



Active Insight: Evidence in Action

Tip #504



Using TREE Effectively

Overview

The TREE model in Years 3–6 supports students to apply and adapt movement strategies across contexts. Adjusting teaching, rules, equipment, and environment enhances inclusion, builds confidence, and supports progression. This approach enables responsive teaching and meaningful participation within structured physical activity experiences. Using the TREE model helps teachers create flexible and engaging Physical Education lessons that respond effectively to student needs while supporting skill development, challenge, and success for all learners.

Key Teaching Ideas

Use Teaching style, Rules, Equipment, and Environment to modify activities. Make small, purposeful adjustments and observe impact. Support flexible teaching, enabling students to engage confidently and develop skills across varied movement contexts. Apply modifications progressively to maintain challenge, support inclusion, and ensure all students can participate successfully in meaningful Physical Education experiences.

Practical Application

- Change team sizes supporting inclusive participation and varied engagement levels
- Adjust scoring systems to highlight learning goals and skill development
- Use different equipment providing appropriate challenge and support for learners
- Modify space to influence movement, decision making, and participation outcomes
- Alter rules ensuring inclusion and meaningful engagement for all students

Next Steps

[Apply TREE regularly to build adaptability.](#) Flexible teaching supports inclusion, engagement, and effective skill development across physical education lessons.

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).

