



Active Insight: Evidence in Action

Tip #436



Simple House Challenges

Overview

House challenges in Years F–6 support students to participate in movement activities that enhance wellbeing, connection and active engagement across the school environment. Simple and inclusive systems can build motivation, encourage teamwork and strengthen participation by creating shared goals and positive movement experiences. Embedding house-based movement opportunities throughout the school day helps promote school spirit, strengthen relationships and support a connected and active school culture.

Key Teaching Ideas

Use simple and inclusive house-based movement challenges that encourage participation, teamwork and positive engagement for all students. Create shared goals and achievable activities that build motivation, strengthen connection and promote active involvement across different school settings. Reinforce encouragement, collaboration and celebration of participation to help students build confidence, support wellbeing and contribute positively to school culture through shared movement experiences.

Practical Application

- Run step challenges encouraging daily participation and active movement habits
- Design skill challenges supporting development and inclusive engagement opportunities
- Set team movement goals promoting collaboration and shared success outcomes
- Introduce weekly activity focus maintaining interest and consistent participation levels
- Organise whole-school events building community and engagement through movement

Next Steps

Use simple tracking systems to support engagement. Clear, inclusive challenges strengthen participation and positive school culture around movement.

