



Active Insight: Evidence in Action

Tip #510



Run a Lunchtime Program

Overview

Structured lunchtime programs in Years F–6 support students to participate in and apply movement skills in varied contexts. Consistent activities build engagement, promote wellbeing, and support social development. This approach encourages inclusive participation and strengthens positive activity habits beyond formal lessons. Providing organised, enjoyable, and accessible opportunities for play and movement helps students build confidence, develop positive relationships, and remain active throughout the school day.

Key Teaching Ideas

Use simple structures and consistent routines to manage programs effectively. Provide accessible activities and clear roles. Support inclusive participation, helping students engage confidently and enjoy meaningful movement experiences. Encourage positive social interaction and flexible involvement so all students feel connected, supported, and motivated to participate.

Practical Application

- Create weekly activity schedule supporting organisation and consistent participation opportunities
- Rotate game options maintaining interest and engagement across student groups
- Include student leaders supporting organisation and peer engagement effectively
- Use simple sign-up systems encouraging inclusive and manageable participation processes
- Mark play areas clearly supporting structure and safe participation environments

Next Steps

Use [Game Sense](#) activities to support programs. Structured lunchtime approaches improve engagement, inclusion, and positive participation across school environments.

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).

