



Active Insight: Evidence in Action

Tip #472



Encouraging Small Changes for Big Impact

Overview

Small changes in Years F–10 support teachers to integrate movement effectively across learning areas and everyday teaching practices. Incremental improvements can build teacher confidence, enhance student engagement and support wellbeing by making movement more manageable and achievable within existing routines. Taking gradual and purposeful steps towards active learning helps create sustainable and meaningful change that strengthens participation and supports positive learning environments across primary and secondary settings.

Key Teaching Ideas

Start with simple and achievable movement strategies that can be easily embedded into lessons, transitions and classroom routines. Focus on small adjustments that connect movement to learning goals and support engagement without increasing workload. Reflect regularly on what works well and build consistency over time, helping teachers strengthen confidence, support student wellbeing and create sustainable active learning practices.

Practical Application

- Start with one change supporting manageable and effective implementation approaches
- Use simple routines supporting consistency and confidence across teaching practice
- Reflect on impact supporting improvement and ongoing teaching effectiveness
- Share successes supporting motivation and collaborative development outcomes
- Build gradually supporting sustainable and meaningful teaching improvements

Next Steps

[Use Anywhere PD Learn and Go strategies.](#) Small steps support confidence, sustainability, and effective whole-school movement integration.

