



Active Insight: Evidence in Action

Tip #415



Plan Physical Literacy Fast

Overview

Planning for physical literacy in Years 3–6 supports students to use movement strategies that strengthen learning, participation and wellbeing. Simple and practical planning approaches help teachers save time while still delivering purposeful and engaging learning experiences. Embedding movement regularly across lessons builds student engagement, encourages positive movement habits and helps connect physical activity with everyday classroom learning in meaningful and manageable ways.

Key Teaching Ideas

Focus on small and intentional planning choices that naturally include movement within everyday learning. Connect movement activities directly to learning goals and use simple, consistent lesson structures that are easy to apply across subjects. Regularly reflect on and adjust strategies to support sustainable teaching practices, while helping students stay engaged, apply skills confidently and build positive learning habits through active participation.

Practical Application

- Add one movement opportunity into each lesson to enhance engagement
- Link movement directly to learning goals supporting meaningful participation outcomes
- Use simple structures ensuring planning remains efficient and manageable always
- Reflect after lessons to improve integration and teaching effectiveness
- Build gradually increasing movement opportunities across lessons and contexts

Next Steps

Consider [The Ultimate PE programs](#) to streamline integration. Simple planning supports consistent, effective movement inclusion and reduces workload for teachers.

