



Active Insight: Evidence in Action

Tip #421



Student Voice in Movement

Overview

Incorporating student voice in Years 3–6 supports students to investigate and apply strategies that enhance participation and wellbeing. Providing choice builds motivation, confidence, and ownership. This approach strengthens engagement and encourages meaningful involvement in physical activity experiences.

Key Teaching Ideas

Provide opportunities for student choice and leadership in movement activities. Encourage reflection and input. Support autonomy and engagement, helping students feel valued while developing confidence, motivation, and active participation in learning experiences.

Practical Application

- Use student-led warm-ups building leadership and engagement opportunities consistently
- Provide choice boards allowing students to select preferred movement activities
- Encourage group-designed activities supporting creativity and collaboration skills development
- Use voting systems to select class activities and increase ownership
- Facilitate reflection discussions exploring student preferences and engagement levels

Next Steps

Build student leadership through [Game Sense](#). Empowering students increases engagement, motivation, and meaningful participation in physical education experiences.

The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).

