



Active Insight: Evidence in Action

Tip #477



Extending Movement Opportunities Across F–10

Overview

Extending opportunities in Years F–10 supports students to participate in a wider range of movement experiences beyond regular classroom lessons. Increased access to varied and meaningful activities can strengthen engagement, build confidence and support student wellbeing through ongoing participation and exploration. Providing opportunities across school, community and recreational contexts encourages students to develop positive habits, broaden their experiences and build lifelong connections with physical activity.

Key Teaching Ideas

Provide varied movement opportunities that extend beyond classroom lessons and encourage participation across different school and community settings. Use inclusive and accessible approaches that support choice, exploration and ongoing involvement in physical activity. Encourage students to try new experiences, set personal goals and reflect on participation, helping build confidence, strengthen wellbeing and promote lifelong engagement in movement and active lifestyles.

Practical Application

- Offer lunchtime programs supporting participation and varied activity opportunities consistently
- Provide before school activities encouraging engagement and active participation daily
- Use clubs supporting interest-based participation across different age groups
- Promote events supporting whole-school engagement and involvement consistently
- Encourage student leaders supporting organisation and activity delivery effectively

Next Steps

Extend opportunities beyond lessons. [Active Education Australia](https://www.activeeducationaustralia.edu.au) approaches support engagement, confidence, and lifelong participation in movement.

