussions supporting thinking and learning consolidation processes
- Repeat structure consistently building confidence and predictable lesson flow

Next Steps

Apply this structure consistently. [Our Ultimate PE Programs](#) supports effective lesson design, improving engagement, clarity, and student outcomes through structured active learning experiences.

