



Active Insight: Evidence in Action

Tip #456



Building Movement Progression Across Years

Overview

Building progression in Years 3–10 supports students to apply, strengthen and refine movement skills across a range of learning areas and experiences over time. Structured and purposeful development can deepen understanding, build confidence and support student wellbeing by providing clear pathways for growth and participation. Creating progressive movement experiences across year levels helps ensure continuity, strengthen engagement and support meaningful learning in connected and active learning environments.

Key Teaching Ideas

Use structured and progressive movement experiences that build on prior learning and support skill development across different year levels and learning contexts. Provide opportunities for students to practise, apply and refine movement skills through active participation, collaboration and reflection. Use inclusive and adaptable approaches that support continuity, strengthen confidence and help students engage meaningfully in connected learning experiences across the curriculum.

Practical Application

- Map skills supporting progression across year levels and learning contexts
- Revisit concepts reinforcing understanding and skill development consistently
- Use scaffolding supporting progression and confidence across learning experiences
- Link learning supporting continuity and meaningful participation outcomes effectively
- Use reflection supporting awareness of development and learning progress

Next Steps

Use [FMS progressions](#) to guide learning. Structured development strengthens confidence, engagement, and meaningful cross-curricular learning.

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.

