



Active Insight: Evidence in Action

Tip #481



Building Sustainable Activity Opportunities

Overview

Sustainable opportunities in Years F–10 support students to participate consistently in movement activities across a range of learning environments and experiences. Structured and manageable approaches can increase engagement, build positive habits and support student wellbeing through regular participation and active involvement. Embedding movement into everyday routines and learning practices helps create long-term success by making physical activity a consistent and meaningful part of school life.

Key Teaching Ideas

Use structured and sustainable movement strategies that can be applied consistently across lessons, routines and school contexts. Keep activities simple, adaptable and easy to maintain so movement becomes a regular part of everyday learning. Reinforce positive participation habits through consistency, encouragement and reflection, helping students remain engaged, build confidence and support their wellbeing over time.

Practical Application

- Use repeatable structures supporting consistent and sustainable activity delivery
- Share roles supporting collaboration and long-term program sustainability outcomes
- Build routines supporting predictable and effective participation opportunities consistently
- Review programs supporting improvement and ongoing success regularly
- Use student leaders supporting sustainability and engagement opportunities

Next Steps

[Use Active Education Australia resources](#) to sustain programs. Simple approaches support long-term engagement, consistency, and meaningful participation.

