



Active Insight: Evidence in Action Tip #508



Keeping Everyone Engaged

Overview

High participation in Years F–6 supports students to practise and apply movement skills effectively. Designing inclusive activities reduces disengagement, builds confidence, and enhances wellbeing. This approach ensures all students remain active, engaged, and developing skills within meaningful physical activity experiences. Providing activities with minimal waiting time, flexible roles, and high levels of involvement helps maximise participation and supports positive, inclusive Physical Education learning environments.

Key Teaching Ideas

Design activities that maximise participation and minimise waiting time. Use small groups and varied roles. Support inclusive engagement, helping students build confidence and apply skills effectively across learning contexts. Structure activities so all students remain active, involved, and supported while developing movement skills and participating positively in Physical Education experiences.

Practical Application

- Use multiple stations ensuring continuous activity and skill development opportunities
- Implement small-sided games increasing engagement and active participation levels
- Use continuous play formats reducing downtime and maintaining involvement consistently
- Rotate roles ensuring all students experience varied participation opportunities
- Provide parallel activities supporting inclusion and sustained engagement outcomes

Next Steps

Use [Game Sense](#) formats to maximise participation. High involvement improves engagement, confidence, and meaningful skill development across lessons.

The Game Sense model is informed by Teaching Games for Understanding (Bunker & Thorpe, 1982), the Game Sense approach (Light, 2013), and contemporary skill acquisition research including ecological dynamics (Davids & Renshaw).

