



Active Insight: Evidence in Action Tip #473



Modelling Active Learning Across Year Levels

Overview

Active role modelling in Years F–10 supports students to participate confidently and apply movement skills across a range of learning and school contexts. Visible teacher engagement in movement experiences can increase motivation, strengthen confidence and support student wellbeing by encouraging active participation and positive involvement. Consistent modelling of movement and active learning helps strengthen engagement, build positive attitudes towards physical activity and promote a connected whole-school culture across primary and secondary learning environments.

Key Teaching Ideas

Actively participate in movement experiences alongside students to model positive attitudes, confidence and engagement in physical activity. Use consistent and visible encouragement across classrooms, playgrounds and school activities to reinforce the value of movement for learning and wellbeing. Demonstrate inclusive and supportive practices that encourage participation, motivate students and help build positive lifelong attitudes towards movement and active participation across a variety of school contexts.

Practical Application

- Participate in activities modelling engagement and positive movement behaviours consistently
- Demonstrate tasks supporting clarity and confident student participation outcomes
- Use positive language modelling encouragement and inclusive communication consistently
- Show enthusiasm supporting motivation and engagement across learning experiences
- Reflect aloud modelling thinking and learning processes during activities

Next Steps

Model active participation consistently. Visible engagement strengthens motivation, confidence, and meaningful participation across physical education contexts.

