



Active Insight: Evidence in Action

Tip #470



Strengthening Teacher Confidence Across Levels

Overview

Teacher confidence in Years F–10 supports the effective integration of movement across a variety of learning contexts and teaching practices. Building teacher capability can enhance student engagement, improve lesson delivery and support wellbeing by encouraging purposeful and active participation in learning. Strengthening confidence through practical experience, support and reflection helps teachers embed movement successfully and improve both teaching practice and student learning outcomes.

Key Teaching Ideas

Use simple and achievable movement strategies that help build confidence and capability over time. Provide practical opportunities for teachers to trial, reflect on and adapt movement integration approaches across different learning contexts and year levels. Encourage collaboration, consistency and ongoing professional learning to support effective delivery, strengthen wellbeing and improve engagement and learning outcomes for both teachers and students.

Practical Application

- Provide simple strategies supporting confident implementation across year levels
- Use peer observation supporting learning and teaching development outcomes
- Share success stories reinforcing confidence and effective teaching practices
- Offer feedback supporting improvement and teaching confidence consistently
- Reflect regularly supporting growth and ongoing teaching effectiveness outcomes

Next Steps

[Use Anywhere PD](#) to support confidence. Ongoing development strengthens teaching effectiveness and meaningful movement integration across contexts.

