



# Active Insight: Evidence in Action

## Tip #438



## Staff Modelling Matters

### Overview

Staff modelling in Years F–6 supports students to recognise, value and participate in positive movement behaviours throughout the school day. Visible staff participation in movement experiences can strengthen engagement, build positive attitudes and support student wellbeing by reinforcing the importance of active lifestyles. Consistent role modelling across classrooms and school environments helps encourage lifelong movement habits and contributes to a supportive, active and connected school culture.

### Key Teaching Ideas

Model positive movement behaviours through active participation, encouragement and visible involvement in movement experiences across school settings. Use consistent and supportive approaches that reinforce the value of movement for learning, wellbeing and participation throughout the day. Encourage staff collaboration and shared role modelling practices to help students build positive attitudes, strengthen engagement and develop lifelong habits connected to movement and physical activity.

### Practical Application

- Join movement breaks demonstrating engagement and positive participation behaviours
- Walk with students supporting active habits and positive role modelling daily
- Lead by example encouraging enthusiasm and participation in all activities
- Share personal activity goals promoting motivation and connection with students
- Encourage participation supporting inclusive and positive movement experiences consistently

### Next Steps

Build a culture through modelling. Consistent staff participation supports student engagement, confidence, and positive attitudes toward movement and wellbeing.

