



Active Insight: Evidence in Action

Tip #433



Lunchtime Activities Made Easy

Overview

Simple lunchtime activities in Years F–6 support students to apply movement skills in informal settings. Easy-to-run activities build engagement, promote social development, and encourage active habits. Consistent opportunities support wellbeing and enable inclusive participation during unstructured school times.

Key Teaching Ideas

Keep activities simple, inclusive, and easy to organise. Use minimal equipment and provide choice. Encourage social interaction, supporting students to engage confidently while developing movement skills and positive play behaviours.

Practical Application

- Organise skipping challenges encouraging participation and coordination skill development
- Set up target throwing games supporting accuracy and engagement opportunities
- Facilitate partner challenges promoting collaboration and shared success experiences
- Design mini obstacle courses supporting movement and skill development opportunities
- Run group games encouraging inclusive participation and social interaction skills

Next Steps

Use [Fundamental Movement Skill-based activities](#) to support development. Simple lunchtime programs increase participation, engagement, and positive social interactions across school environments.

The Fundamental Movement Skills approach is informed by foundational motor development research (Gallahue & Ozmun, 2006), contemporary physical education pedagogy (Graham et al., 2013), and the Australian Sports Commission's emphasis on developing movement competence and confidence through fundamental movement skills as a foundation for lifelong physical activity and sport participation.

