



Active Insight: Evidence in Action

Tip #463



Simple Multi-Year Planning

Overview

Simple planning in Years F–10 supports students to apply and refine movement skills across a range of learning areas and experiences. Clear and adaptable planning systems can strengthen consistency, reduce teacher workload and support wellbeing by making movement integration manageable and purposeful. Using connected and structured approaches helps teachers deliver meaningful learning experiences across multiple year levels while supporting active participation and engagement in physical activity contexts and whole-school environments.

Key Teaching Ideas

Use simple and flexible planning structures that support consistent movement integration across different subjects, year levels and learning contexts. Connect movement activities to learning goals and use adaptable routines that are easy to implement and sustain across classroom and whole-school settings. Encourage collaboration, reflection and shared planning approaches to reduce workload, strengthen confidence and support meaningful participation in movement-based learning experiences.

Practical Application

- Use shared templates supporting consistent planning across multiple year levels
- Focus on key outcomes ensuring clarity and meaningful lesson delivery consistently
- Adapt plans supporting progression across diverse learner needs effectively
- Use reusable activities supporting efficiency and reduced planning workload
- Collaborate with staff supporting alignment and shared planning approaches consistently

Next Steps

[Use The Ultimate PE Program to inform your planning.](#) Simple systems support consistency, reduce workload, and strengthen cross-year implementation effectively.

