



Active Insight: Evidence in Action

Tip #503



One Game Five Ways

Overview

Adapting games in Years 3–6 supports students to apply and modify movement strategies effectively. Using one game in multiple ways enhances differentiation, builds confidence, and supports progression. This approach reduces planning load while ensuring inclusive, engaging, and meaningful participation across varied physical activity contexts. Flexible adaptations to rules, equipment, space, and roles help teachers respond to diverse learning needs while maintaining high levels of participation and purposeful skill development in Physical Education.

Key Teaching Ideas

Use one familiar game and adjust rules, space, or equipment. Focus on progression and inclusion. Make simple modifications that support challenge and success, helping students build confidence and apply skills effectively in dynamic learning environments. Encourage flexibility and creativity in gameplay so all students remain engaged, experience achievement, and participate meaningfully in Physical Education activities.

Practical Application

- Adjust playing area size to increase challenge and decision making opportunities
- Use different ball sizes supporting varied skill development and success levels
- Change rules such as limited passes to increase complexity gradually
- Add defenders or targets to create varied learning and engagement opportunities
- Introduce time-based challenges supporting focus and active participation outcomes

Next Steps

[Apply TREE principles](#) to guide modifications. Simple adjustments support inclusive, adaptable lessons and improve engagement across diverse physical education contexts.

The TREE Approach is informed by inclusive education, adaptive physical activity, and the Australian Sports Commission's Playing for Life philosophy (Australian Sports Commission, 2015).

