



Active Insight: Evidence in Action

Tip #428



Active Staff Learning

Overview

Staff learning in Years F–6 supports teachers to apply strategies that promote active participation, engagement and wellbeing across a range of learning environments. Practical professional learning opportunities can build teacher confidence, strengthen consistency and enhance teaching capability by providing achievable and effective movement integration approaches. Supporting staff through ongoing learning and collaboration helps strengthen classroom practice and ensures students experience engaging, structured and meaningful movement opportunities throughout the school day.

Key Teaching Ideas

Provide practical and accessible professional learning that helps teachers confidently implement movement strategies within everyday classroom practice. Use collaborative learning opportunities, shared examples and consistent approaches to strengthen teaching capability and support active participation across different learning contexts. Encourage reflection, ongoing support and shared problem-solving to help staff build confidence, enhance wellbeing and deliver engaging, structured and meaningful movement experiences for students.

Practical Application

- Trial movement activities during staff meetings to model active strategies
- Share quick wins encouraging practical ideas and classroom implementation immediately
- Model classroom strategies demonstrating effective active teaching approaches clearly
- Provide planning time supporting teachers to apply strategies confidently
- Encourage peer sharing building collaboration and consistent teaching practices

Next Steps

[Use Active Education resources to support professional learning.](#) Practical modelling builds teacher confidence and strengthens consistent active classroom implementation across the school.

