



Active Insight: Evidence in Action

Tip #434



Before and After School Activity

Overview

Extra activity opportunities in Years 3–6 support students to apply strategies that enhance participation, connection and wellbeing beyond structured classroom lessons. Flexible and accessible programs can help build positive routines, increase physical activity levels and strengthen relationships within the school and wider community. Providing additional movement opportunities encourages inclusive participation, supports active lifestyles and promotes positive engagement across a variety of school and community contexts.

Key Teaching Ideas

Provide flexible and inclusive movement opportunities beyond regular lesson time, such as lunchtime activities, clubs, challenges or community-based programs. Use simple and accessible approaches that encourage routine participation, positive engagement and connection with peers and the wider school community. Encourage choice, collaboration and supportive participation to help students build confidence, strengthen wellbeing and remain actively involved in meaningful movement experiences.

Practical Application

- Organise walking clubs promoting fitness and social engagement opportunities
- Run quick games sessions supporting accessible and enjoyable participation regularly
- Provide skill challenges encouraging practice and development outside lesson time
- Offer dance or fitness clubs supporting varied movement interests and engagement
- Allow open play sessions encouraging creativity and inclusive participation experiences

Next Steps

Build participation through simple programs. [Active Education Australia resources](#) support flexible, engaging opportunities that extend movement beyond the classroom effectively.

