



Active Insight: Evidence in Action

Tip #414



Active Transitions

Overview

Using movement during transitions in Years F–6 helps students practise strategies that support engagement, focus and smooth lesson flow. Structured movement activities can reduce downtime, improve behaviour and keep students actively involved as they move between tasks and learning experiences. This approach supports wellbeing, maintains learning readiness and helps students remain settled, active and prepared to participate across a range of classroom contexts.

Key Teaching Ideas

Use structured and predictable movement during transitions to help students move smoothly between tasks and maintain focus throughout the day. Keep instructions clear, simple and consistent so students understand expectations and can respond confidently. Regularly reinforce routines and movement cues to support positive behaviour, reduce downtime and encourage active participation in learning across a variety of classroom variety of learning situations.

Practical Application

- Move to new groups using specific actions supporting engagement and organisation
- Use movement cues to signal transitions and maintain lesson flow
- Implement countdown with movement to support quick and structured transitions
- Use follow the leader transitions to guide safe and active movement
- Apply silent movement challenges encouraging focus and controlled participation behaviours

Next Steps

Practise transition routines regularly. Consistency builds independence, supports engagement, and ensures smooth, active classroom flow across all learning activities.

